

TRACKME ADVENTURE

GO-4-12 ADVENTURE RACE YOUTH

13th – 14th April 2024

6 Hour Adventure

The GO-4-12 6-Hour will see competitors from around New Zealand facing challenging tasks which could include Biking, Trekking, Abseiling, Orienteering, Archery and more.

The event is an authentic adventure race with the core disciplines consisting of mountain biking, walking/running, rope skills and navigation. The race is 6 Hours in duration and the teams of four will face both physical and mental challenges while covering a picturesque course designed by experienced adventure racers. It is a point's race; teams try to collect as many points as possible in allocated 6 hours.

The competitors will be young people who enjoy fun and adventure and are able to mountain bike, kayak and walk for extended periods of time.

Event details:

- Teams of 3
- Single-gender or mixed
- Eligibility: Secondary School Students from Years 9 and above.
- Designed to be fun with lots of different activities, biking, navigation, kayaking.
- Support crew required (at least 1 adult support crew)
- Awards and prizes for first in each division.
- Spot prizes

The competitors will be young people who enjoy fun and adventure and are able to mountain bike, kayak and walk for extended periods of time. At least one member of each team must be a confident navigator.

There are three categories:

- Male (must all be biological males)
- Female (must all be biological females)
- Mixed (must include at least one biological male and one biological female).

Participants who indicate on their entry form that they are 'other' will race in the mixed category.

Event Location: [Guthrie-Smith Trust](#), Tutira, Hawke's Bay 3561 State Highway 2, Tutira 4181 – please contact curator@guthriesmith.org.nz to arrange accommodation if staying on site, this is not included in entry fees.

Times:

Saturday 13th April 2024

from 3:00 pm onwards Competitors can check into the event location – Guthrie Smith Trust.

4:00 pm – 6:00 pm Registration and Gear Check

6:00 pm Dinner

7:00 pm Race Briefing

Sunday 14th April 2024

The race will commence at **9.00 am** and conclude at **3.00 pm** the same day. – start and finish time is subject to change.

3:20 pm approx. Prizegiving (this will take place near the finish line).

Reminder - race day is Sunday for the 2024 event.

Fees: Please see website for entry fees and additional fees – the team entry fee includes Saturday night dinner for 3 team members and 1 support person. Extra dinners for Saturday night for additional support crew/parents etc can be ordered on the entry form.

Entries: Entries are online through the website <https://go412.co.nz/>

Rules & Regulations: please ensure you read and understand the Overall Rules and Regulations - go to “Event Info” on the website

Accommodation: At event location Guthrie-Smith Trust, Tutira, Hawke's Bay 3561 State Highway 2, Tutira 4181 – please contact curator@guthriesmith.org.nz to arrange accommodation if staying on site. – Note accommodation is not included in entry fees. There are showers and toilets.

Meals: There is a pre-race dinner provided on Saturday night at the event (this dinner is part of the entry fee for the 3 team members and 1 support person), tickets/arm bands will be issued with your race pack. Extra tickets/arm bands are available for additional support crew/s and other spectators to purchase with entry. *Please advise us if you have any dietary requirements for meals provided (gluten free etc).* You need to be self-sufficient for all other meals, food.

GO-4-12 6 Hour Adventure Compulsory Equipment:

Please read carefully

Significant time penalties will be applied for breaching any of the following requirements:
Compulsory team equipment **must be carried at all times** by teams.

| COMPULSORY TEAM AND PERSONAL EQUIPMENT | |
|---|--------------|
| First Aid Kit (please make sure this is a comprehensive kit – suggestions are listed below) | 1 Per Team |
| Compass (orienteeing style thumb compass or a field compass with rotating dial.) | 2 Per Team |
| Lighter or waterproof matches | 1 Per Team |
| Survival Blanket | 1 per member |
| Thermal (polypropylene, merino) top – long sleeves | 1 per member |
| Thermal (polypropylene, merino) bottom – long pants | 1 per member |
| Fleece Top (100 series weight min) long sleeves | 1 per member |
| Fleece or woollen hat | 1 Per member |
| Whistle | 1 per member |
| Polypropylene or wool gloves | 1 pair each |
| Waterproof Jacket (must be seam sealed) | 1 per member |
| Multipurpose knife (eg Swiss army) | 1 per team |
| Cell Phone in a zip lock bag or similar (fully charged battery) | 1 per team |
| Headlamp and adequate batteries for whole night | 1 per member |
| Kayaking Section– (additional equipment for activity) | |
| Appropriate clothing – you may get wet, also a dry bag is a good idea | |
| *PFD – Personal Flotation Device | 1 per member |
| All other equipment for kayaking will be provided | |
| Mountain Bike (additional equipment for activity) | |
| Mountain Bike | 1 per member |
| Cycle Helmet (Please make sure this suitable for Mountain Biking) | 1 per member |
| Rear red strobe lights (flashing) | 1 per bike |
| Front Light (bike or helmet mounted) | 1 per bike |
| Trek (additional equipment for activity) | |
| Suitable backpack | 1 per member |

*if there are items that you can't supply for your team, please speak to the Event Director in advance so we can help you source what you need.

You should carry out the following Safety Checks on your bike.

| Mountain Bike | |
|--|--------------|
| Cycle Helmet – safe to wear and no cracks in the cover | 1 per member |
| Headset is tight | Per bike |
| Brakes work | Per Bike |
| Wheels are safe | Per Bike |
| Tires are in a safe condition | Per Bike |
| Nothing is bent on bike | Per Bike |

Suggested First Aid

Alcohol wipes (10), Tweezers, Betadine for grazes, Crepe bandages (1x10 cm; 1x15 cm), Saline (30 ml), Triangular bandages cloth (2) (sterile), Pain relief (e.g. Paracetamol), Plastic strip dressing (10–12 band-aids), Antihistamine cream (10), Dressing strip, Non-adherent sterile dressings (3 large), Gauze dressings (6) Wound dressing (size 15, sanitary pad), Disposable CPR face shield, Sticking tape (1 roll), Safety pins, Butterfly closures (1 pouch), Needle, Scissors, Notebook, Pencil, Disposable gloves

What is our vision?

We want to challenge and to grow young people through a quality adventure race, that will inspire trust, teamwork and self-belief in an environment that embodies and promotes holistic growth and healthy competition.

The 6 Hour Adventure Race is designed to be fun and will test and grow teamwork, problem solving and perseverance. The 6 Hour Adventure Race is more physically demanding than the 3-hour event and provides a bridge into the 12 Hour Event. The event was developed as it was identified that 12 hours was a bit daunting for many competitors, so we created an event that can be completed by most active teenagers.

Early Bird Entry must be received and paid for by - close midnight Thursday 29th February 2024

Standard Entry must be received and paid for by - close midnight Thursday 4th April 2024

We rely on the outdoor community to support this event for the youth in NZ. Come and be part of this great event. Contact us to be involved.

Teachers and parents who would like to help out during the event, please contact us.

For more information contact:

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Please note: The weekend schedule for the 2024 event is a continual work in progress, please check the website for updates.