

WWW.FUNCYCLING.NET

FLOCK HILL

MTB TRAIL RIDE

SATURDAY 25TH FEBRUARY 2012

ARTHURS PASS ROAD
90 MINS FROM
CHRISTCHURCH



OPTION 2

The Hill 2.5km

OPTION 3

Winding Creek 4km

OPTION 1

Experienced Riders
10km

*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



Enquiries for accommodation
and restaurant: www.flockhill.co.nz
Email: accommodation@flockhill.co.nz

FLOCK HILL STATION
HIGH COUNTRY EXPERIENCE

 **Groundeffect**

HAMMER
NUTRITION
ENDURANCE FUELS
& SUPPLEMENTS

Cycle Fix.
Hillmorton Shopping Centre.
Christchurch. 03 338 8885.

FLOCK HILL

MTB TRAIL RIDE

FLOCK HILL STATION
HIGH COUNTRY EXPERIENCE

A fantastic opportunity to ride in this remote and spectacular area of **SOUTH ISLAND HIGH COUNTRY** surrounded by hills, lakes and streams on user-friendly trails. Flock Hill Station is privately owned, so unless you are a guest at the lodge, this is your only chance to ride here. Come and breathe the mountain air, feel part of the environment and ride with your family and friends... You will love it!

If you have ridden one of our earlier Flock Hill Rides (2008/2009) you may have found the ride a little tough? This changed in 2010 and now we use all weather trails, with optional loops to suit most riding abilities... you make the choice! These options allow you to ride with your family and friends and not worry about having different abilities. The fitter, stronger riders can choose the extra optional trails (which all loop back to the main trail) whilst the less experienced can stay on the main trail.

If you want to race your mates or really test yourself, by all means "go for it!" This is the perfect training opportunity for the Motatapu Event. Keep your own times if that is important to you or just cruise and enjoy the scenery. Don't forget your camera to capture some spectacular scenery.

Encourage your friends and family to make it a weekend of mountain biking. Stay over at Flock Hill (there are some great camp sites available, plus the restaurant and bar), then on Sunday ride some new trails just up the road at Castle Hill. For further details check out www.castlehill.net.nz/castlehill/mtb/hogsback_mtb.php

EXPECTED RIDE TIMES FOR THE STANDARD 28KM (APPROX) LOOP:

FAST, EXPERIENCED RIDERS = 2 HOURS
REASONABLY FIT, RECREATIONAL = 3 HOURS
TOTALLY SOCIAL = 4 HOURS

GENERAL RIDE/COURSE DESCRIPTION

Start/finish Line: The Flock Hill MTB Trail 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.

As in the past the ride heads towards Lake Pearson, then turning along the foreshore, before turning right again through some scrub and following the base of the hill to the Stations' central roadway. On this firm gravel trail you ride east to cross the Trans Alpine Railway line, before crossing the Slovens Stream and climbing up onto the old airfield. Here we have our first optional loop of 10kms technical riding for the experienced mountainbiker.

Staying on the main trail, a level ride takes you to half distance and the second optional 2.5km loop that has a substantial climb, followed by a great downhill. From here it is a less travelled trail to a fun/challenging downhill and a shallow stream crossing. Back across the railway and a climb, before the final stretch home. Along this trail will be another option of a 4km loop across some flats, dropping down to the winding stream, which you ford and then follow back to the main station road to finish back at the woolshed. We have a 'Tail end Charlie' in case you experience a problem.

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.

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.

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 (\$20.00 per person).

For accommodation enquiries, phone Flock Hill Lodge on 03 318 8196, or email accommodation@flockhill.co.nz. Visit www.flockhill.co.nz for more details.



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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.**

PRIZE-GIVING

Spot prizes will be drawn at 2.30pm.

FOR FURTHER INFORMATION PLEASE CALL EVENT ORGANISER

CLIFF KINGSTON ON 07 578 5315
OR MOBILE 021 239 9148
WWW.FUNCYCLING.NET

NOTE: There is no mobile coverage at Flock Hill. Calls to the above numbers will need to be made prior to Wednesday 22nd February. After this time Cliff will be at Flock Hill.

