



## GO-4-12

### **The Official 2010 New Zealand Secondary School Adventure Racing Championships**

#### **What is our vision?**

To provide a quality adventure race, that will inspire trust, teamwork and self-belief in an environment that embodies and promotes holistic growth and healthy competition.

#### **Quote**

"Character traits that most people value highly, honesty, integrity, kindness, selflessness, generosity, and sensitivity are all central to a successful adventure racer's nature. Swallow your pride and relinquish your ego, for the good of the team."

Ian Adamson

#### **What is GO-4-12?**

The GO-4-12 Youth Adventure Race is The Official New Zealand Secondary School Adventure Racing Championships and the New Zealand Youth Adventure Challenge. It is an authentic adventure race with the core disciplines consisting of mountain biking, walking/running, kayaking, rope skills and navigation. The race is 12 hours in duration and the teams of four will face both physical and mental challenges while covering a picturesque course designed by experienced adventure racers.

#### **Who is eligible to compete?**

The event is the Official New Zealand Secondary Schools Adventure Racing Championships and is open to all New Zealand secondary school students (from the same school). There are three categories; boys, girls and mixed. The competitors are young people who enjoy fun and adventure and are able to mountain bike, kayak and walk for extended periods of time. At least one member of each team must be a confident navigator.

### **What is involved in the 2010 Race?**

The Go-4-12 Youth Adventure Race is a 12-hour, non-stop adventure race for teenagers. The activities include mountain biking, kayaking, river crossing, running, rope skills, orienteering and other mystery activities. It is similar to the world-famous Southern Traverse challenge, only it's for teenagers.

Each team must consist of four secondary school students enrolled in the same school competing in the following four categories.

- Boys
- Girls
- Mixed

### **When is the race held?**

The race will be held the weekend commencing the 23<sup>rd</sup> April 2010

### **Where is the 2010 GO-4-12?**

The 2010 GO-4-12 will be based at Lake Taupo Christian Camp (LTCC) located 45 minutes South of Taupo.

### **What is the timetable?**

*Friday 23<sup>rd</sup> April 2010*

Competitors can check into the camp from 3pm

Registration and Gear Check 4pm – 6pm

Race briefing 7:00pm.

*Saturday 24<sup>th</sup> April 2010*

The race will commence at 5:00am and conclude at 5:00pm the same day.

There will be a prize giving meal on the Saturday night and competitors are encouraged to travel home on Sunday the 25<sup>th</sup> April.

### **Prize Giving Meal**

The prize giving meal will be held at the Lake Taupo Christian Camp 7:00pm Saturday 24<sup>th</sup> April and will include a quality Guest Speaker.

### **How much does it cost to enter the race?**

It costs only **\$475** per team (four competitors and two support crew) and \$25 per additional support crew member (Includes tenting accommodation and prize giving meal).

**When can teams enter?**

Entries are available from 1 Feb 2010 and are limited to the first 50 teams. There will be a waiting list established for teams that miss out on entering but it is strongly suggested that teams need to enter as soon as possible. Accommodation upgrades are strictly on a first come first served basis.

**What if a team is forced to withdraw prior to the event?**

We accept that unforeseen circumstances may require the withdrawal of a team, though in most cases team members will be just substituted. In the unlikely event that an entire school is unable to make up a team and the event management are notified before Friday the 3<sup>rd</sup> of April the full amount will be refunded minus a 10% administration fee.

**What Accommodation and food is available?****Tent Accommodation:**

This is included in the Registration Fee. Each team is able to occupy a tent site at LTCC. This site is large enough to erect up to two tents, to accommodate the Race Team and Support Crew (up to six persons). While the sites do not include power, the teams may use toilets and showers nearby. Teams must supply their own tents, groundsheet, sleeping bags, camp stretchers/mattresses, linen and pillows. Boys and girls must sleep in separate tents UNLESS supervised by an adult.

**Cabin Accommodation:**

Limited bunk accommodation is available for Friday night if you prefer not to tent at an additional cost of \$16 per adult, \$14 per high school student. There is also other accommodation available by arrangement from LTCC.

NOTE: Accommodation for Saturday night is NOT included in the entry fee but can be booked at LTCC, tenting at \$10pp and bunk rooms range from \$16pp.

[www.ltcc.ogr.nz](http://www.ltcc.ogr.nz) or [info@ltcc.org.nz](mailto:info@ltcc.org.nz)

**Clean up:**

Please remove all rubbish and leave your tent site / cabin area clean and tidy when you vacate. There will be a charge of \$5.50 per person if this is not adhered to.

**Are meals provided?**

After the race, a prize giving meal will be served 7:00pm. Each Race Team will receive 6 Meal Tickets for the dinner in his or her Registration Pack, Additional Meal

Tickets are available for others, but must be **pre-ordered and pre-paid for by the 19<sup>th</sup> April**. The cost is \$14.50 per person, please see entry form for more information.

