

NEW TIMED EVENTS!

EnterOnline.co.nz

0800 424532

Bicycle Business

FLOCK HILL

STATION - RIDE, RACE OR RUN!

ARTHURS PASS ROAD
90 MINS FROM
CHRISTCHURCH



SATURDAY 23RD FEBRUARY 2013

RIDE OPTION 2
The Hill 2.5km

RIDE OPTION 3
Winding Creek 4km

RIDE OPTION 1
Experienced Riders
10km

25KM TRAIL RUN

**25KM - 42KM
MTB RIDE**
3 OPTIONAL LOOPS
- choose your distance.
Our 6th year of this event.



NEW
**42KM
TIMED
MTB RIDE**
Inaugural event.



NEW
**25KM
TIMED
TRAIL RUN**
Inaugural event.

FOR FURTHER EVENT DETAILS VISIT WWW.FUNCYCLING.NET



223 Annex Rd Christchurch. Ph 03 335 0603

YOU ASKED FOR IT!

NEW EVENTS
FOR 2013

NEW TIMED 42KM MTB RACE

Many riders in the past have asked for a timed race, so now you have got it! The full 42km course will be **electronically timed**. Timed riders will start 10 minutes prior to the non-timed trail rider.

NEW TIMED 25KM TRAIL RUN



This is a challenging run with fantastic views. Check out the profile.



TRAIL RUN SAFETY: RUNNERS MUST CARRY a windproof jacket, hat, an emergency blanket and their own food and water.

25KM - 42KM FLOCK HILL MTB RIDE

OUR USUAL NON-TIMED TRAIL RIDE WILL REMAIN with the same format as in the past. Approximately 25km of trails with three optional loops of 2.5km, 10km and 4km. This is a very enjoyable ride as there is no pressure from being timed. There are a couple of hills that will make you work, however you will be rewarded with spectacular views of pure 'South Island High Country.'

MTB 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
- Carbohydrate concentrate, e.g. Hammer Heed, etc
- 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/RUN BRIEFING, 9.45 AM AT THE WOOLSHED START AREA.**

START TIMES

- Run **10.00AM**
- MTB Race **10.05AM**
- MTB Ride **10.10AM**

PRIZE-GIVING

Spot prizes will be drawn at 2.30pm.

FOR FURTHER INFORMATION INCLUDING DETAILED EVENT DESCRIPTIONS, GETTING THERE AND ACCOMMODATION PLEASE VISIT WWW.FUNCYCLING.NET

OR CALL EVENT ORGANISER CLIFF KINGSTON ON 07 578 5315 OR MOBILE 021 239 9148

NOTE: There is no mobile coverage at Flock Hill. Calls to the above numbers will need to be made prior to Wednesday 20th February. After this time Cliff will be at Flock Hill.

Bicycle Business IS LOCATED IN HAMILTON, TAURANGA, NELSON & CHRISTCHURCH.

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Bicycle Business FLOCK HILL STATION - RIDE, RACE OR RUN! ENTRY FORM

SATURDAY
23RD FEBRUARY
2013

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

MTB RIDE:	\$55.00
MTB RACE (TIMED):	\$60.00
TRAIL RUN (TIMED):	\$50.00
LATE FEE: Online entries close midnight Tuesday 19th February 'On the day' entries accepted plus \$15 late fee.	\$15.00
Springfield School "High Country" BBQ 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
www.flockhill.co.nz