



THE ULTIMATE CONSTRUCTION CHALLENGE.

INFORMATION PACK

THE ULTIMATE CONSTRUCTION CHALLENGE

10 + 11 MARCH 2011

Kayak, mountain bike, coasteer, run and navigate through Matakana's wilderness to prove you are the ultimate construction racing team!

An outstanding weekend of comradery, this event will challenge and inspire you. Get to know your industry peers better, see them in a different light and have a laugh along the way.

Teams are encouraged to camp on site at the central hub and enjoy the facilities that the stunning Matakana Country Park has to offer.

There are three race options depending on your sense of adventure. Races require a moderate level of fitness, the time they take will depend on both fitness, agility and navigation skills. Cut off points will be used to ensure that all teams are back at the central hub for the prize giving and BBQ at 1pm on Sunday 11 March. Family and friends are welcome to join participants and their support teams at the prize giving.



RACE TIME & OPTIONS:

6 Hour Relay

SUNDAY 11 MARCH
\$45/ PERSON (EARLY BIRD)
\$55/ PERSON (AFTER 20 FEB)

RACE BRIEF: 6.30AM
RACE START: 7.00AM

14km Run/ Trek
24km Mountain Bike

Participate as a team of four or more doing legs in pairs or all together.



24 Hour Relay

SATURDAY 10 MARCH
\$75/ PERSON (EARLY BIRD)
\$90/ PERSON (AFTER 20 FEB)

RACE BRIEF: 1.30PM
RACE START: 3.00PM

24km Run/ Trek
13km Kayak
22km Coasteering (run/swim along coast)
45km Mountain Bike
14km Run/ Trek
24km Mountain Bike

Participate as a team of between 4 and 12.



Ultimate 24 Hour Race

SATURDAY 10 MARCH
\$75/ PERSON (EARLY BIRD)
\$90/ PERSON (AFTER 20 FEB)

RACE BRIEF: 1.30PM
RACE START: 3.00PM

24km Run/ Trek
13km Kayak
22km Coasteering (run/swim along coast)
45km Mountain Bike
14km Run/ Trek
24km Mountain Bike

Tackle the whole 24 Hour Relay Course as a team of two.



24 HOUR COURSE DISTANCES MAY CHANGE DUE TO WEATHER CONDITIONS ON THE DAY

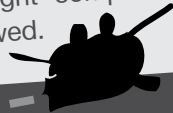
REGISTER NOW to book an early bird team!

Entry price goes up after Monday 20 February.

**STUFF
YOU
REALLY
NEED
TO KNOW!**

KAYAK LEG (24 HOUR RACES ONLY)

There are no restrictions on kayak types, however, we recommend you use double kayaks, as there is kayaking on moving water during the day. Ensure your kayak is equipped with air bags, or water-tight compartments. No three person or larger kayaks allowed.



MOUNTAIN BIKE LEG (24 & 6 HOUR RACES)

Please have your bike checked by a bike shop prior to the event. Please ask that they check the bikes brakes, headset, wheels, pedals, cables, derailleurs and frame for damage. It is cold when riding at night. We recommend a good windproof jacket, gloves and leggings. 24 Hour competitors will cycle during the dark, so ensure you have sufficient lighting and spare batteries.

COASTSTEERING / RUNNING LEGS (24 & 6 HOUR RACES)

Our recommended equipment list is the minimum and we recommend you take additional clothing and food. If you are competing in the 24 Hour Race you will be tramping at night in remote country. Ensure you have enough batteries for your lights / head lamps to last throughout the night.



RULES

All team members are required to attend the RACE BRIEF for course information and compulsory equipment checks.

Relay teams can consist of teams from 4-12 participants. A minimum of two team members must complete each leg of the race together.

Team members may participate in more than one leg if they wish. Members are not fixed to any one leg and may elect to do additional legs during the event so long as they notify Race Officials prior to commencing the leg. If a member withdraws from their leg, their team may only continue if there are at least two members willing to complete that leg.

Where allowed, relay teams may split legs (swap relay members) as long as it is done in a safe area. You are not permitted to drive vehicles into private property to transition.

The entire team is not required at each transition. Only the team members who are participating in that leg are required. Relay teams must inform the Race Official at each transition as to which members are undertaking the leg before departing the transition area.

RACE REGISTRATION AND ENTRY FEE

All participants must pay their entry fee and complete their race disclaimer in full prior to the Race Briefing. Forms will be available in the registration tent at Central Hub. Please bring cash if you wish to pay on the day.

SUPPORT CREWS

Teams entering the 24 HOUR RELAY or ULTIMATE 24 HOUR RACE must have support crew. Support crews need to be briefed on your equipment to facilitate transitions. They will require at least one vehicle to supply and gather equipment during the event.

