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CS CYCLE SURGERY

FLOCK HILL STATION  
HIGH COUNTRY EXPERIENCE

Official  
Entry Form!

www.funcycling.net

# FLOCK HILL

A D V E N T U R E R I D E

## MTB Fun Ride

in South Island high country

### Saturday 21st February 2009



Just a short note to let you know how much my husband and I enjoyed the ride. Nice to have something we could both enter together. The event was great and you will see us both there again next year, with friends who also want to give it a go.

Thanks Sharon and Graham

Many thanks for organising an excellent (if quite challenging!) event.

Sarah

Arthurs Pass Road, 90 minutes from Christchurch

Enquiries for accommodation and restaurant: [www.flockhill.co.nz](http://www.flockhill.co.nz) | email: [accommodation@flockhill.co.nz](mailto:accommodation@flockhill.co.nz)



# FLOCK HILL

## ADVENTURE RIDE

Grab a chance to ride spectacular South Island high country! It's the only opportunity to ride this privately-owned property, Flock Hill Station, unless you're a guest of Flock Hill Lodge. This is where *The Lion the Witch and the Wardrobe* was filmed. It has a spectacular alpine setting with striking rock formations.

The trails are challenging, but not highly technical. It's a fun ride, not a race - an opportunity to ride this fantastic country at your pace. If you want to ride fast, you are very welcome - but take your own times.

For the rest of you, bring your cameras, maybe even some lunch and make the most of the views. You will encounter tracks that are a mix of grass, gravel, clay, seal and some hooting downhill sections! That of course, means some hill-climbing, with some sections steep enough that you may want to get off and walk. Naturally, this gives you even more time to take in the fantastic scenery.

**Expected ride times for this 32km (approx) loop:**

**Fast, experienced riders = 2 hours**

**Reasonably fit, recreational = 3.5 hours**

**Totally social = 5 hours**

### General Ride/Course Description

Start/finish Line: The Flock Hill Adventure Ride is a fun ride which starts anytime from 10.00am to 10.30 am - you choose - from just by the woolshed and finishes in the same area.

The first section is a flat gravel road through to open paddock, onto sealed main highway, with a steep uphill. More gravel road - good condition undulating - onto a grass trail and then the hilly section starts.

Gravel 4x4 trails through this hilly section, and onto the downhills, blending into grass and hardpack, then onto gravel to the finish. We will have motorised support and a four-wheel drive tail-end charlie.

The event is open to riders from 13 upwards (parent, caregiver consent required for under 17's). Please read the entry and indemnity form on the back page carefully, which must be filled out.

### Safety

YOU MUST HAVE a reliable mountain bike and a NZ Standards approved cycle helmet, which you MUST wear while cycling. It would be worth while having both these checked by a cycle shop before the event.

#### ALSO RECOMMENDED

- Gloves to protect your hands in case of a fall
- At least 2 x full drink bottles (There are streams on the ride - we cannot guarantee their purity, but we drink from them)
- Carbohydrate concentrate, e.g. Leppin, Carboshot, Pro4
- Spare tube and pump and a wind-proof jacket (this is the high country and conditions can change very quickly)
- Bring some warm clothes, just in case.

### Registration

- Registration on the day will be held from 7.30am until 9.45am
- **YOU MUST ATTEND THE RIDE BRIEFING, 9.45 AM AT THE WOOLSHED START AREA**
- Inquiries: phone 07 578 5315 or mobile 021 239 9148.

### Prize-giving

Spot prizes will be drawn at 3.30pm.

