

# The Taniwha

Mountain Bike & Trail Run/Walk

Congratulations on making it this far - we are just four days away from another great event in the South Waikato. Thank you for choosing to be a part of the 2018 Taniwha!

This pre event e-news contains **IMPORTANT DETAILS** that you need to maximise your Taniwha experience. It is important that you **READ THROUGH** all the information, even if you know the Total Sport drill like the back of your hand - things can change!

For those who haven't ventured into the South Waikato before, you're in for a treat! Native bush, exotic forest, historic landmarks, interesting geological formations, open reserves, board walked wetlands and stunning single track taking in expansive lake and river views throughout. Gorgeous!

## **EVENT REGISTRATION**

### **FRIDAY 2<sup>nd</sup> NOVEMBER**

Your event number (and some cool sponsored product) can be collected between 6:00pm - 9:00pm Friday 2<sup>nd</sup> at the South Waikato Sports and Events Centre in Tokoroa, 25 Mossop Road (left, off SH1 as you head south). Another person can collect your event number but they will need your full name and event category to do so.

**NOTE: ALL MTBers who have booked a bus to their start line MUST attend pre-event registration to drop off their MTB.**

## **SATURDAY 4th NOVEMBER**

Saturday morning registration will also be available at each start line one hour before event start. PLEASE ALLOW PLENTY OF TIME if you need to take this option. NOTE: There is no Saturday registration at the event base/finish line, only at the event start lines.

## **ON THE DAY REGISTRATION/ENTRIES**

Bringing a friend? No problem – On the Day registrations/entries are available from both the Events Centre Friday evening and on the respective start lines one hour before event start. Note: there is a late entry fee for On the Day entries. Click [here](#) for details.

**TRANSPORT TO START LINE (Note: ALL events are point-to-point i.e they start in a different place to where they finish)**

### **Option 1. Personal drop-off**

A friend or family member can drive you to your start line – Job done!

### **Option 2. Drive to event base/finish line and catch a bus to the start line**

Self-drive to event base (Whakamaru Mi-Camp – all events finish here), park at Dunham's Point Reserve and catch an event bus to your start line. The bus leaves from the carpark out front of event base – no need to come in – and you can collect your race bib, timing transponder at your start line.

NOTE: If you haven't booked a bus and would like to take this option, please log in (your personal registration details can be found on your registration confirmation email) and add the 'Transport' item - this needs to be booked by 12:00pm Thursday 1<sup>st</sup> November. Please email [Renee](#) if you need assistance.

We won't issue bus tickets but will have passenger lists at the 'bus stop' in the morning. If you have not pre-booked, you should still be able to board the bus – just bring \$20 cash with you.

**IMPORTANT NOTE: There will be NO buses back to the start lines from the finish.**

**MOUNTAIN BIKES - PLEASE NOTE:** if you are catching a bus to your start you **must drop your bike off at the Friday evening registration** so we can get it to your start line on Saturday morning. If you're unable to attend the Friday evening registration, you must organise your own MTB transport to the start line.

BUSES depart from Dunham's Point Reserve (right next to event base/finish) as follows:

#### START LINES:

Event	Pre-booked bus departs	Start line location	Briefing time (for all events)	Start time
85km MTB	6:20am	Little Waipa Domain, Horahora Road, Arapuni	7:45am	MTB 8:00am
42km MTB/RUN	6:50am	Waipapa Reserve, Waipapa Road, Waipapa	7:45am	MTB 8:10am RUN 8:20am
22km MTB/ 21km RUN/WALK	7:00am	Mangakino Lake Front Reserve, Lake Road, Mangakino	7:40am	E-BIKE 7:50am  MTB 8:00am RUN/WALK 8:10am
14km MTB  14km RUN/WALK	MTB 8:40am RUN/WALK 9:40am	South end of Waikato River Trails, Ongaroto Road, just off State Highway 1, Atiamuri	MTB 9:15am  RUN 10:15am	MTB 9:30am RUN 10:30am  WALK 10:35am
7km RUN/WALK	9:40am	Bridge 2km down Tram Road (off Ongaroto Road)	10:15am	RUN 10:30am  WALK 10:35am

#### COURSE INFO

ALL course information can be found [HERE](#) including aid station information, cut-off times, maps and course profiles, and a close-up map of each start point.

