



Get a head start on the Great Adventure Race

Training Seminar, Saturday, 11th February

The Cure Kids Great Adventure Race training seminar is an invaluable training opportunity for teams competing in the Great Adventure Race. Held in the Hunua Ranges, this is a full day of both theoretical and practical field work, giving teams a head start to training in the lead-up to the event.

Mountain Safety Council instructors will assist you in map-to-ground skills, basic compass and practical navigation skills - all vital during the race itself. In the afternoon there is a practice training run (approx 1 ½ hours), putting to test the skills learnt.

We strongly recommend that all new competitors to the Great Adventure Race attend the seminar, and also encourage any returning competitors to attend. Please note, this is primarily for competitors, support crew are not required.

DETAILS:

- Date: Saturday, 11th February
- Time: 8:30am – 4:00pm (see programme below for more details)
- Venue: YMCA Camp Adair, Hunua Ranges
- RSVP: To Cure Kids by Monday 6 February
- Please bring: All compulsory gear (see list below), excluding your mountain bike;
Pen & paper;
Lunch & water.

For any questions, or to advise us of any medical issues we may need to know in advance, please contact Summer Haycock, Events Manager:
summer@curekids.org.nz, or 09 370 0287.

PROGRAMME FOR THE DAY:

- 0830 - 0845 Registration
- 0845 – 1015 **Training and Race Preparation Forum.** Cure Kids: How to maximise fundraising.
- 1015 – 1030 Morning tea
- 1030 – 1100 **Mountain Safety Council Session One:** Map grid references, map orientation, contour lines.
- 1100 – 1130 **MSC Session Two:** Compass skills and compass exercise.
- 1130 – 1200 **MSC Session Three:** Map to compass, orientating your map using a compass.
- 1200 – 1230 Lunch (BYO)
(Compass practical work will be available for those that want some help with setting a bearing / walking on a bearing. A practical compass exercise will be set up.)
- 1230 – 1300 **MSC Session Four:** Practical revision on the three sessions above as required.
- 1300 – 1315 **MSC Session Five:** Practical route planning.
- 1315 - 1330 **MSC Session Six:** How am I going to know that I am there?
- 1330 - 1400 **MSC Session Seven:** Risk management and trip plan.
- 1400 - 1550 **Practical Run Session**



COMPULSORY GEAR LIST

Per Competitor:

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

Per Team:

- First Aid Kit (see list below) and the knowledge to use each item
- Altimeter
- 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: NZTopo50 – BB33 Hunua
- Pencil and paper (waterproofed)
- Two cell-phones (one from each network) fully charged and waterproofed –
NB: GPS enabled smart-phones must have GPS feature dis-abled

First aid kit (minimum)

• Painkillers (aspirin, paracetamol), iodine/antiseptic wipes, anti-histamine medication for wasp stings, sticking plasters, bandages, gauze pads, adhesive tape, sunscreen, Vaseline, scissors, tweezers.

Prohibited race equipment/items:

- GPS navigation unit.
- Performance enhancing drugs.
- Motorised bicycles.
- Any other device that compromises the spirit of the competition (if in doubt, consult the organisers).