

LIVING SPRINGS INFORMATION

Saturday 28 March 2009

THE COURSE

The course is 4 km and travels through a mix of native bush, pine forest and open farmland and will be about 80% singletrack and 20% 4WD track. A start loop will spread riders out a bit before they hit the first section of singletrack. Each lap has 170m of climbing.

The fastest riders will take about 15 minutes to complete a lap.

The course will be fantastic for spectators as it doubles back on itself in several places which means you will be able to see riders several times with minimal walking.

Any questions contact Rebekah or Craig on (03) 322 7886 or 027 3134 908, or email xc@paradise.net.nz.

Horleys Replace sports drink and Dole bananas will be provided

DIRECTIONS

From Christchurch head up Dyers Pass Rd and drive over the Port Hills to Governors Bay. Continuing through Governors Bay, follow the road around the harbour for 3.5 km.

Just past where the road gets down to sea level (Allendale) is the Living Springs Farm Park. Turn right into Bamfords Road and follow that uphill for 3 km to the event carpark at the Living Springs Outdoor Camping Centre (OCC). We estimate the OCC can hold around 120 cars. Overflow carparking will be 500m back along Bamfords Rd near the main Living Springs Event Centre or, if required, down at the Farm Park.

Please be aware that Le Race (road race) is running the same day. Le Race participants will be using Dyers Pass Road (Colombo St roundabout to Sign of the Kiwi) between 8:00 and 8.45 am so we have arranged our schedule to take this into account. It is a 20 minute drive from the Colombo St roundabout to the event carpark. Registration will open at 9.15 am. You do not need to get there earlier than this, but if you really insist, you can drive in via the Lyttelton tunnel and around the bays. Please also plan your day so that you are not driving over Gebbies Pass between 8.40 and 10 am.

CATEGORIES

Number of laps required for each category

Age	Expert Men	Sport Men	Expert Women	Sport Women
U15	4	3	3	2
U19	6	4	4	3
19-29	6	4	4	3
30-39	6	4	4	3
40-49	6	4	4	3
50+	6	4	4	3

SCHEDULE

9.15 am	Registration Opens
9.45 am	Sport Race Briefing and Start
11.40 am	Registration closes
11.50 am	Expert Race Briefing and Start
2.00 pm	Registration Opens for Singlespeed Champs (TBC)
2.30 pm	Prizegiving
2.50 pm	Registration Closes for Singlespeed Champs (TBC)

BRING

- helmet and bike
- MTB shoes and riding clothes
- appropriate clothing for the weather
- food and drink
- chainbreaker, pump and a spare tube
- this information
- mud tyres are highly recommended if the track is likely to be wet
- There are **showers** available so bring gear for that