



# RAKAHURI RAGE

Bike For Life 6 Hour Mountainbike Race

Sunday 5<sup>th</sup> March 2023

## ENTRY FORM

You can also enter and pay online at:

**[www.rakahuri-rage.nz](http://www.rakahuri-rage.nz)**

*Proudly brought to you by...*



*In association with...*



*All proceeds from the Rakahuri Rage go towards the MainPower Primary School Swimming Programme to teach North Canterbury children valuable water safety and survival skills.*

**[www.rakahuri-rage.nz](http://www.rakahuri-rage.nz)**

*pushbikes*



Like the Rakahuri Rage on Facebook for up-to-date race information





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# ENTRY FORM

**TEAM NAME** (NA for solo riders): \_\_\_\_\_

**CATEGORY:**

*Refer to  
"Information for  
Teams" notes  
on page 5 for  
definitions of each  
category.*

- Solo Rider (limited to 10 entries only)
- Corporate Team
- Open Men's (18 yrs & older)
- Veteran Men's (35 yrs & older)
- Old Cranks Team (over 50 yrs)
- Family Team
- Mixed Team
- Open Women's (18 yrs & older)
- Veteran Women's (35 yrs & older)
- Primary School Team (Yr 8 students)
- Junior Team (12-17 yrs)

**Team Leader's Name:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Emergency Contact Name & Phone:** \_\_\_\_\_

**Rider 2's Name:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Rider 3's Name:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Rider 4's Name:** \_\_\_\_\_ **Mobile:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**PLEASE TICK if any of your team members will be riding an E-bike during this event**

**PLEASE TICK if you would like to be on the Rakahuri Rage email list to receive notices about this event and other mountain biking and cycling events, tracks and opportunities in NC and further afield.**

**Number of Riders:**  1  2 (team minimum)  3  4 (team maximum)

**ENTRY FEES:** Solo riders = \$85 / Adult riders = \$55 / 12-17 year olds & Year 8 riders = \$35

**Total to Pay:** \_\_\_\_\_

**PAYMENT OPTIONS:**  CASH  EFTPOS  CREDIT  CHQ  ONLINE

Cash, Cheque, EFTPOS & Credit Card payments can be made at...  
MAINPOWER STADIUM, RANGIORA FITNESS CENTRE, or at PUSH BIKES, Rangiora.

E/TRF Internet Banking: NC Sport & Rec Trust. 02-0876-0204841-00. Ref: Your Name. Code: RR



Please drop your completed entry form off to either...

North Canterbury Sport & Recreation Trust,  
MainPower Stadium,  
289 Coldstream Rd,  
Rangiora

Rangiora Fitness Centre  
345B Flaxton Road,  
Rangiora

or Push Bikes Rangiora.

Any questions please email:  
[tkean@sportstrust.org.nz](mailto:tkean@sportstrust.org.nz)



## CONDITIONS OF ENTRY

- All competitors, fully understanding all the inherent hazards, compete at their own risk.
- The organisers will not accept liability for any personal injury or mishap during the event that is caused by the competitor's actions, inaction, negligence or unacceptable behaviour.
- Organisers reserve the right to decline any entry without providing a reason, and to withdraw any competitor from the race who shows signs of severe fatigue or injury.
- All competitors must dress suitably and carry sufficient gear and equipment for the conditions and weather likely to be experienced during the race. Including if you require an asthma inhaler, insect repellent and/or sunscreen.
- All competitors must carry sufficient water. There will be no water stations on the track.
- All competitors bikes must be in suitable condition for the event and all riders must wear an approved cycle helmet, fitted correctly, at all times when on the course. Assigned race numbers must be attached to the front of bikes and be visible at all times.
- Please ensure any E-bikes used have sufficient charge to last the day - there are no charging stations in the transition area.
- Race officials must be obeyed and have the right to stop the race or disqualify any competitor.
- Competitors must follow the route as described and marked by the organisers.
- No litter is to be dropped on the course or left in the transition area.
- Fires of any sort (inc smoking & BBQs) are NOT permitted anywhere on course or transition area.
- All competitors must attend the race briefing.
- If circumstances outside the control of race organisers force changes or cancellation of this event prior to or during the race we will keep all entrants informed and, where possible, provide options for continued participation and/or partial refund. Organisers reserve the right to change or shorten the course, or shorten the duration of the event at any time in consideration of competitor safety in which case no refund will be provided as the event is still being run. Unfortunately there is no allowance for a postponement date.