#### FINISH LINE

Event base is the Whakamaru Mi-Camp (Hirurangi Island, 1105 Ongaroto Road (SH30), Kinleith 3491 on Whakamaru Lake): ALL event options finish here. A location map and directions to the finish area can be found [here](#) (the car park next to event base is where buses will depart on event morning).

## **BAG DROP**

We provide a free gear transfer service. Drop your small bag off at your start line and we will transport it back to event base for you to collect once finished. Bags will be tagged with your bib number and can be collected from the 'Gear Tent' at the finish line.

## **ACCOMMODATION**

If you have booked accommodation at MiCamp Whakamaru, please keep an eye out for an information email arriving in your inbox this week.

## **PRIZE GIVING AND SPOT PRIZES**

Our generous sponsors and partners have provided some magnificent spot prizes which will be gifted on the finish line at random. The winners of these prizes will be gifted across the finish line at random.

Prize giving will take place at event base at 2:30pm with trophies for over-all event winners in each event option.

In addition, a MAJOR SPOT PRIZE will also be up for grabs at prize giving so hang around to be in to win!

Good luck everyone!

## **ONSITE FOOD AND BEVERAGE**

Whakamaru Mi-Camp will be serving up a delicious lunch option for you to enjoy after a hard morning (or afternoon) on the trails! A choice of four different lunch options (including dessert and a drink) will be available for only \$20 (\$14 for children) as follows;

- BBQ Pulled Pork Buns with Asian Slaw (DF, GF option\*)
- Moroccan Lamb Curry with couscous salad (DF, GF option\*)
- Teriyaki chicken Wings with fried Rice & Crispy noodle (DF, GF option\*)
- Mediterranean Chickpea and roast vegetable Salad (V, GF, DF)
- Fresh fruit Salad and mint yoghurt (GF, V, DF option\*)
- Warm Chocolate Brownie, Crème Fraiche and berries (GF, DF option\*)

Lunch **MUST BE PRE-BOOKED**: if you haven't already done so, please log in to your personal registration details (via you're your registration confirmation email) and add the LUNCH item (this needs to be booked by 12:00pm Thursday 1<sup>st</sup> November). You will be issued a lunch ticket after your event and this can be used at one of five different serving times. Please email [Renee](#) if you need assistance.

For other refreshments, see the lovely people at the big blue [SPEIGHT'S](#) tent for an ice cold [SPEIGHT'S](#) plus [1Above](#) at the finish line. Kelvin, Marie and Carl will be pumping out the coffees and real fruit ice creams! PLEASE BRING CASH ONLY FOR COFFEE AND FOOD.

## **ACTIVITIES FOR THE CHILDREN**

We have some great kid's activities on offer at event base from 11:00 until 3:00pm. All are supervised by professional instructors and available on a first come -first served basis: check in at the registration tent when you arrive.

- 11:00-12noon: Archery
- 12noon-12:30pm: Kayaking (group 1)
- 12:30pm-1:00pm: Kayaking (group 2)
- 1:00pm-2:00pm: Confidence Course
- 2:00pm-3:00pm: Sling Paint

Page Break

## **MASSAGE**

Paulette (Revive and Restore) will be at event base for your post-event rub-down. Their team does magic work: be kind to yourself and look after your body so you're in shape to keep running and walking for years to come. Bookings essential - please bring cash.

## **SPONSORS**

We are very fortunate to have a great group of sponsors supporting Total Sport's 2018 Taniwha this year, so please show them your support. We really couldn't do it without these guys, so thanks a lot, everyone!

- Waikato River Trails
- South Waikato District Council
- Taupo District Council
- More FM
  
- 1Above
- Adidas Eyewear
- Partners Life
- SPEIGHT'S
- Whaiora

- Cargo Plus
- Eukanuba
- Pics Peanut Butter
- Wairakei Resort

Cheers,

Rosalie, Bevan and the Total Sport team