Though there is a shared kitchen available for use of other meals, **please note** this is only a small kitchen so it would be advisable to bring your own cooking equipment if possible. Please keep hygienic & tidy at all times.

There is a small service station / takeaway a few minutes away on the main road heading South.

Turangi is also not far - 14km heading South.

### **What skills should competitors practice?**

Teams will need to train in a variety of terrains and conditions that they may expect to encounter during the race. The GO-4-12 may include the following terrains: hill, river, forest and beach travel and kayaking on lakes and/or rivers. Teams will need to be able to navigate on both topographical maps and orienteering maps. Familiarity with safety equipment such as climbing harnesses, helmets and belay devices would be an advantage.

**Please Note:** The 2010 event will include two kayaking sections (sit on top) and competitors need to be confident on Grade 1 and Easy Grade 2 Water as well as lakes and estuaries.

### **What will the competitors eat and drink during the race?**

- It is up to each team to provide for their nutritional sustenance during the race itself.

Adventure races that last up to 12 hours in duration are high intensity and require quick foods like sports drinks for the sugar and electrolytes, bars and gel. The body can function well on carbohydrate sources of fuel.

Advice on nutrition

- Make sure that you have used your race food in training.
- Eat and drink heaps.

## **GO-4-12 Compulsory Equipment**

NOTE: Read the following carefully

Significant time penalties will be applied for breaching any of the following requirements:

- Compulsory team equipment must be carried at all times by teams.
- Compulsory team and personal equipment

### **Compulsory team equipment**

- First aid kit (please make sure you meet the requirements)

Group first aid kit will include:

Alcohol wipes (10)

Tweezers

Betadine for grazes

Crepe bandages (1x10 cm; 1x15 cm)

Saline (30 ml)

Triangular bandages cloth (2) (sterile)

Pain relief (e.g. Paracetamol)

Plastic strip dressing (10–12 bandaids)

Antihistamine cream (10)

Dressing strip

Non-adherent sterile dressings (3 large)

Gauze dressings (6)

Wound dressing (size 15, sanitary pad)

Disposable CPR face shield

Sticking tape (1 roll)

Safety pins

Butterfly closures (1 pouch)

Needle

Scissors

Notebook

Pencil

Disposable gloves

### **Other Gear**

- Matches
- Knife

- Compass
- Map(supplied)
- Cell phone (in dry bag)

### **Compulsory personal equipment to be carried or worn at all times**

- Poly-prop or similar top and bottom
- Fleece or similar top
- Fleece or wool hat
- Whistle
- Headlamp or torch
- Water proof top
- Gloves
- Survival blanket

### **Compulsory personal paddle equipment**

- Life jacket
- Paddle (a split paddle is not compulsory but highly recommended)
- Helmet – This will be required on all moving water (a Cycle Helmet will be accepted)
  - Double and or single sit on top kayaks (enough to accommodate the full team). Combinations may be as follows, 2 doubles, 1 double and 2 singles or 4 singles.

### **Hiring Kayaks**

There are kayaks available to be hired or borrowed from schools, outdoor groups and companies. It will be your responsibility to supply and transport kayaks for the event.

### **Compulsory personal mountain biking equipment**

- 4 x Mountain Bikes
- 4 x Cycle Helmets
- 4 x Taillights (Red)
- Spare tubes, repair kit and pump (be prepared to fix your bikes)

## **Regulations**

### **The Course**

Sections of course may be modified or cancelled at any time by the organisers due to bad weather, security or other unforeseen circumstances deemed suitable by the race director.

Competitors must follow the course designed by the race director, and must comply with the spirit of the competition. Any team found off the course without any suitable explanation could lead to severe penalties or disqualification.

### **Check points**

The course is made up of checkpoints **that competitors must visit** as a whole team. Checkpoints may be remote and unmanned. A transition area is not only a checkpoint, but also an assistance area where the teams meet their support crew and can aid their team to change discipline, give medical care, food and supplies. Checkpoints are noted on competitors and assistants notes. Each checkpoint has a points value, some of these check points are compulsory but some checkpoints and/or activities are optional.

### **Compulsory Check points**

Missing a compulsory checkpoint will result in the team being excluded from being ranked. Teams must follow the instructions given by officials.

### **Transitions**

Each team member must check in on arrival and check out on departure with the officials. The reference time is the time calculated when the last member of the team has crossed through the checkpoint.

### **Special Featured Check points**

In some cases teams may need to follow special instruction given to them at the briefing. e.g.: record a password/number in order to prove their passage past specific points in the race.

### **Clip Cards**

Teams must look after their clip cards and insure that they clip the correct area on their card (if the wrong section has been clipped those points will not be rewarded). If a card that has been badly damaged to the point that the race officials cannot identify what has been clipped their discretion will be used. We suggest that competitors keep Clip Cards in a safe place between controls as clip cards can

suffer badly from 12 hours attached to a competitor's wrist.