By signing below you are signifying you have read and understood the indemnity.

## INDEMNITY

I am 12 years or over on race day, or a Year 8 school student competing in a Primary School Team.

I certify that I am fit, physically & mentally (I have not been advised otherwise by a trained medical person), have trained sufficiently, and have sufficient competence, experience and skill to compete safely and will withdraw from this event if I am not able to compete safely on the day.

I confirm that I am double vaccinated and can show my Vaccine Pass to race officials on arrival.

I authorize the use of my name, voice and/or picture and any information provided by me on this entry form to be used without payment, in any broadcast, telecast promotion or advertising and on the event website, and my email address may be used by event sponsors (ONLY event sponsors).

I realize I may be disqualified, without refund, from the event if I do not abide by these rules.

I understand that I am entering this event at my own risk. In my judgement I have sufficient competence, experience and fitness to compete safely. I have read and understood the conditions on the entry details and I agree to abide by these conditions governing the running of the event. I agree to indemnify and hold harmless the organisers and sponsors from any and all liabilities and claims made by other individuals and entities as a result of any of my actions, inactions, negligence or unacceptable behaviour during the my safety throughout the duration of this event.

Competitors under the age of 18 agree to check in at registration with a parent or guardian to sign the Indemnity on your behalf. If you do not have a parent or guardian sign the Indemnity at registration you will not be entitled to enter the race.

**I have read and agree to the terms of entry as stated above. TEAM LEADER: I have forwarded these Conditions of Entry as above to all members of my team and to the best of my knowledge all team members have read and agree to the Conditions of entry and authorise me to sign below on their behalf.**

Sign here: \_\_\_\_\_

Date: \_\_\_\_\_

*(By signing here you acknowledge you have read, and agree to the above conditions)*

Print Name (team leader): \_\_\_\_\_

We thank all the volunteers and other sponsors who support this event with services, equipment and prizes.



## Sunday 5th March 2023

### RACE INFORMATION

Welcome to the Rakahuri Rage 6 Hour Mountain bike Race. We would like to thank you for your interest in competing. We are excited to be able to once again bring this event to the North Canterbury sporting calendar given the event disruptions of the last couple of years.

Our aim is to create a relaxed and social atmosphere, where riders 12 years and older and those of limited experience can safely compete in a team environment which encourages fitness and fun with a real North Canterbury flavour. Whether you're a lycra-wearing speed freak or just a weekend warrior, there is a place for you in the Rakahuri Rage.

*Remember, all proceeds from this event will go towards supporting our very popular MainPower Swimming Programme, which teaches essential swimming and water safety skills to over 6,000 primary school children in Waimakariri, Hurunui and Kaikoura.*

#### THE VENUE:

**Rakahuri Track & Ashley River Reserve, Rangiora.**

The transition area for this race will be on the Rakahuri Track. Access will be well signposted on the day from River Road. There is a designated parking area available for competitors close to the transition area (which will be closed during the race hours) with additional parking for supporters in another nearby area (also closed during racing), along roads and stop banks leading to the transition area. We will have parking wardens directing in these areas at the start of the day.

NO RUBBISH BINS WILL BE PROVIDED in the transition area on race day so we ask all teams to bring a rubbish bag with them and take it away to dispose of responsibly later.