Enjoyed the ride and the atmosphere of the whole day! Maybe a little Less mud next year, ha!
Craig



Fantastic ride, and amazing day out. Shame my boss bet me by 50 minutes! I'm in training for the next year. See you then.
Donna

Thank you so much for organising this event and the weather! Some events just have a real feelgood atmosphere and your ride is definitely one of those.
Don & Tj

I had heard about the Flock Hill ride and was training for the Motatapu, so I decided to finally do the fun ride. It was great to include it in my training schedule and I thought it was very well run with a nice, friendly atmosphere, heaps of good prizes. Keep up the good work!
Deborah



FLOCK HILL

MTB TRAIL RIDE

ENTRY FORM

SATURDAY
25TH FEBRUARY
2012

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:	\$55.00
LATE FEE: (Entries received after Wednesday 15th February or "on the day")	\$15.00
Want a "High Country" BBQ after your ride? Available from 12.45pm.	\$20.00
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:

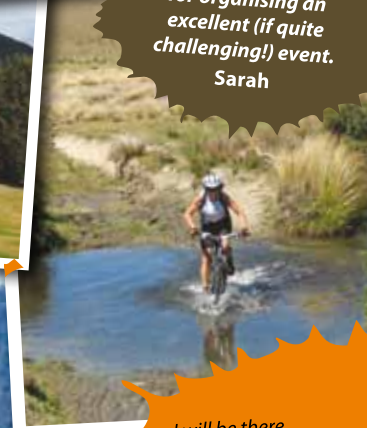
Parents Signature:

ACCOMMODATION & RESTAURANT ENQUIRIES

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

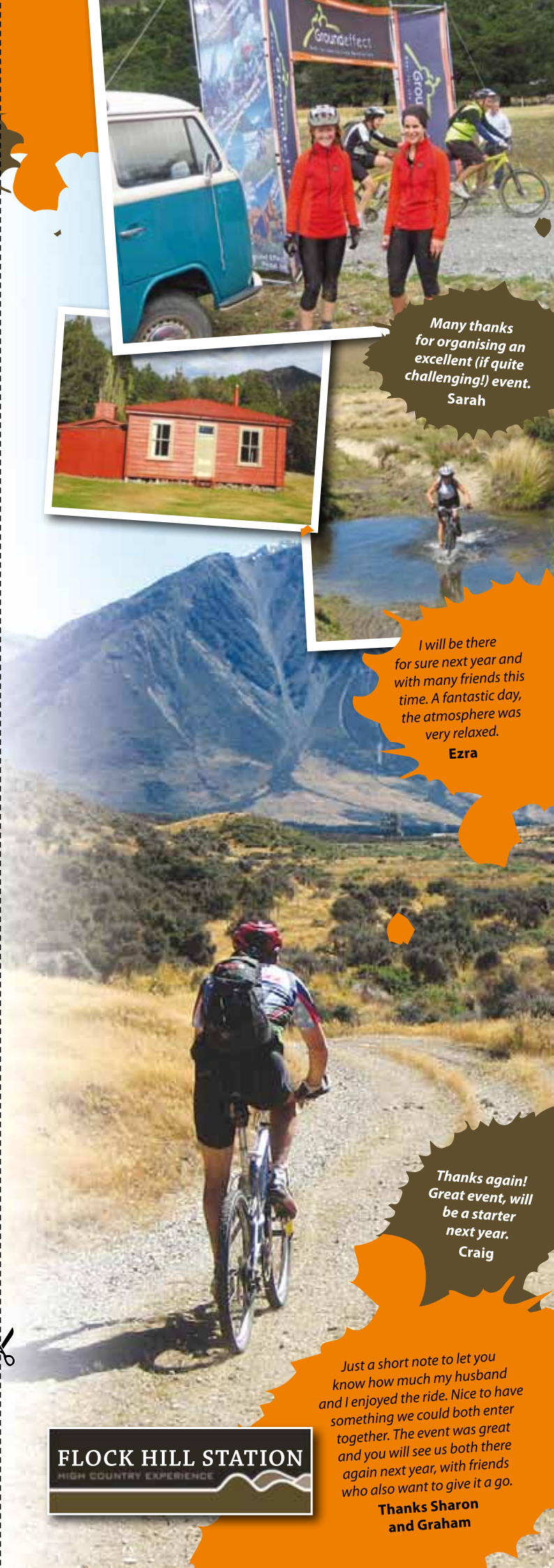


Many thanks for organising an excellent (if quite challenging!) event.
Sarah



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

Ezra



Thanks again! Great event, will be a starter next year.
Craig

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

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HIGH COUNTRY EXPERIENCE