Support crews are responsible for transporting all their competitors' equipment including kayaks and bikes.

FOOD

We recommend competitors pack equipment in separate bags or containers for each leg. Food is essential, and hot food helps on a cold day. It is essential to carry plenty of water. If you wish to supply hot food we recommend using a thermos flask with soup and/or instant noodles (or similar). Hot food will be available throughout the night at the Central Hub.

CENTRAL HUB

The Central Hub, located at the Matakana Country Park will be the central base for all events over the two days. Each race leg begins and ends at this central point (with exception of the Kayak Leg) and race briefings will take place at the start line.

There is ample room for camping and parking at the Central Hub. You are also welcome to pitch a tent to hold your gear.

The restaurant (stablesmatakana.co.nz) will be open until 9pm on Saturday and from 10am on Sunday. After these hours there will be a hot stew and tea and coffee available in the race chill out zone.

PRIZE GIVING

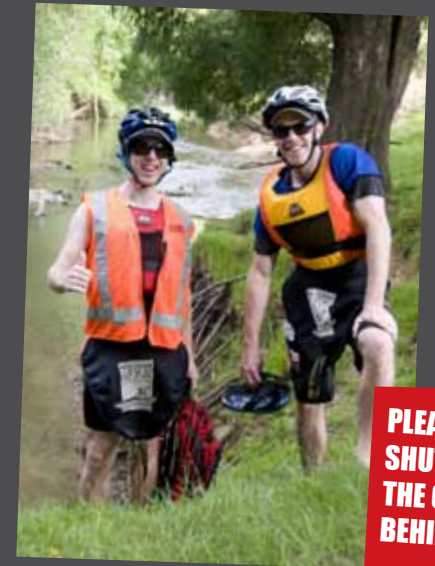
All teams are requested to be at the Prize Giving at 1pm on Sunday 11 March. There are some great prizes up for grabs for both teams and support crews. Participants, support crew and their families are welcome to stay and enjoy the BBQ.

ACCOMMODATION

For those not up for a camping mission, there is accommodation nearby in Matakana or you may wish to hire a nearby Bach. Book early as Matakana is popular for weddings during March.

MAPS

Teams are required to buy their own maps. Map References are on page 6.



**PLEASE
SHUT ALL
THE GATES
BEHIND YOU**

COMPULSORY EQUIPMENT

Compulsory TEAM Equipment

(One kit only for 2 person teams and 2 kits for 4 person teams)

- First aid kit - refer to below
- Waterproof matches
- Knife
- Southern Hemisphere compass
- Maps (1 set minimum)
- A fully charged cell phone in a dry bag or similar
- 1 x biv-bag or Sleeping Bag

Compulsory PERSONAL Equipment

- Poly-pro or similar top and bottom (long sleeve)
- Fleece or similar top (long sleeve)
- Fleece or wool hat
- Whistle
- Headlamp or torch
- Water proof top and bottom (long sleeve & leg)
- Poly-pro gloves or similar
- Survival blanket
- Down jacket or sleeping bag minimum 200g weight

Compulsory PADDLE Equipment

- 1 x life jacket (PFD) per competitor
- 1 x paddle per competitor
- 1 x spray deck per competitor
- Kayak helmet or MTB helmet
- 1 x new roll of duct tape per kayak
- 1 x throw bag (minimum 10 metres) per two participants (can be home-made with buoyant rope)

Compulsory MOUNTAIN BIKING equipment

- Helmet
- Gloves
- Front white and rear red light (24 hour races)
- Spare tube, repair kit and pump (2 per team)
- Leggings and arm warmers or similar

First Aid Kit

(2 x for four person teams or 1 x for two & three person teams)

- Painkillers e.g. Nurofen, Panadol or Aspirin
- 1 x Crepe bandage 8cm and 6cm roll
- 3" x 4" Gauze pads (Qty: 5)
- 1" adhesive elastic tape (Qty: 1)
- Total sunscreen cream (30g) minimum 15+
- 1 x blister block/ second skin or similar

Prohibited Equipment

- GPS navigation units
- Motorised transportation
- Kayak sailing devices
- Night vision devices

Teams are required to present equipment with an  at race briefing.

Please remember safety & enjoyment are paramount! Maximise your race by planning your equipment & support crews NOW!

