

Torpedo7 Spring Challenge Newsletter # 4 August  
Wanaka 2015

Kia ora Spring Challenge teams,

Let's start by taking some pride in yourself for helping make the Torpedo7 Spring Challenge the largest participated adventure race in the world, and by far the grandest Women's AR event, an awesome statement about NZ women.

We have moved to Arrowtown for the winter months and are enjoying playing in the snow. A day on ski skates at the Snow Farm and every muscle was letting me know it was getting a workout, I trust you've been getting out enjoying some of the beautiful winter days too.

Being close to Wanaka enables us to pop over the range to 'gold plate' the event and the courses have come together really pleasingly. We hope you'll enjoy the invigorating scenery and quality adventures the event includes ... and the challenges. We also hope some of the snow melts by September 26th otherwise the 9-hour teams may wish to carry skis.

I started thinking about what needs to be said in this newsletter so I printed off the May, June and July newsletters and re-read them, then reviewed the website and I reckon all the information you need to have a successful event is there. Please take the time to read all the newsletters and the information on the website. Close to the event we'll have some more logistical information to help you plan so keep an eye on that next month.

The main thing I need you to do this month is 'Check Your Entry'  
Go to the our website [www.springchallenge.co.nz](http://www.springchallenge.co.nz) and click on 'check your entry'

The person who entered you is the Captain and will have the password. You can then check all your details are correct and you are in the correct event. There have been many changes so if something is not right regarding your event and category let me know or if you are still waiting for something to change. If your personal details or team mate details need changed you can go ahead and make those changes yourself.

We have already had a number of teams pull out due to injury and life's challenges and opportunities. We have a list of Women keen to join teams so please contact us if your team needs somebody.

We've heard some inspiring stories of women making dedicated efforts preparing for the event, stories of teams rising in the dark and hitting the streets wearing headlights and wrapped up against the nippy cold, getting in their training before the morning chaos of their households begins. Equally we've heard some tales of epic adventures into the hills, hiking and biking, women reveling in the exploration of adventure and connecting with nature, well done and keep it up, wishing you all the best for your outdoor training missions, well managed risks and deserving rewards.

Remember, Adventure Racing is not about being ultra athletes, it's about tenacity, outdoor skills, cooperation, and of course, sharing a positive experience with friends. Something worthy to discuss at one of the splendid cafes in Wanaka pre event.

Kind Regards  
Jodie Fa'avae

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### Sponsors

*Thanks to our amazing team of sponsors who believe in you and this event, please return the favour and support them where you can.*

Torpedo7

Buff

Merrell

Camelbak

GU Energy

O2B Healthy

Yealands Wines

Absolute Wilderness

Tineli Performance Bikewear

Ems Power Cookies and Bars

Queenstown Lakes District Council

### Support Vehicles

We get a few questions regarding what sort of vehicles can be used for Support Crew. The teams at the Hokitika mud-festival will know the answer, 'anything provided it's a 4-wheel drive'. While we don't enforce anything, we don't recommended camper vans, buses, caravans, trailers etc. Due to limited parking in some Transition Areas the more space saving teams can be is appreciated. The Plan A course we expect everything to be fairly smooth, but the Plan B course, in the event of an 'extreme weather event', will slightly disadvantage Support Crews that don't have a decent 4-wheel drive, like a Toyota ;-)

### Torpedo7

#### Speed 6 Hydration Pack

For your Spring Challenge mission, rely on the Speed 6 Hydration Pack to keep everything close at hand when you need it most. Constructed from 200D nylon and 200D diamond ripstop, the Speed 6 will stand up to rough terrain and is also water repellent for added protection. When it comes to comfort, the padded mesh panels allows your back to breathe while the central channel helps exhaust heat efficiently. A great hydration system for trail rides walks and light excursions and perfect for your Spring Challenge adventure.

