

The organisers wish to thank all the landowners who have made this fundraiser possible by allowing access to their properties, businesses for their donations and all supporters and volunteers for their time. All profits go to Glenham School.

This event is supported and sponsored by



Glenham

Trainwreck Trail



Glenham Trainwreck Trail

Mountain Bike or Run



21km or 43km MTB Glenham Trainwreck Trail
10km MTB Family Trail
10km RUN

Saturday 21 January 2012

Register from 11am

Briefing for all events 12.10pm

43km MTB, 10km MTB & 10km Run—Start 12.30pm

21km MTB—Start 1pm

Start Glenham Hall - Finish Glenham School - Prize giving - Spot prizes



About the race

THE COURSE

Come and enjoy our 'Trainwreck' ride and run. A great track that shows off the views from Glenham and our historic tunnel!

The **Trainwreck Trail—43km** is a new event this year starting from the Glenham Hall moving into the Tyneholm loop and joining with the 21km track through farmland climbing as high as 200 metres above sea level. A quick drop down to the Mataura river is followed by a climb to the historic 'Glenham Tunnel' before finishing at Glenham School.

The **Trainwreck Trail—21km** starts from the Glenham Hall beginning on the road, then moving into farmland and tracks climbing as high as 200 metres above sea level. A quick drop down to the Mataura river is followed by a climb to the historic 'Glenham Tunnel' before finishing at Glenham School.

The **10km MTB Family Trail and 10km Run** begin on the road before an easy gravel downhill leading to the historic Glenham Tunnel. Whilst still 10 km in length, this is a fun event suitable for beginners and families. We recommend younger riders have adult supervision.

GENERAL INFORMATION

The 43km/21km Trainwreck Trail is open to people 14 years and over. The 10 km Family Trail/10km Run is open to people 8 years and over. We recommend younger riders/runners have adult supervision.

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

All participants must check in on the day.

Participants are expected to carry suitable clothing for conditions of the day, ensure you carry enough fluid for your ride and provide your own food to consume during the ride. All cyclists must wear a cycle helmet. First aid will be available on the course.

Bike checks will not be carried out, but please ensure your bike is of a high standard and you have your own repair kit.

All equipment shall be the competitors responsibility and also conforming to the race rules. Failure to follow the marshal's instructions or to comply with the race rules will result in disqualification.

Note: *This ride is normally closed to the public so this is a great opportunity to ride this unique course. There will be no reserve day. The organisers reserve the right to change any or all times in the interest of safety because of adverse weather conditions or unforeseen circumstances.*

RACE RULES

- Keep as far left as practical, especially during the on road sections of the course, where all normal road rules apply.
- Please obey the instructions provided at the 'race briefing' and the direction of the marshals.
- It is not possible for support vehicles to follow riders.

START AND FINISH

Saturday 21 January 2012 at the Glenham Hall, Wyndham-Letterbox Rd, Glenham. Late registration/check in at 11am. Briefing 12.10pm. 43km MTB/10km Run/10km Family Trail starts at 12.30pm. 21km MTB starts 1.00pm. Parking is available at the Glenham Hall. **Directions to Event:** Make your way to Wyndham. Then head south out of Wyndham via Balaclava Street for approx 10 km to Glenham, the hall is on the left.

PRIZEGIVING

This will be held at Glenham School at the conclusion of the race. Spot prizes will be awarded to those present at the prizegiving. A bbq and refreshments will be available.

COST

Entry fee for:

Trainwreck Trail—43km is \$40 per person. Late entries are \$45 after 6 January 2012.

Trainwreck Trail—21km is \$30 per person. Late entries are \$35 after 6 January 2012.

10km Family Trail is \$10 per person. Late entries are \$15 after 6 January 2012.

10km Run is \$15 per person. Late entries are \$20 after 6 January 2012.

Please make cheques out to **Glenham Trainwreck Trail.**

For further information contact:

Guy Michaels on 03 2064206 or joandguy@farmside.co.nz

Entry forms can be downloaded from the Sport Southland website (www.sportsouthland.co.nz) under Event Calendar.

Glenham Trainwreck Trail

Entry Form

newsLink

The Southland Times

SPORT SOUTHLAND

vetco

Full name: _____

Address: _____

Phone: _____

Email: _____

Reason for entry: _____

GENDER: Male Female AGE: _____

CATEGORY: *Please tick one...*

Trainwreck Trail—43km (*Riders 14yrs and over*)

Trainwreck Trail—21km (*Riders 14yrs and over*)

Family Trail—10km (*Riders 8yrs and over*)

Run—10km

ENTRY FEE: (*Includes BBQ snack on completion of course*)

MTB Trainwreck Trail—43km \$40 (late entry \$45 after 6 Jan 2012)

MTB Trainwreck Trail—21km \$30 (late entry \$35 after 6 Jan 2012)

MTB Family Trail—10km \$10 (Late entry \$15 after 6 Jan 2012)

Run—10km \$15 (Late entry \$20 after 6 Jan 2012)

Please attach your cheque to this form and send by 6 January 2012 to
Grant McGregor, 1382 Wyndham-Letterbox Rd, RD1,
Wyndham.

Declaration

In acceptance of my entry form, I do hereby myself, my heirs, executors, administrators and assigners, release and forever discharge the organisers, the sponsors, landowners and all persons involved in the conduct of the Glenham Trainwreck Trail bike race from all claims or actions whatsoever in any manner arising, about of my participation of this 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 farms and at times off road on rough terrain with steep descents.

Signed: _____

Date: _____