RACE OFFICIALS CONTACT DETAILS:

24 HOUR RACES:
Pierre Benson
029 200 9377

6 HOUR RACE:
Janine Domigan
027 279 7535

MAP

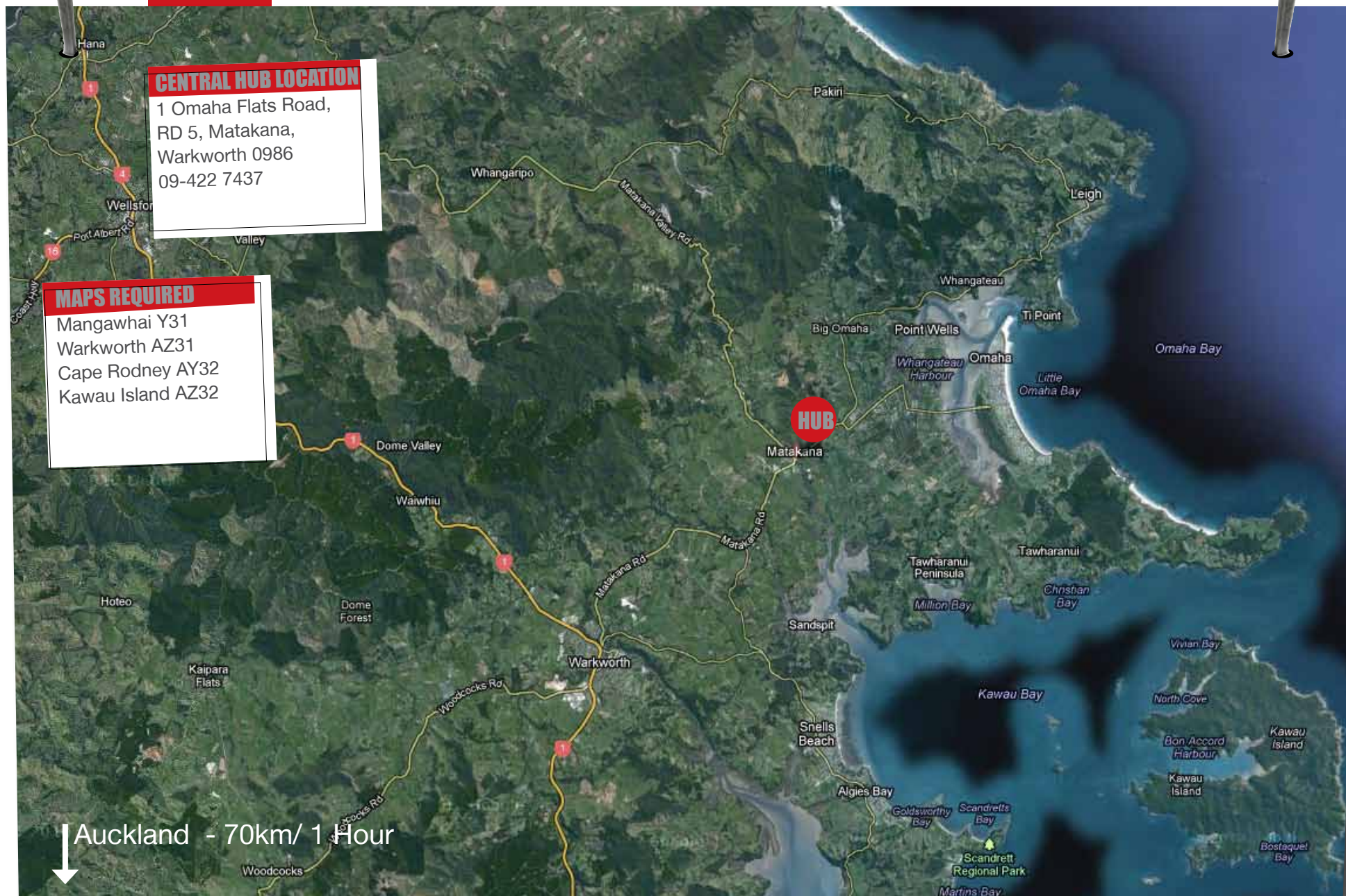
CENTRAL HUB LOCATION

1 Omaha Flats Road,
RD 5, Matakana,
Warkworth 0986
09-422 7437

MAPS REQUIRED

Mangawhai Y31
Warkworth AZ31
Cape Rodney AY32
Kawau Island AZ32

Auckland - 70km/ 1 Hour



website

[www.arrowinternational.co.nz/
UltimateChallenge](http://www.arrowinternational.co.nz/UltimateChallenge)

tell your friends

join event on Facebook
[http://www.facebook.com/event.
php?eid=209042359145244](http://www.facebook.com/event.php?eid=209042359145244)

photos

Check out past race photos

contact race organiser

T: +64 9 306 2828
race@arrowinternational.co.nz
PO Box 4398, Auckland

results

Results will be posted on the Arrow International web site and Facebook page.

sponsors

Many thanks to our adventurous sponsors!

PRINCIPAL SPONSORS



SECONDARY SPONSORS



If you are interested in sponsoring this event please contact the race organiser

