# PORIRUA GRAND TRAVERSE

## Sunday 28 March 2010

**Race the Triple Peaks of Porirua**
Mountain Bike: 33k
Adventure Run: 18k
Kayak: 12k

**Kids Challenge**
Waka Paddle: 2k
Mountain Bike: 8k
Run: 2k

**World Vision Fun Run/Walk**
A spectacular 10k run/walk
around the Titahi Bay headlands

www.poriruagrandtraverse.co.nz

PORIRUA GRAND TRAVERSE

# 28 March 2010

Enter Online www.poriruagrandtraverse.co.nz

## Individual Entry:

Name..... M ☐ F ☐ Email..... .....

Contact Address.....

## Team Entry:

Team name .....

Contact Address.....

Mtn biker ..... M ☐ F ☐ Email..... .....

Runner ..... ☐ ☐ Email..... .....

Kayaker ..... ☐ ☐ Email..... .....

**Medical Conditions:** Any medical conditions our safety crew should know about?

.....

**Emergency Contact:** Name: ..... Phone: .....

## Race Categories

| MULTISPORT | Individual | Team | DUATHLON | Individual | Team |
|---|---|---|---|---|---|
| | ☐ Men | ☐ Men | | ☐ Men | ☐ Men |
| | ☐ Women | ☐ Women | | ☐ Women | ☐ Women |
| | ☐ Vet men (40+) | ☐ Vet men (40+) | | ☐ Vet men (40+) | ☐ Vet men (40+) |
| | ☐ Vet women (40+) | ☐ Vet women (40+) | | ☐ Vet women (40+) | ☐ Vet women (40+) |
| | | ☐ Mixed (M & F) | | | ☐ Mixed (M & F) |
| | | ☐ Corporate/business | | | ☐ Corporate/business |
| | | ☐ Secondary Schools | | | ☐ Secondary Schools |

**KIDS CHALLENGE** ☐ Male ☐ Female School .....

**WORLD VISION FUN RUN/WALK** ☐ Male ☐ Female School/Business/Family .....

## Entry fees

| | | |
|---|---|---|
| Individual Multisport | $80 | $..... |
| Individual Duathlon | $60 | $..... |
| Teams | $50 per person | $..... |
| Kids Challenge | $25 | $..... |
| Fun Run/Walk | $25 per person | $..... |
| Late Entry Fee | $15 *(Entries after March 19 incur the late fee. No refunds after March 19)* | $..... |
| T-shirts | $30 ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL | $..... |

**Total Fees To Pay $.....**

*Send entry form and payment to: Porirua Grand Traverse, 15 Longitude Place, Whitby, Porirua 5024*

**Waiver**

I/We accept the conditions of entry on this form and the website in the knowledge that mountain biking, running and kayaking are inherently dangerous and physically challenging. I/We have read all information as required and understand the risks, demands and dangers involved in Porirua Grand Traverse. I/We take full responsibility for my/our fitness, experience and actions and all personal possessions and equipment I/we may use during this event and I/we, my/our kin, heirs and executors of any estate hereby waive, release and forever discharge the event organisers, directors, sponsors and all other persons associated with the event in whatsoever capacity in the event of any liability, claims or damages relating to personal injury, loss of or damage to any equipment or any other matter arising from the event. I authorise the use without payment of my personal details, picture and voice in any capacity relating to the event. I/We accept that in the event of eartquake, fire, floods or any other situation deemed "Act of God" that the event may alter venue, be postponed or cancelled with refund.

**Signed** (all entrants) .

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Date.....

☐ Please tick this box if you do not wish to receive information from our sponsors.