Regular Price \$89.99, Sale Price \$39.99

<https://www.torpedo7.co.nz/products/T7HYPN5S6/title/torpedo7-speed-6-2l-hydration-pack>

### Base Camp First Aid

The Base Camp is a well-stocked First Aid Kit that stores easily in your team gear bag, in the office or at home and is handy to have around for those little (or big) accidents that can occur without warning. Part of the your Spring Challenge required kit and with 171 items inside, with this first aid kit you'll be sure to fix up an emergency in a jiffy.

Regular price \$99.99, Club Price \$79.99

<https://www.torpedo7.co.nz/products/3FFAFN4BA/title/lifeline-base-camp-first-aid-kit>

## GU Sports Nutrition

GU energy products can be purchased at Torpedo7 and are an awesome fuel source with a wide range of products.

Gels, Chomps and rehydration drinks. You'll receive a few GU samples in your team race pack but we recommend you trialling some before the event.

GU is the preferred nutrition for Team Seagate, the Adventure Racing World Champions.

## Bike Map Holders

Another product tried and tested by Team Seagate is the Swedish made Nordenmark Bike Map holders. Such a device is the only effective tool for navigating accurately whilst biking.

These can be viewed or purchased from MapWorld in Christchurch.

MapWorld is pleased to be able to offer the participants in the Spring Challenge:

10% discount on Nordenmark map holders which can be viewed at [www.mapworld.co.nz](http://www.mapworld.co.nz)

## Absolute Wilderness Freeze Dry Meals

If you're heading into the outdoors on some training and you're looking for convenient meals options, Absolute Wilderness have just released a new product, Tom Kha Gai. Ideal for the cooler winter nights and adventure racing. Absolute Wilderness won the 2015 'Wilderness Magazine Taste Testers Awards', winning all 3-categories for the best freeze dried meals on the market. [www.absolutewilderness.co.nz](http://www.absolutewilderness.co.nz)

## Antichafe

One of the evils of outdoor sport, chafing can ruin your outing by making things extremely uncomfortable. This New Zealand made product works effectively to all areas prone to chafing and is a useful tool in blister prevention by eliminating any friction points and adding a layer of water-proofness to your feet. The anti bacterial properties have added value too.

[www.readysetgo.co.nz](http://www.readysetgo.co.nz)

## WICKED Rogaine - see more details below

Sunday August 30th

1-hour & 2-hour Rogaine from Eely Point, all welcome, including families.

Spring Challenge Teams will get a special deal.

(The rogaine will after the SC clinic).

1pm Registration

2pm Start

[wickedrogaines.nz/wanaka-rogaine](http://wickedrogaines.nz/wanaka-rogaine)

## LOWBURN 3-HOUR Rogaine

Sunday 16th August

A Highland Events & Epic Navigation joint venture.

Optional pre-event navigation coaching.

[www.highlandevents.co.nz/rogaine](http://www.highlandevents.co.nz/rogaine)

## BIX-O

Sunday August 9th

Start at 1pm, Laings Rd, DUNEDIN

Foot and MTB Options all at about the level required for the 6-hour.

\$10.00 per person

individual or teams

[matt.bixley@agresearch.co.nz](mailto:matt.bixley@agresearch.co.nz)

021 0469255

Entry on the day but email Matt if you're intending to take part so he can get maps printed.

**IT'S JUST WICKED  
CHECK IT OUT!**



**WICKED  
ROGAINES**  
SIMPLY WICKED TO GET OUTSIDE!

**Torpedo7**  
SEE YOU OUT THERE

# WANAKA

**2 HOUR & 1 HOUR EVENTS**

**30th AUGUST 2015**

**Registration/ Start: Eely Point Reserve**

**Start time: 2pm**

**Rogaining involves teams of two to five people visiting as many checkpoints as they wish in a set time period.**

The checkpoints are free-choice and have different points values, so strategy and route selection becomes a vital component. These fun, 2 hour rogaines are suitable for newbies to gurus.

Anybody that has a moderate level of fitness can participate.  
A high level of navigation ability is not required.

**For more information visit: [www.wickedrogaines.nz/wanaka-rogain](http://www.wickedrogaines.nz/wanaka-rogain)**