For further information  
please call event organiser  
Cliff Kingston on 07 578 5315  
or mobile 021 239 9148.  
[www.funcycling.net](http://www.funcycling.net)

*I will be there for sure  
next year and with many friends  
this time. A fantastic day, the  
atmosphere was very relaxed.*

Ezra

*I have just recovered  
from the Flock Hill ride! It was my  
first ever mountain bike ride and the support  
from other riders was fantastic. A great event  
give yourself a pat on the back*

Cheers, Kim







Thoroughly enjoyed the ride & the weekend. A great event. I shall definitely be back.  
Lyn



## Accommodation and Facilities

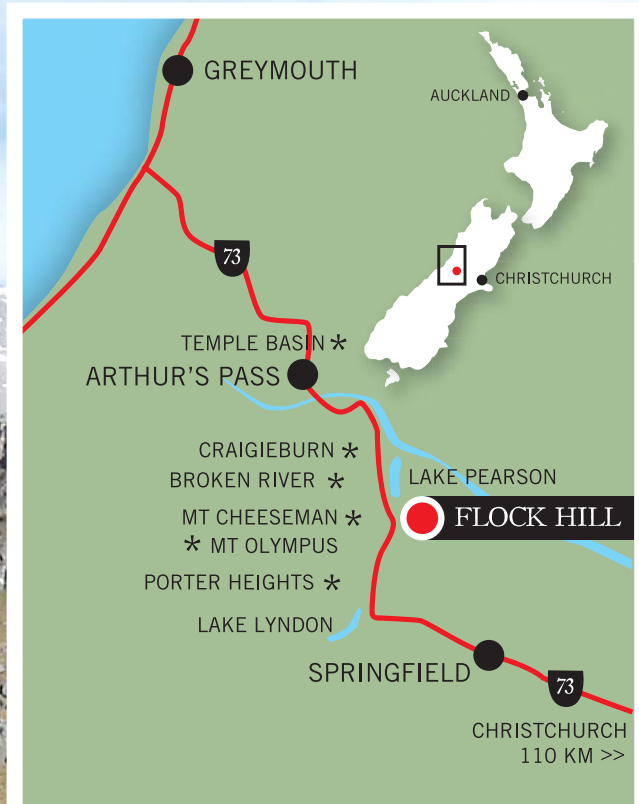
Flock Hill has motels, a backpackers and an area for camping. Portaloos will be provided. The station has it's own restaurant and licensed bar, but we will be holding a high country BBQ (\$15.00 per person).

For accommodation enquiries, phone Flock Hill Lodge on 03 318 8196, or email [accommodation@flockhill.co.nz](mailto:accommodation@flockhill.co.nz). Visit [www.flockhill.co.nz](http://www.flockhill.co.nz) for more details.

## Getting There

Flock Hill Station is accessed from State Highway 73 - "The Great Alpine Highway". One of the most direct routes from coast to coast, the highway is described as a journey of discovery and adventure. It opens up a whole region of diverse landscapes and provides magnificent views of the Southern Alps and alpine passes.

Flock Hill is only 90 minutes drive from Christchurch.





# FLOCK HILL

ADVENTURE RIDE

## Entry Form

Saturday  
21st February  
2009

Surname: \_\_\_\_\_

First name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Indemnity

PLEASE READ CAREFULLY before signing acknowledgement, waiver and release from liability and potential claims based upon negligence or other claimed misconduct.

I/we agree to enter this event at my own risk and in my judgement have sufficient competence, fitness and experience to participate safely. I/WE WILL ATTEND THE RIDE BRIEFING.

I/we accept that Mountain biking involves a risk and will not hold event organisers, officials, sponsors or any other person involved with the event liable for any loss or injury to person or equipment incurred during the event.

I/we understand that during the event or related activities I/we may be photographed or filmed. I/we agree to allow the photo, video or film likeness to be used for any legitimate purpose by the organisers, sponsors or assignees at no cost.

Please tick If you do not wish to receive information from our sponsors.