### **Cut-off times and alternative courses**

All teams must finish the course within the 12 hours allotted, failing to do so will mean that points will be deducted in relation to the amount of time that a team is overdue. The organisation reserves the right to impose cut-off times on sections of the race, for logistical and safety reasons, at any time.

An alternative route will be put in place for the teams who haven't made cut off times. This route is set in advance and must be followed. Subsequent cut-off times will also be put in place for that altered course.

Cut-off times and penalties will be announced at the briefing, and notified on the competitors' instructions.

### **The Team**

The GO-4-12 Youth Adventure Race is a competition for teams 4 high school aged youths (see the "what is involved" section) plus each team must have at least 1 assistant.

- The team must have an appointed leader who will be the interface with the organisation.
- He /She will receive information, instructions and will be notified about any kind of decision taken by the organisation.
- He/She will advise the organisation of matters such as withdrawal of a team member, or the entire team, or be the spokesman for any complaints or protests.
- He/She is also responsible overall for the entire team.

**Special Note:** At least one team member must be able to navigate with compass and topographic map.

All team members are to remain together at all times. Team members must be within 100meters of each other at all times.

If a team member is injured and unable to continue one team member must remain with the injured party while the others inform the closest official of the situation.

**For safety purposes, all competitors must:**

- Know how to swim
- Be confident while paddling on moving water.
- Attend race briefing.
- Must have trained sufficiently to complete a 12 hour non-stop adventure race competition such as The GO-4-12 Youth Adventure Race (contact the race director for advise).
- Each Competitor enters under their own responsibility.
- He/she alone can judge whether they should participate in the event, start and continue to the finish line. Nevertheless, the organisation reserves the right, after consulting a doctor, or for any other reason deemed suitable by the jury, to forbid a competitor, or a team, from setting off on or continuing on the course.
- The organisation is not responsible for the behaviour of competitors or assistants infringing the laws of the country.
- Competitors must be fully aware of the risks they run by entering The GO-4-12 Youth Adventure Race. They will release the organisation of all criminal or civil responsibility in case of personal accident or damage to property during the event.

**Who is organising the race?**

The Go-4-12 Adventure Race is presented to you by Atomic Events Centre. The race was developed by David Tait and this will be the 4<sup>th</sup> GO-4-12. Other Events organized by David are the Hastings PAK'n Save Triple Peaks Challenge, the Staples Rodway Cape Kidnappers Challenge and the Mitre 10 Mega Walk.

David is a graduate of the Auckland University of Technology's Diploma of Outdoor Recreation Leadership Programme and spends his time between, event management, outdoor education and youth work.

### What's so different about this race to others?

This is the ONLY 12 hour non-stop adventure race for teenagers in New Zealand. Imagine the excitement as you run off in complete darkness in the morning; and push yourself and your teammates to go the distance. It is your chance to prove that you have got what it takes.

The GO-4-12 is part of Quest the outdoor division of the Atomic Event Centre and is designed to be 'much more than just a race'. The course has been designed by a professional team of adventure athletes who have years of racing and adventure experience between them. It is the ultimate challenge – demanding courage and determination – but the variety of events ensures every competitor will have fun. But be warned, this race is not for wimps!

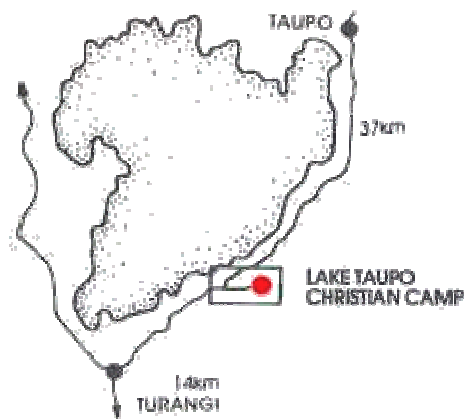
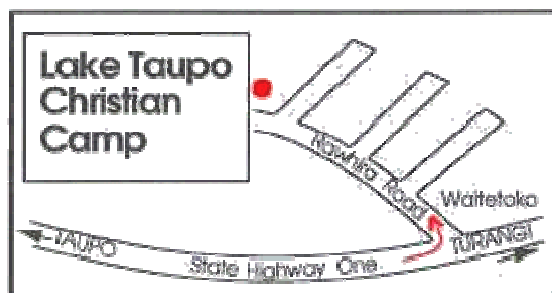
The Southern Taupo district provides a wonderful back-drop to this spectacular event.

### For more information contact:

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Ph 07 386 7967

### Location Map



HASTINGS  
PAKnSAVE



92.7  
MORE FM  
HAWKES BAY