#### THE COURSE:

The Rakahuri Rage is held over approximately 5km of established tracks alongside the Ashley River bed, including stopbanks and shingle roads in the area. Every lap of the race includes a complete loop of the transition area or else your lap will not be counted.

The majority of track is able to be ridden all year round, but be aware there may be maintenance work being done on the track any time up till race day. It is an undulating course with no major hills, and will include areas of wider track along the stop bank and elsewhere to ensure there are plenty of passing opportunities. You can find a copy of the route map on our website [www.rakahuri-rage.nz](http://www.rakahuri-rage.nz), and we are happy to give you a guided tour of the track on request.

#### WHO CAN ENTER:

The Rakahuri Rage is open to riders 12 years and older on race day. Younger riders may be eligible to enter but only if they are a Year 8 student and riding as part of a Primary School team. Competitors should be able to ride competently and have the necessary skills and fitness required for an event such as this. Entries will be restricted to a maximum of 100 teams and 10 solo riders.

#### HOW TO ENTER:

**Option 1:** Enter and pay online using your Credit Card at [www.rakahuri-rage.nz](http://www.rakahuri-rage.nz).

**Option 2:** Enter online and pay via internet banking or in person at either MainPower Stadium (NCSRT HQ), the Rangiora Fitness Centre or Push Bikes Rangiora.

**Option 3:** Print pages 2-3 of this entry form, fill out your team details and sign the waiver, then drop it in with your payment (cash, credit card or EFTPOS) to either MainPower Stadium, Rangiora Fitness Centre or Push Bikes Rangiora.

**Your entry will only be confirmed when we receive your payment.**

**LAST DAY FOR ENTRIES: 5pm MONDAY 27th FEBRUARY 2023**

*Provided a team has registered & paid, members of this team may be changed up until 9:15am on race day.*



[www.rakahuri-rage.nz](http://www.rakahuri-rage.nz)

5th MARCH 2023



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## RACE SCHEDULE, Sunday 5th March 2023

Set Up Team Site	7:00 - 9:15 am	Transition area will be open from 7:00 am for teams to set up their site.
Rider / Team Check In	7:30 - 9:15 am	All team members and supporters must present themselves to the check-in tent to confirm they are racing, present their Vaccine Passes and receive their race packs which will contain race numbers and other information.
Race Briefing	9:30 am	All riders must attend
Race Start	10:00 am	Only 1 rider per team at the start line
Finish	4:00 pm	Riders who are unlikely to complete a last full lap prior to the finish time will be asked not to begin that last lap. This cut off time will be determined by several factors on the day and will be communicated to all teams during the day. Part laps DON'T count towards your team's final placing.
Prize Giving	4:30 pm	Prize giving will be held around the main marquee.
Site Cleared	7:00 pm	All shelters and rubbish on your allocated team site must be removed by this time.

## INFORMATION FOR TEAMS

**NUMBER OF RIDERS IN A TEAM** - all teams must have a minimum of 2 riders and a maximum of 4 (NA for solo riders).

**MEN'S & WOMEN'S OPEN AND VETERAN TEAMS** - all team members must be of the same gender. Team category is determined by the YOUNGEST member of the team (eg: if you have one rider under 35 and others over 35 you will be classed as an open team).

**OLD CRANKS** - mixed gender if all riders are over 50 years. If any of your team riders is under 50 years you will be classed as an Open or Veteran team (men's, women's or mixed).

**MIXED TEAMS** - must be a mix of men and women, and have at least one of each gender in the team.

**CORPORATE TEAMS** - may be made up of any mix of men and women, and include staff, family of staff and clients of your company.

**PRIMARY SCHOOL TEAMS** - must be made up entirely of Year 8 students.

**JUNIOR TEAMS** - 12-17 year old riders not part of a Primary School team.

**FAMILY TEAMS** - do not have to be direct family members but must have at least one junior (12-17 yrs) & one adult rider in the team.

