



Lions Club of Ohai / Nightcaps
GOWAN HILL CLASSIC

Saturday 31st March, 2012

Four Mountain



Bike Courses

The Gowan Hill Ultimate Challenge:

48 km, for the serious and experienced mountain biker

The Gowan Hill Classic: 25 km forest tracks with off road / off track sections

The "Etal Stream" Recreational Ride:

This popular gentle course of 16 km is suitable for riders over 10 years old.

The "Sheep Wash" Fun Ride: 8 km, suitable for all riders under 12 years old.

Running



Course

New for 2012

The "Little Spur" Run: 17 km course on forestry roads.

Recreational Run / Walk

New for 2012

The "Mad River Road" Walk: 6 km suitable for all recreational walkers. This is a non-competitive event, minimum age 8 yrs old unless accompanied by an adult.

In association with Ernslaw One and Sport Southland

Major Sponsors

**Stihl Shop Winton, Real Journeys, Takitimu Coal, Transport Services
and Nightcaps Contracting.**

10.30 a.m. for Registrations

11.15 a.m. Ultimate Challenge Race Starts

12.15 p.m. "Little Spur" Run starts

12.30 p.m. Other Races Start

3.00 p.m. approx. Prize Giving

GOOD PRIZES

PLENTY OF SPOT PRIZES

BBQ All Afternoon

Registrations Close Sunday 25th March, 2012

For More Details and Entry Form, please check out

www.gowanhillclassic.co.nz

Proceeds towards the Takitimu District Pool
THE GOWAN HILL CLASSIC 2012
Saturday 31st March, 2012
ENTRY FORM

| | | | |
|------------------------------------|-------------------------------------------------|------------------------------------------------------|------------------------------------------|
| Mountain Bike Race Category | | (please tick one) | |
| <input type="checkbox"/> | The Sheep Wash Fun Ride | 8 yrs and up | 8 km \$ 10.00 (*) (#) |
| <input type="checkbox"/> | The Etal Stream Recreational Ride | min age 10 | 16 km \$ 20.00 |
| <input type="checkbox"/> | The Gowan Hill Classic | Open | 25 km \$ 30.00 |
| <input type="checkbox"/> | The Gowan Hill Classic | Veteran (40+) | 25 km \$ 30.00 |
| <input type="checkbox"/> | The Gowan Hill Ultimate Challenge | Open | 48 km \$ 50.00 |
| <input type="checkbox"/> | The Gowan Hill Ultimate Challenge | Veteran | 48 km \$ 50.00 |
| | | | |
| Run / Walk Race Category | | | |
| <input type="checkbox"/> | The Mad River Road Recreational Walk, min age 8 | 6 km | \$ 10.00 * |
| <input type="checkbox"/> | The Little Spur Run | Open | 17 km \$ 25.00 |
| <input type="checkbox"/> | The Little Spur Run | Veteran (40+) | 17 km \$ 25.00 |
| <input type="checkbox"/> | Late Fee | (after Sun 25 th March) (both categories) | \$ 10.00 * <small>see note below</small> |
| | | | |
| NAME: | | _____ | |
| GENDER: | | <input type="checkbox"/> Male | <input type="checkbox"/> Female |
| DATE OF BIRTH | | _____ | |
| ADDRESS | | _____ | |
| | | _____ | |
| Email Address | | _____ | |
| Phone: | | _____ | |
| Cell Phone | | _____ | |

(*) Early entries for the 6km Recreational Walk and the 8 km Fun Ride are encouraged. However entries after Sunday 25th March, including on the day, will not be subject to the late fee of \$ 10.00. Entries received after Sunday 25th March will not be eligible for the included BBQ.

(#) Parents and Supporters are welcome to ride the Sheep Wash Fun Ride with their children. There will be no charge for adults, however they will not be registered and not eligible for prizes or BBQ

Waiver: I have read and agree to the terms and conditions of entering this event, as displayed on the Information Page of the website:
 _____ (signed)/...../2012.

Payment Options:

1. For Internet Banking: Account Number 020944 : 0018769 : 00 (BNZ, Winton)
 Please use surname in Reference and Event Initials in Details,
 e.g. GHUOM (Gowan Hill Ultimate Open Male) or GHCVF (Gowan Hill Classic Vet. Female)
 If using this method of payment, please email the details in the box above to info@gowanhillclassic.co.nz

2. If paying by cheque, please return this page with your payment, by Sunday 25th March to Gowan Hill Classic, Lions Club of Ohai / Nightcaps, P.O. Box 6, NIGHTCAPS.

3. Online Registrations are available at www.gowanhillclassic.co.nz (fees apply)

Gowan Hill Classic Mountain Bike Information Saturday 31st March 2012

Reserve day Sunday 1st April 2012 (all race timings will remain the same)
For full details of Conditions, please check out www.gowanhillclassic.co.nz

Timetable (subject to change, but not before the following times)

- 10.30am: Registrations at pre-start area – Signposted on Gowan Hill Road
11.10am: Race Briefing – Ultimate Challenge Event
11.15am: Ultimate Challenge Event Commences
12.10pm: Race Briefing – Other Events, all competitors at assembly area
12.15pm: Little Spur Run Commences
12.30pm: Other races commence, starting with the Classic event
From 1.00 pm: Barbeque at the Finish Line, Gowan Hill, FREE to competitors except the late entries in the 6km Recreational Walk and the 8 km Fun Ride
3.00 pm: Approximately for Prize Giving
(Please Note: Competitors must be present at Prize Giving to claim the major spot prizes).

Recommended for all Competitors

The Gowan Hill Classic is about enjoying the day and getting together with your mates to experience the wonders Western Southland and the Gowan Hill forest has to offer.

It is for your safety we recommend the following:

- Clothing: Carry suitable clothing for the conditions on the day
- Drink: Fluid will be available from the aid stations.
- Food: We recommend you consume a minimum of 1000 calories. Please carry and consume enough to get you through the event.

Compulsory for Cyclists

- Tool Kit including two spare tubes, pump, multi-tool, and chain breaker (please learn how to use it).
- Bike Checks will not be compulsory, but please ensure your bike is in fit working order and have a safety standard approved helmet that is free of any defects.

About the course

One day a year access has been granted by landowners, Ernslaw One so that Gowan Hill Classic entrants may ride and run these forestry roads.

This is an off road event over private land and a unique opportunity to experience the incredible vistas of the Southland Plains and Takitimu and Eyre Mountains, opened to the public for the first time in 2008. As with biking or running in any off road areas there are numerous unmarked hazards. If you are expecting a sign at a pothole, a marshal at every water or tape on every descent, we suggest you may feel more comfortable entering a city event.

Please note that you will not be able to ride or run the course before the race. If anyone is caught out on this private land it could jeopardize the race for everyone.

