



ADVENTURE RACING ON A BUDGET

Some Hints from Alan Nelson, Race Director

Acquiring the technical gear you need for the Cure Kids race can seem like a big investment if you don't already own at least some of the basics. However, a little creative thinking can provide wallet friendly solutions.

First off, talk to your friends, family and work colleagues, particularly if you have tramping, skiing, orienteering or multi-sporter's amongst them. Tell them that you need equipment and that you are participating in the Cure Kids Great Adventure Race. They might be more than happy to give you a hand by lending you gear.

If you do borrow gear, I strongly recommend that borrowed equipment is sourced early enough to be used throughout your training period as well as on race-day. That way you minimise the risk of unpleasant surprises from gear that doesn't quite fit or fails to perform as expected.

A personal investment in your shoes and socks is essential. Specialist off-road running shoes with high traction soles, a protective rand and robust construction are best. Ensure they have a generous fit to allow your feet to expand. If you don't expect to be at the front of the pack and running all day, light-weight tramping boots can be an excellent footwear choice. Choose sports socks with a mixture of synthetic and wool. Well known brands include Thorlo, Bridgedale and Thermatech.

You might get away with borrowing a mountain-bike although you will need an understanding donor. It's going to get a fair bit of wear and tear if you are doing the training you need to do on the bike. Front suspension is essential and rear suspension is desirable if you can justify the additional cost. Make sure your bike is fitted with appropriate off-road tires.

Technical gear like altimeter, compass, first aid kit, survival blanket etc should probably be purchased, particularly if you think you will participate in other events or outdoor activities. Outdoor stores like Bivouac and R&R are the best supply source. Finally, there are some great deals available second-hand on the www.trademe.co.nz website. But you need to know what you're looking for and "buyer beware" is your guiding strategy.

Compulsory Equipment

NOTE: The following list may be subject to minor additions and/or alterations prior to the competition. Team Captains will be advised of any such changes, which will also be posted on the race website.

Per Competitor:

- Survival blanket
- Polypropylene top (long sleeves) and bottom (long pants)
- Fleece or wool thermal top (long sleeves)
- Fleece or wool hat (balaclava recommended)
- Whistle
- Polypropylene or wool gloves
- Waterproof long sleeve jacket with hood
- Headlamp or torch

Additional gear requirements for Queenstown Race:

- Long windproof pants
- Medium weight fleece or down jacket

Per Team:

- First Aid Kit (see list below) and the knowledge to use each item
- Altimeter
- Lighter/fire-starter (candle stub or tyre tube section)
- Knife/multi-tool (ie Leatherman or Swiss Army type)
- Bike multi-tool including chain-breaker and spare links
- Compass (Southern Hemisphere) digital accepted
- Specific event course map/s viz:
 - Auckland** - Hunua & Waitakere Recreation Areas Edition 2 2005
 - Queenstown** - Arrowtown F41 1:50,000 2004 and Queenstown E41 1:50,000 2002
- Pencil and paper (waterproofed)
- Two cell-phones (one from each network) fully charged and waterproofed

First aid kit (minimum)

Painkillers (aspirin, paracetamol), antiseptic, anti-histamine, sticking plasters, sterile wipes, bandages, gauze pads, adhesive tape, sunscreen, vaseline, scissors, tweezers.

**If you have any questions please contact
Alan Nelson, Race Director
nelson.as@clear.net.nz
Tel. (0274) 821 562**