**ORDER OF RIDERS** - teams are free to decide order of riders and how many laps each completes during the race.

**TRANSITION** - each team sends out ONE rider at a time. The first lap will begin at the designated start line and that rider will complete a full lap of the track before coming back into the transition area, passing the timekeeper's "gate" then following the transition track back to their team site. All riders after this will start and finish their laps at their team's site with their lap time taken at the timekeeper's "gate" on their return into the transition area. Each rider can either do a second lap or STOP at their team site to pass their team ID transponder over to the next team rider. You MUST ride through the full transition area as part of EVERY lap.

**WHO CAN RACE** - only riders you have registered in your team are permitted to race. No other riders are allowed on the course during the race except track marshals and race officials or in special circumstances arranged directly with race organisers. This means...

- If any of your riders do not show up you can replace them provided the entry form is updated before the close of check in at 9:15am.
- If any of your riders leave before the race is finished, they may not be replaced by anyone else not listed on your team entry form.

**TEAM SITES** - each team will be allocated an area measuring approximately 4m by 8m for the duration of the event, and will be allowed to park ONE vehicle on this site along with an appropriate shelter. Note: the vehicle on your site will be required to remain there for the duration of the event. Sites will be allocated to you as you arrive at the venue, so if you wish to have your site alongside another team you should arrive together. You can set up any sort of shelter within this area. Two teams alongside each other may erect one shelter across both sites, but otherwise shelters should not encroach on any neighbouring sites.

All shelters must be completely removed at the end of the event. NO RUBBISH IS TO BE LEFT BEHIND ON YOUR SITE which includes cable ties used to attach your race numbers.

**SUPPORTERS** - are welcome to join you on your team site during the day but may not race for you and must present their Vaccine Pass to race officials at the Registration Tent on arrival.

## SPECIAL INFORMATION FOR SOLO RIDERS

**TRANSITION** - solo riders MUST ride through the full transition area as part of EVERY lap.

**SOLO RIDER SITES** - we do not have room in the transition area for each solo rider to have their own team site so we ask that they try to combine with another solo rider or two, or with a team, to share a site. If required we will set up a tent near the timing station for solo riders to use as a base of operations if they don't have an alternative.



## OTHER INFORMATION

**PRIZES** - 1st, 2nd & 3rd place getters in each category will receive gifts and prizes donated by our generous sponsors and supporters. There will also be an array of spot prizes to be won throughout the day which will be drawn hourly with winners displayed in the registration tent. Again we would like to thank all our sponsors for their support with prizes for this event.

**TIMEKEEPING** - each solo rider and team will be issued with ONE team ID transponder at registration which will need to be swapped between riders at their transition tent as they do each lap. Riders who pass the timekeeping gate without a transponder will not have their time recorded. Each rider will also be issued with race numbers to be attached to the front of their bike - this is to assist with team identification when required. **Please return transponder band and race numbers to the registration tent at the end of the event. Teams will be charged for the transponder if not returned.**

**FIRST AID** - We will have qualified First Aiders on site to provide basic injury assessment and treatment during the event and to call in additional help if required. However we also recommend each team brings a first aid kit for any minor cuts or abrasions that may be suffered.

**TYPES OF BIKE** - only single person mountain bikes and CX/Gravel bikes or may be used for this event. No BMX bikes, tandems or unicycles are allowed. This year we are allowing E-bikes to be ridden in the Rage, however teams which include E-bikers will NOT be eligible for category placing prizes. Please ensure you check the appropriate box on the entry form to let us know you have E-bikers in your team.

Please ensure your bike is in a fit condition to ride during this event. PUSH BIKES Rangiora can provide you with a FREE on-the-spot, no obligation check of your bike prior to the event to ensure it is of suitable condition to use during the race.