### Entry Fees

ENTRY FEE:	\$50.00
LATE FEE: (Entries received after Wednesday 11th February or "on the day")	\$15.00
Want a "High Country" BBQ after your ride? Available from 12.45pm.	\$15
TOTAL	

**Note: Should this event need to be cancelled or altered for safety reasons, there will be no refunds of entry fees.**

Cheques made payable to:  
Fun Cycling  
61, 13th Avenue, Tauranga, NZ  
Phone: 07 578 5315 or mobile: 021 239 9148  
www.funcycling.net

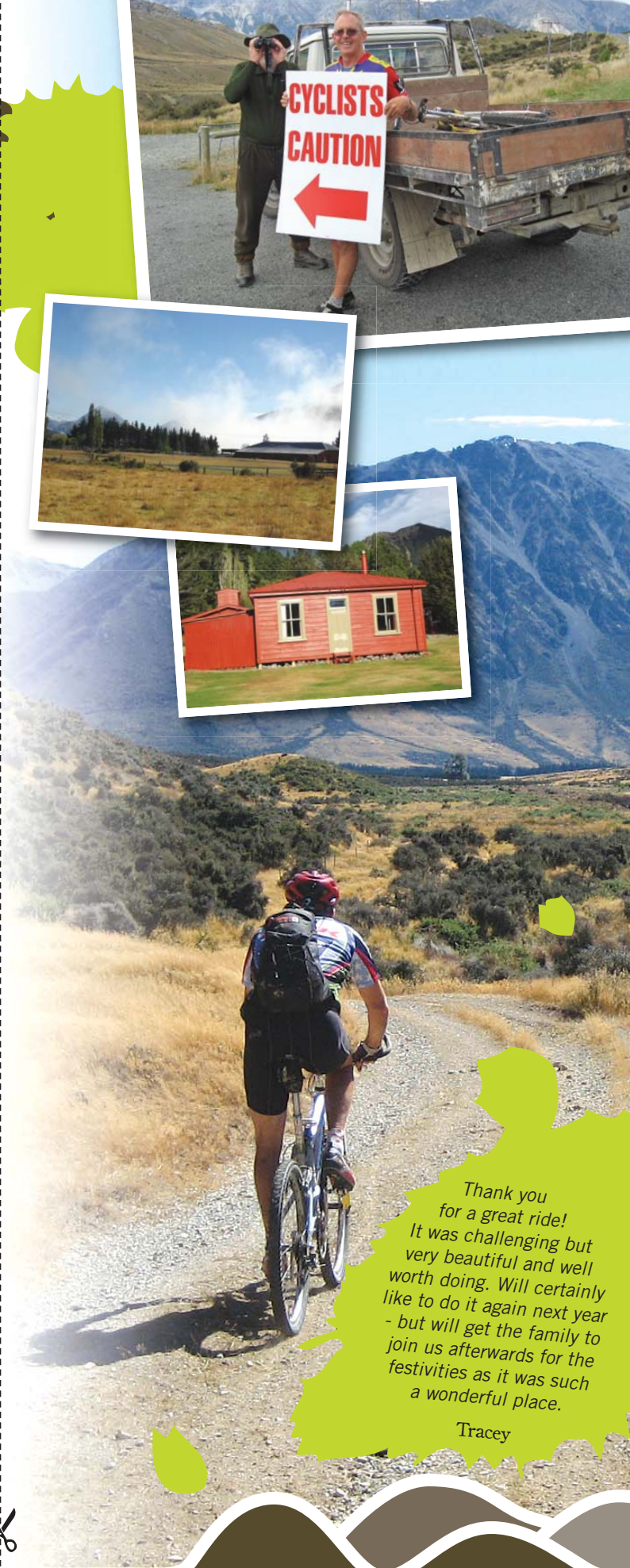
NOTE: Banking of your cheque will indicate acceptance of your entry.

Or: **EnterOnline.co.nz**

Signature: \_\_\_\_\_

Parents consent required for riders 13 - 17 years:

Parents Signature: \_\_\_\_\_



Thank you  
for a great ride!  
It was challenging but  
very beautiful and well  
worth doing. Will certainly  
like to do it again next year  
- but will get the family to  
join us afterwards for the  
festivities as it was such  
a wonderful place.

Tracey

Accommodation & restaurant enquiries

Please phone 03 318 8196, or email: mail@flockhill.co.nz  
Web: www.flockhill.co.nz

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ADVENTURE RIDE