



Twizel Hard Labour Weekend

Day 3: Mountain Bike Race Monday 26th October 2009

Wind up your Hard Labour Weekend with a Mountain Bike ride on our spectacular 44km course. Experience the grandeur of the Mackenzie Country as you travel through four iconic high country stations and take in the magnificent views of Mount Cook, Lake Pukaki, and Lake Benmore. The well marked trail begins and ends on sealed roads but the bulk of the ride is on farm tracks over river flats, through snow tussocks and alpine vegetation. Included are 6 river crossings and a 550m overall vertical climb. Suitable for 12 years and over.

Start/Finish is on Ben Ohau Station. To get there from SH8 turn west 200 metres south of the bridge over the Twizel River and follow Glen Lyon Road for 6 km (do not go down the unsealed Old Glen Lyon Road). Ben Ohau Station is on the left, the start/finish is 500m beyond the homestead over the Fraser River on the right, and visible from the road. Portable toilets will be provided. Shelter is limited – bring warm clothes as it can be cold, especially at the start.

Race Start 9.00 am
Registration 7.00am - 8.30am on race day
Briefing 8.30am - 8.45am- you must attend the briefing
Prize giving 1.00pm - at start/finish- Ben Ohau Station

Hand in your number at the finish and receive a free barbequed sausage
Thanks to the land owners/managers Priscilla and Simon Cameron, Sarah and Robert Preston, Mike and Elaine Lindsay, Pukaki Downs and the Department of Conservation: Twizel.

All entry forms to be sent by **Friday 23rd October, 2009** to 35 Glencairn Road, Twizel or entries@twizelhardlabour.org.nz
Enquiries to: Ali Bell 034350562 infodusky@twizelhardlabour.org.nz

See www.twizelhardlabour.org.nz for On-line Entries, Course Details, Map, Results and Accommodation and for information on the two other Twizel Hard Labour Events: Twizel Pyramid Run (Saturday) and new road cycle race - Canal Caper (Sunday)

Event Rules

- An approved cycle helmet **must** be worn while warming up and competing. Warm up permitted only within the marked race course and start/finish area.
- All roads are open to normal traffic. Road rules must be obeyed. Single file only on State Highways 8 and 80.
- It is compulsory that bikers follow the track marked for the race. The official course will be closed to non registered bikers. If you come back to ride the trail at a later date, keep to the DOC-marked tracks only.
- Competitors must carry basic repair equipment. Their bikes must be well-maintained and in an appropriate condition to safely complete the event.
- If you are forced to withdraw during the event please inform the nearest race official or race director asap.
- No iPods or other music devices to be worn during the event
- In the highly unlikely event of flooding raising river levels above safe margins, the organisers reserve the right to hold the event on an alternative course. In extreme conditions the organisers reserve the right to cancel the event.
- Everyone must show consideration to race officials, other competitors, the track and livestock. If you are seen dropping rubbish you will be disqualified.
- Cut-off time for competitors will be the bottom Fraser Crossing at 12.30 pm. At this point bikers will be directed to the short cut to the finish line.
- Please carry with you any medication you need or you think you might need.
- Please wear clothing appropriate to weather conditions which can range from very hot to very cold - also be prepared for windy wet conditions.
- Please carry enough water for the duration of the race. If you choose to drink from streams it is at your own risk.
- No private vehicles on farm land or the Dusky Trail track, however spectators are welcome to walk in on DOC marked tracks.
- Be Didymo aware. All bikes and other equipment (particularly shoes) must be clean and dry prior to the event. The Didymo trough after crossing the Twizel River is compulsory to all competitors.



Entry Form



Entries Close Friday 23rd October 2009

Enter in advance and make life easier for everyone on the day! NO REFUNDS

Proceeds generated from this event are donated to local Twizel community groups who help on the day.

Category

(Please tick one. Age as on 26th Oct 2009)

- Open men \$40
- Open women \$40
- Veteran men (40-49 yrs) \$40
- Veteran women (40-49 yrs) \$40
- Classic men (50 yrs+) \$40
- Classic women (50 yrs+) \$40
- Boys (15-17 yrs) \$15
- Girls (15-17 yrs) \$15
- Boys (12-14 yrs) \$15
- Girls (12-14 yrs) \$15
- Family- 2 adults & 2 under 17 yrs \$95 (extra children \$15 each)
(Each member to fill out an entry form and sign waiver please)

Name.....

Address.....

Email..... Phone.....

If you don't wish to receive information from our sponsors then put a big cross in the box
Do you have a medical condition you would like us to be aware of?.....

Payment

- Late entry on the day is \$10 extra
- Cheques/Cash payable to "Twizel Hard Labour Events"
- Internet banking Acc # 06 0966 0096530 18 – specify your name in reference column please.

I am a Twizel Hard Labourer. I have entered in all three events of the weekend!

Waiver and Indemnity. Please read carefully before signing.

I understand that mountain biking and this event carries a degree of risk. I accept that I am entering the 2009 Dusky Trail Mountain Bike Race entirely at my own risk and in my judgement, I have sufficient fitness, competence and experience to compete safely. I agree to abide by the race rules and follow the instructions of all race officials and assistants on race day. I agree to indemnify and hold harmless the Race Organisers, Sponsors, Landowners, Officials and Assistants from any liabilities and claims relating to personal injury, loss or damage of equipment or any matter arising from my action or inactions. I authorize my name, voice and picture to be used without payment in any way relating to the event.

Note: Parents consent required for junior riders (12-17 yrs)

Signature.....