**BIKE REPAIRS** - you will be responsible for carrying your own tools and spare parts with you during the race, such as pumps, tubes, patch kits etc. If you have a break down during the race please make sure you are clear of the track while making repairs. If you are unable to fix your bike you are able to return with it to the transition area and ride a different bike for the rest of the race provided it has your team number attached to it.

**DOGS** - no dogs are permitted on the track during this event. This is due to the proximity to farmland and the risk to riders from uncontrolled dogs loose on the track.

**WEATHER SENSE** - please come prepared for any weather conditions. This is a 6 hour race and the weather during this time could easily change several times. Please make sure you bring clothing to suit both hot and cold temperatures, as well as sun and rain protection.

**PRODUCT SALES** - we will have some food and drink stalls at the event (TBC).

### WITHDRAWALS / REFUNDS / CANCELLATIONS

Changes	Changes can be made to your team members up until close of check in time on the day of the event - 9:15am.
Withdrawals	If you wish to withdraw your entry please contact the race organisers, quoting your team name and category.
Refunds	Due to limited entries for this event other teams may miss out if you enter then withdraw at the last minute. Whenever possible we will provide a full refund of any entry fee paid if your team withdraws from the event. However if you withdraw your team within 7 days of the event we reserve the right to apply a cancellation fee, the amount of which will be calculated based on the circumstances. We do NOT provide any refunds for individuals who withdraw from teams for any reason. That is a matter for the team leader to resolve either by replacing that rider with another or just riding with one fewer in the team.
Event Changes or Cancellation	If circumstances outside the control of race organisers (eg: weather) force changes or cancellation of this event prior to or during the race we will keep all entrants informed via email, website and social media and, where possible, provide options for continued participation and/or partial refund. Organisers reserve the right to change or shorten the course, or shorten the duration of the event at any time in consideration of competitor safety in which case no refund will be provided as the event is still being run. Unfortunately there is no allowance for a postponement date.



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## ADDITIONAL INFORMATION FOR 2023

**TRANSITION AREA** - once again we will be setting up the transition area on the track itself which sets up a few additional regulations for competitors. Here's the main things you need to be aware of...

- **Transition loop** - you will leave the main track to enter the transition area, then cross the track twice as you loop around some team sites and trees before returning to the proper track. At no point in the transition area will you ride along the established track and some corners in the transition loop could be uneven or slippery.
- **Good footwear required** - there is low-growth gorse and blackberry in areas of the transition area that we will attempt to get rid of, however we would still recommend everyone wears good shoes in the transition area at all times.
- **Shelters** - the transition area is very stoney as it is right on the river's edge, so pegging your gazebo or shelter down may be difficult. We suggest bringing in an alternative means of holding your gazebo down, such as bottles of water, bricks, weights etc.
- **Parking in transition area** - we will create as many sites as possible large enough to fit a vehicle and shelter, however due to the odd shape of the transition area these sites may also be a less than square and some compromise with neighbours may be required. It may help if teams are able to share sites where possible. Be aware that the ground may also be quite bumpy when bringing in your vehicle or caravan.
- **No Fires** - unless there is significant rainfall before the event there will be a complete ban on fires which includes BBQs if that is what you were planning to cook some lunch.
- **Water on Tap** - without running water on site we will be bringing in a water tank trailer to provide potable drinking water in the transition area. We would still recommend teams bring some additional drinking water with them to reduce the burden.
- **Toilets** - the only toilet facilities will be via portaloos which will be located at various points around the transition area.

**COMPETITOR PARKING** - only ONE vehicle per team will be able to go into the transition area, and once there it will not be able to leave till after the race.

ALL OTHER COMPETITORS will be able to park their vehicles in a nearby clearing and walk their bikes and equipment through to the main transition area. BE AWARE this secondary car park is inside the track so will be closed between 9:45am and 4pm and you will not be able to remove your car from this area except in an extreme emergency. Any other supporters or team members who will need to leave the area by car during race time should park outside the track area along the stop bank, access roads or along River Road or West Belt.



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