

15TH ANNUAL RIVERHEAD ADVENTURES (R.A.) 50 KM FOREST RUN,
30 KM FOREST FUN RUN AND 30KM FOREST FUN WALK.

Easter Saturday 23rd April 2011

1. Basic Information

\$25 entry fee all events. \$35 late entry fee after 16th April. Pick up race numbers on the day from 6.00am

Race Centre and Start/Finish: Riverhead Hall, Corner Elliot St and Coatesville/Riverhead Highway.

Toilets, changing facilities at the hall. **No showers. Leave gear and valuables inside your locked vehicle.**

2. You need to bring

Your watch or stop watch and wear it. Recording only at finish line.

Your own supplies /electrolytes.

We will provide water at every 5k mark (unmanned table) - **no cups provided.**

Your jacket, sunscreen and vaseline.

3. Course Information

Organisers have built a new boardwalk under the bridge near the start/finish and hope to have a hilly but faster course which (as always) remains a secret until Race Day.

A map will be on display at the start . Course will be marked with pink fluoro arrows and signage.

Start time for 50k run and 30k walk is 6.30am (briefing at 6.15am)

Start time for 30k run is 7.30am (briefing at 7.15am)

Event finishes at 12midday approximately.

4. Road Safety A small section at the beginning and end of the course on Riverhead Road is run on 80km speed limit open road with no footpath. Please run in single file on the right hand side of the road and take extreme care when crossing Riverhead Road . On return stay on footpath after Shell Service Station and return to bridge boardwalk via School and Newton Roads. **You are responsible for your own safety!**

5. Afterwards

Prizegiving is at 12 midday. Merit prizes for 1st Male 50k and 1st Female 50k

Spot Prizes for all events but you must be there.

Good Samaritan award for roadside assistance by some one. Nominations to R.A. Referee.

1st aid kit at finish. Tea, coffee and electrolytes at finish. Food available from local 4 Square store or at the Kauri Gum Café in School Road.

6. General Notes

Forest courses are always difficult to measure. **Race records still apply.**

50km run Lilac Flay 1997 4.03.18 Mark Bright 2001 3.08.38.

30km run Gaela Kilgour 2001 2.19.27 Greg Sawyer 2003 1.59.57

30km walk Marcia Soanes 2006 3.33.48 Peter Baillie 2006 3.23.19

NZ Ultrarunners Association (NZUA) information and membership available.

We hope to have an enjoyable event and with your cooperation keep entry fees at a low level .

Full results will appear in NZUA website www.ultrarunner.org.nz Cool Running website www.coolrunning.co.nz and Takapuna Harriers website www.taahc.co.nz

Thank you.

Race Organiser: Gary Regtien, 11 Newton Road, Riverhead, Auckland 0820. Phone/fax 09 412 6431

Email: GRegtien@xtra.co.nz

ENTRY FORM

Name: _____

Address: _____

Phone: _____

Date of Birth: _____ **Age on 23rd April**
2011 _____

Male / Female: *Please circle one*

Event: 30 km run 50 km run 30 km walk *Please circle one*

Estimated time: _____ **Previous best**
time: _____

Standard entry fee: (if entering before 16th April): \$25 *Please circle*

Late entry fee: (if entering after 16th April): \$35 *Please circle*

I want to join the New Zealand Ultrarunners Association: enclose an additional
\$30 *Please circle*

Total amount enclosed: _____

Please make cheques payable to Gary Regtien and mail with entry form to

11 Newton Road, Riverhead, Auckland 0820.

Alternatively entries can be emailed. Please email GRegtien@xtra.co.nz to get bank
account deposit details for entry fee.

Agreement:

I agree to act safely and responsibly while participating in this event. I participate in
this event at my own risk. I agree to abide by the rules of the walk/run and the judge's
decision and to compete with a fair and sporting spirit.

In the event of "any act of God" causing a cancellation of the event or personal
circumstances preventing me from participating, my total entry fee is non-refundable .

I hereby release the Riverhead Adventures Race Event organisers, helpers, volunteers
or any other party associated with the event of any liability, financial or otherwise,
which might arise whether or not by negligence, from any direct or indirect loss,

injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in the event and its related activities.

I have read all the safety information and conditions of the event.

Signed: _____

Date: _____

Entry not accepted unless signed and dated.