# Race Information

### Race Registration
Saturday March 27, 11.00am to 4.00pm,
Avanti Plus Porirua, 2 Parumoana St, Porirua.

### Race Start: Multisport & Duathlon
Battle Hill Regional Park, Paekakariki Hill Road
**Race Briefing:** 7:45am (compulsory for all entrants)
**Start Time:** 8:00am

### Race Start: Kids Challenge
Onepoto Park, Porirua
**Race Briefing:** 9:30am (compulsory for kids & parents)
**Start Time:** 10:00am

### Race Start: World Vision Fun Run/Walk
Titahi Bay Surf Club, Toms Rd, Titahi Bay
**Race Briefing:** 10:45am (compulsory for all entrants)
**Start Time:** 11:00am

### Race Finish: All Events
Whitireia Polytechnic, Wi Neera Drive, Porirua

| | |
|---|---|
| First Kids Finisher | approx 11:00am |
| First Fun Run/Walk Finisher | approx 11:30am |
| First Duathlon Finisher | approx 11:30am |
| First Multisport Finisher | approx 12:30am |

## Race Rules

- Race numbers must be visible at all times.
- The race bib must be visible at all times.
- Standards approved helmets must be worn on all bike legs.
- Obey all road rules, police and race marshals.
- Lifejackets must be worn during kayaking.
- Kayaks must have standard 20 litres buoyancy.
- All transitioning must be within the designated area.
- Timekeepers must be informed of all withdrawals.
- Organisers reserve the right to make course changes.

## Who can compete?

The **Porirua Grand Traverse** is open to everybody 16 years of age and over. They can compete as an individual in the duathlon (mtn biking and running) or the multisport (biking, running and kayaking) or in teams of two (duathlon) or three (Multisport).

The **Kids Challenge** is for 11-15-year-old individuals, male or female. This race starts with a waka paddle (equipment provided) followed by mountain bike and run. Parents must sign waiver for child.

The **World Vision Fun Run/Walk** is an acheivable but scenic route on beaches, farmland and walking tracks, and is open to anyone over age 7 (anyone under 16 must have waiver signed by parent/guardian). $5.00 from every entry goes to World Vision and the biggest world vision fundraiser wins a prize for their group.

### Prize Giving

| | |
|---|---|
| Kids Challenge | 2.00pm at Whitireia Polytechnic |
| Multisport & Duathlon | 3.00pm at Whitireia Polytechnic |
| Fun Run/Walk | 3:00pm at Whitireia Polytechnic |

### Aid Stations
There will be aid stations at each transition but competitors must be self-sufficient and carry all their own food and fluids during each stage.

### Prize Pool
Prizes will be awarded in all categories with three or more entries. Minor spot prizes will be awarded to every 10th finisher. Major spot prizes will be awarded at the prize givings.

### The Course
A course overview is provided with this entry form.
More detailed maps can be found on the website. Please note that the middle sections of both the mountain bike and run sections are on private land and are not accessible prior to race day.

PORIRUA GRAND TRAVERSE

## Course details

The mid sections of both the mtn bike and run sections cross private land that is accessible only on race day. We are grateful to the landowners. Please respect their privacy and goodwill and do NOT enter their land. Save it for race day.

### Avanti Plus Porirua Mtn Bike: 33km
The event starts at Battle Hill at 8.00a.m. and includes two big climbs for a total of about 900 vertical metres. Throw in some downhill and flats and awesome scenery and you'll finish with a big grin. It's mostly off-road and all rideable (okay, you'll grunt and curse in a couple of places). You'll get panoramic views of Porirua and finish at Bishop Viard College.

### Mtn Run: 18km
The run is mostly all off-road but 100% fun. If the hills don't leave you breathless the views will. You need to be nimble for the coastal section to Titahi Bay.

### Kayak: 12km
Competitors paddle from Onepoto, north past the large Mooring Poles and across to Paramata Bridge, paddling under the bridge and keeping the boat sheds and shoreline close to your right hand side until Browns Bay, where you turn around and return past Onepoto to the Whitireia Polytechnic boat ramp at the southern end o Porirua Harbour, where you finish with a 100m run to the finish inside Whtitireia Polytechnic.

### Kids Challenge
The Kids event starts with a Waka paddle (2k) at 10.00a.m. from the boat ramp at Onepoto Domain. Competitors will then bike through the back streets of Titahi Bay and round Whitireia Park back to Onepoto (8km). The finish is a short run away in Whitireia Polytechnic.

## Course Map

AVANTI plus Porirua CYCLE SPECIALIST

PORIRUA CITY COUNCIL

Mana COMMUNITY GRANTS FOUNDATION

World Vision

interislander

Citylife

THE ROCK 96.3FM

VASQUE

macpac

groundeffect.co.nz

memory-map

bridgedale enduring comfort

Whitireia living · learning · sharing