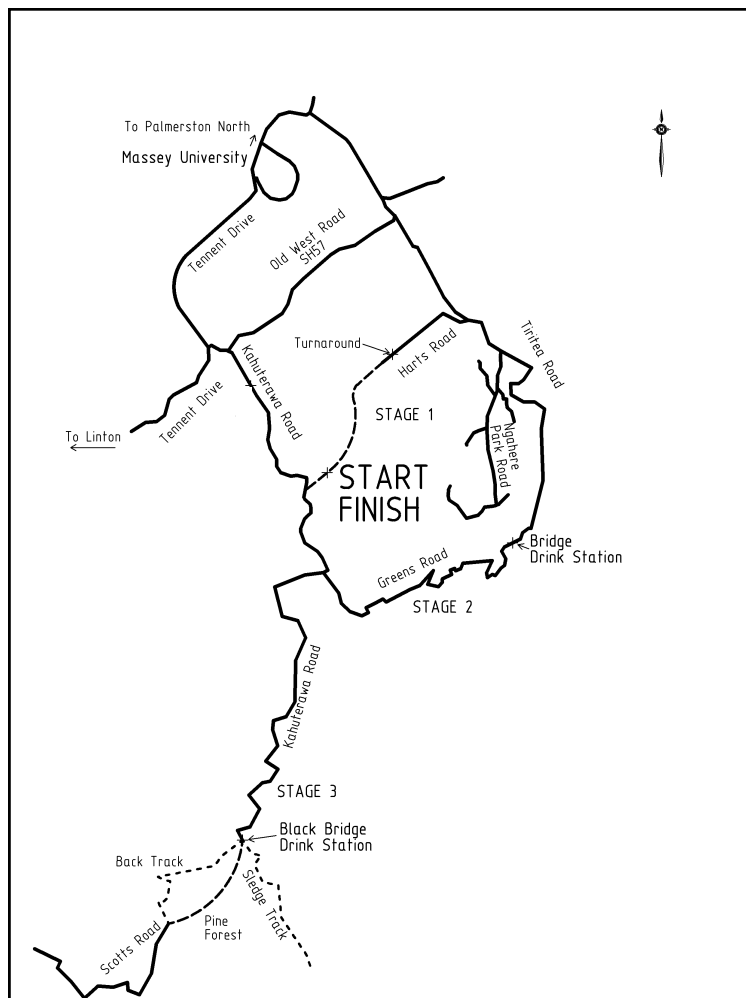


Course and Location Map



DECLARATION (to be acknowledged and signed for on Entry Form page)

1. I certify that I am physically fit and have trained sufficiently for participation
2. I accept that my entry fee is non-refundable
3. I enter at my own risk and hereby release the event organisers, their officers, volunteers, sponsors or any other party associated with the event of any liability, financial or otherwise.
4. I permit the free use of my name, voice or picture to be used in any broadcast, telecast, advertising, promotion or in any other way relating to this and future events.
5. I accept that the organisers have absolute discretion in the award of any prize



Kahuterawa Two Day Classic

19 & 20 November 2011

Dransfield's Woolshed, 241 Kahuterawa Rd, Linton

**A marathon conducted on and off road in the Manawatu
3 stages spread over two days**

An innovative concept catering especially for those who enjoy getting away from it all and testing themselves on rural roads and tracks.

OPEN TO ALL!!!

Entry Fee:

Any one stage \$10
Any two stages \$15
All three stages \$20

See inside for details



Attention Early Birds!

**Enter before 14
November & be
eligible to win back
your entry fee!**

**Course marked and marshalled · Water Stations
Merit Prizes · Spot Prizes · Sunday Lunch**

Event Organisers:

Alister Martin
06 3537175
027 2121188

Phil Pirie
06 3268786
0274 412253

www.manawatustriders.org.nz info@manawatustriders.org.nz

Manawatu Striders—Affiliated to Athletics New Zealand

ENTRY OPTIONS

Enter on the Day: Just turn up on the day with your completed entry form (or fill one in when you get there). **No late fee.**

OR

Postal Entry: Complete the below entry form and mail with cheque to:
Manawatu Striders, P.O. Box 1871, Palmerston North

OR

Online Entry: Available at www.enteronline.co.nz or by following the link from our website www.manawatustriders.org.nz

Postal and online entries close MONDAY 14th NOVEMBER 2011

ALL POSTAL AND ONLINE ENTRIES GO INTO THE "EARLY BIRD" PRIZE DRAW TO RECEIVE A REFUND OF ENTRY FEE

Name.....

Phone.....

Email.....

Walker Runner Male Female

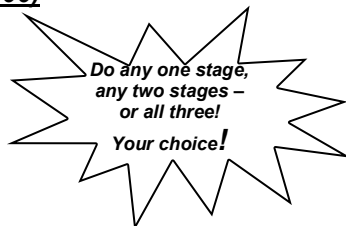
Please tick stage/s entered

Stage One Stage Two Stage Three

ENTRY FEES

(Please note that entry fee includes lunch. Guests are welcome to join us for lunch for a payment of \$5.00)

| | | |
|-------------------|---------|--------------------------|
| Any 1 stage | \$10.00 | <input type="checkbox"/> |
| Any 2 stages | \$15.00 | <input type="checkbox"/> |
| All 3 stages | \$20.00 | <input type="checkbox"/> |
| <u>Lunch only</u> | \$5.00 | <input type="checkbox"/> |



I accept the terms and conditions in the declaration on the back page

Signed:.....

DAY ONE

Stage One 7km

**Start times: Walkers 8.30am
Runners 9.00am**

Begin at Dransfield's Woolshed and follow a well-marked farm track. Continue past large dirt pile at approx 1.74km and take a sharp right turn. At 2.3km there are some macrocarpa trees on the left with a gateway at the bottom of the hill. Through another gateway to take you onto Harts Road (sealed). On to Carmichael's letterbox on left and return to base the same way that you came.

Summary

A short but challenging and grunty start to the Event. Bound to get your heart pumping but great views and plenty of variation. Mostly undulating with some good little climbs to keep you honest. First 200m is a steepish climb which brings you out onto a hilltop with a fantastic view of the City. **There is no drink station.**

**Start times: Walkers 12.30pm
Runners 1.00pm**

Stage Two 15.42km

This stage will be known to many of you as part of the Dam Block. Begin at Dransfield's Woolshed and turn left into Kahuterawa Road. After 1.9km turn left into Green's Road. Sharp climb up to near Love's entrance at about 3.4km and continue on to the Tiritea Bridge, over the bridge and past the Gun Club to Hart's Road. Distance from start to Harts Road is 11.09km. Return to woolshed via Harts Road and then the same return route as Stage One. 4.33km from Harts Road entrance to woolshed.

Summary

Undulating all the way with very few flat bits and two or three good climbs. On road all the way until leaving Harts Road near the end for the final 3km. **Drink station at bridge at end of Tiritea Road.**

DAY TWO

Stage Three 21.57km

**Start times: Walkers 8.00am
Runners 8.30am**

From Woolshed, along Kahuterawa Road, past Greens Road to end of road. Distance to where seal ends is 4.75km, to Brown House is 6.8km and to Black Bridge at end of road is 7.7 km. Follow the Back Track for a steady climb up to Scott's Rd, distance 4.092km. Turn left and come down through pine trees following well-marked route to Black Bridge, distance 2.070km Then back to the start for a well-earned rest. **Lunch and prize giving at 12.30 pm.**

Summary

A good way to finish the event. Flat and undulating with a steep climb up Greens Road on sealed and metalled roads. Most of stage three is on public roads with little traffic. **Drink station at Black Bridge and Greens Road.**