

Directions to Event:

Signposted off the Kelso to Heriot Road (Ardmore Road), 1/2 km north of Kelso.
Turn left onto Paradise Flat Road.

Gore	30 minutes travelling
Alexandra	60 minutes
Dunedin	1hr 40 minutes, via Lawrence
Lumsden	1hr via Waikaka



THE DUSKY DUST BUSTER

Saturday March 24th

New and exciting Mountainbike/run/walk tracks in the Dusky Forest and surrounding farm land, with stunning views of West Otago

Mountainbike	42km Grunter
	27km Recreational
	12.5km Short course
	6km Kids

Run	12.5/27 km
Walk	12.5 km

Venue: Dusky Forest, West Otago (sign posted from Kelso)

Start/Finish: 2km from Leithen Picnic Area

Entries: www.tapanuiwestotago.net

Start: 1pm

Entry Fee: Mountain Bike - \$50, Run - \$25, Walk \$10

Contacts: Allan Richardson - (027) 220 2672

Barry Frew - (027) 432 0168

This is a community event catering for all ages and abilities.

All funds will go towards the new West Otago Health Facilities
(Spot prizes and barbecue included)



ENTRY FORM (one entry for per person)

First Name: Surname:

Gender: Male/Female (please circle) DOB:

Address:

Phone: Mobile:

Email:

Next of Kin: Phone:

RACE CATEGORY
(Please tick)**Entry Fee**

42km MTB Grunter	\$50 per person
27km Recreational Bike	\$50 per person
27km Forest Run	\$25 per person
12.5km Run	\$25 per person
12.5km Walk	\$10 per person

Your entry includes a complimentary barbeque at the prizegiving.

Please return your completed entry form and payment (cheques payable to: Dusky Dust Buster) before 20 March 2012.

For entry forms and course maps visit www.tapanuiwestotago.net or www.sportsouthland.co.nz**Waiver**

In acceptance of my entry form, I do hereby myself, my heirs, executors, administrators and assigners, release and forever discharge the organiser, the sponsors, landowners and all persons involved in the conduct of The Dusky Dust Buster bike ride and run/walk from all claims or actions whatsoever in any manner arising, out of my participation of the event. I attest and verify that I am fully aware of the risks involved with participation and that I have no physical or medical conditions which have the potential to put myself or any other person at risk and that I am sufficiently trained for the event. I agree to abide by the organisers' rules as outlined above and at the briefing and accept any decision or direction given by them. I allow organisers/sponsors to use my name and or photograph for promotional purposes. I do hereby understand that this course is off road on forestry roads and at times off road on rough terrain with steep descents.

Signed: _____ Date: _____

Please mail form to:

Dusky Dust Buster
C/- A Richardson
539 Shanks Road
RD 2
TAPANUI

PROVISIONAL TIMETABLE

12 noon	Registrations
12.45pm	Event Briefing
1pm	Start
5pm	Prizegiving

Finishing with a barbeque (included in registration)
For more information visit: www.tapanuiwestotago.net

THE COURSE

The start/finish line is 2km before the Leithen picnic area, right beside the beautiful Pomahaka River. All participants will follow the Pomahaka River, with mature native trees lining its banks, before entering the Dusky Forest, with its well maintained but challenging forest tracks. The longer events break out into rugged farm land with stunning views of West Otago, before heading back into the forest for downhill descents that keep going and going.

With the Pomahaka River just 20m from the finish line, you can enjoy a refreshing dip after you have completed your event!

42km MTB Grunter

After a 3km warm up along the Pomahaka River you have a steady 8km climb to near the top of the Dusky Forest. You move onto rugged hill country tracks descending down towards the Spylaw Valley before climbing back to the top of Parkhill. You are back into the Dusky Forest with downhill descents that just keep on going. Travel through a logging site with technical challenges before coming out near the Leithen picnic site, for the 2km sprint to the finish.

27km MTB Recreational and Run

The start is the same as for the Grunter, and you also get onto the hill country tracks, but you hug the hilltops before heading back into the forest on amazing downhill descents heading back towards the Leithen picnic site with the 2km flat ride to the finish line

12.5km MTB and Run

The start is the same as for the 27 and 42 km rides. You climb up for 3km before experiencing some good forest tracks on the downhill. Achievable by people who enjoy some good basic fitness.

6km MTB

This is a flat course for kids or adults who aren't ready for the hills. It follows the lovely Pomahaka River and comes back the same way to the finish line.

EVENT/SAFETY INFORMATION

Confirmation will be emailed to every competitor upon receipt of entry.

Registration - All participants must register on the day to receive their number.

Clothing - Carry suitable clothing for conditions on the day.

Drink - Fluid will be available for runners/walkers. Bikers please ensure you carry enough fluid for your ride.

Food - We recommend that you carry and consume enough to get you through the event.

Bike Checks will not be carried out, but please ensure your bike is of a high standard due to nature of the terrain. Failure to follow the marshal's instructions or to comply with the race rules will result in disqualification. First Aid will be available on course.