

TOPSPORT THE MULTISPORT PROFESSIONALS

GUIDED MOUNTAIN RUN

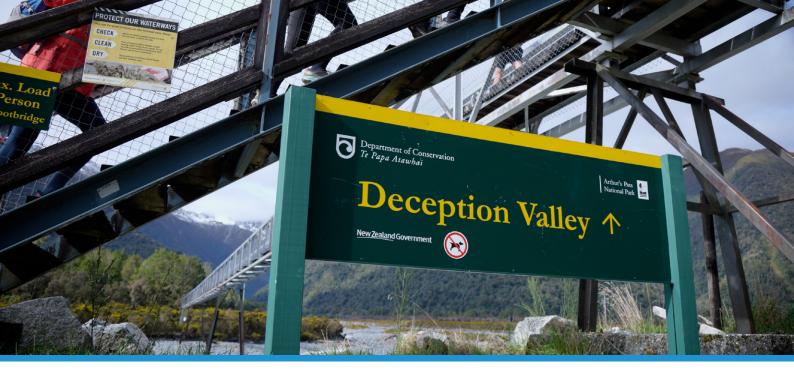
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TOPSPORT KAYAKING



GUIDED MOUNTAIN RUN

The aim of this trip is to introduce you to the Coast to Coast mountain run section of the event, and to help you identify and pick safe effective lines on race day. This run is not a time trial; it is a guided educational trip.

COST

The cost of the trip is \$295.

DAY'S SCHEDULE

- Meet Yaldhurst Hotel @ 6am.
- Arrive at Otira Foot Bridge at approx 8.30am
- Group Briefing 9am
- Depart 9.15am
- Arrive back in Christchurch between 6pm and 8pm.

Please note this is only an estimate and may be earlier or later depending on the trip.



FAQ

WHERE DO WE MEET?

WHAT SECTION OF THE RUN DO WE DO?

WHAT ABOUT THE WEATHER AND RIVER CONDITIONS?

We meet on Yaldhurst Road in the car park of the Yaldhurst Tavern. This is on the left hand side of the road heading out of town, just past the Pound Road Roundabout. It takes considerable time to pack everyone's gear in and on our vehicle so please make every effort to be on time.

Our trips start at the Otira Foot Bridge – The start of the Coast to Coast run section and we take you through to the Bealey River. Please note we don't run the final approx 3kms through to Klondyke Corner. This is approximately 27kms and includes 900 meters of climbing.

Weather and river conditions in the days leading up to and including the day of your trip are very influential. We have strict safety procedures and guidelines in place; if the conditions on the day of your scheduled trip are outside these parameters we will be cancelling the trip. Alternative trip dates subject to availability.

We use the latest weather and river flow information gathered from various sites on the Internet along with our personal experience to make decisions. We will make every effort to postpone a trip if the conditions do not support a safe day. However if we arrive at the start of the run and the conditions are not that which have been predicted and it is unsafe to continue our staff will make a call on an alternative alpine mountain run in the Arthurs Pass area or if conditions allow a shorter out and back on part of the course, either up the Deception or Mingha valleys.



WHAT DOES TOPSPORT SUPPLY?

Topsport Kayaking will provide return transport and vehicle shuttle from Christchurch in a hired rental van. **Guides:** Our guides Sam Manson and Daniel Jones are highly trained to keep you safe in this rugged alpine environment. Both Sam and Daniel know this route intimately and will ensure your day is full of learning and fun as they prepare you for race day. Whether you are a first time runner or you have been through Goat Pass before, we guarantee you can learn a lot from this talented pair.

WHAT DO I NEED TO BE ABLE TO DO?

You are required to be fit enough to handle up to 7 to 8 hours of running and power walking. Please ensure you are spending adequate time on your feet training so that you can get the most out of your day. The pace of the trip is not fast but you still need to be physically up for the task at hand. Remember this track is rated as a DOC two day advanced tramp. There will be a short lunch stop at Goat Pass Hut.

BIO SECURITY ALL footwear and clothing are to be cleaned of any seeds, dirt or any other organic matter prior to your trip. This is part of DOC's requirements and in accordance to Bio-security New Zealand to minimise the spread of Didymo and other aquatic pests.



ARRIVING AT THE OTIRA FOOTBRIDGE

When we arrive at Otira we will be working to a timetable. We need to have the group setting off on the run before 9.30am. On arrival please get changed into your running gear and pack all your compulsory equipment and food into your daypack. Don't forget to apply your sunscreen. If you have any questions about clothing etc that should be worn for the day please ask. Topsport staff will be available to help answer any questions that you may have getting ready. Our Safety Briefing will take place once everyone is dressed and ready to get started on the run.

SAFETY BRIEFING

Your guide will run through basic river crossing techniques and other general information about the day ahead, weather conditions, river conditions etc. This is also an opportunity for you to ask any questions or express any worries or concerns you may have about your day. If there is something you need us to clarify, please don't hesitate to ask. We are here to teach and help.

RIVER CROSSINGS

You will be doing multiple river crossings throughout the day. Please be familiar with the methods below prior to your trip.

CROSSING THE RIVER INDEPENDENTLY

You will be guided through each river crossing point, which has been carefully chosen. In the race you may or may not have someone you can cross with so crossing independently is something you need to know how to do.

WHEN CROSSING ALWAYS:

- Look downstream for run out hazards
- · Establish a good entry and exit point
- · Keep your body side on to the current
- Take small shuffling steps
- Move diagonally downstream with the current to conserve your energy;
- Avoid crossing on a bend, above a place where another stream joins the river and where the water is dirty and cloudy.



GROUP RIVER CROSSING – THE LINK METHOD

If we reach a crossing that we need to link up and cross together your instructor will guide you through this method. The Link Method: Link yourselves together by reaching through the gap between the back and backpack of your neighbours. Then grab a firm hold of their backpack shoulder strap where it joins the bottom of their backpack. Position your strongest members at each end of the group. If a person loses their footing it is essential that everyone retains their hold on each other. Keep the group parallel with the river flow at all times. If you need to retreat, walk carefully backwards until you are in a safe depth then turn around. The use of ropes is inadvisable and has caused many drownings in the past. Please note that clients will probably not have full packs but are required to carry day packs so the link method is still useful and if they can't link into straps then link around the next person's waist. If the crossing does not go as planned stay linked up and back up slowly out of the river. Do not break the link until everyone is into very shallow water.

See the next page for a gear list you MUST bring for the trip.

REQUIRED GEAR

The following is a list of gear that you will be required to bring on your trip.

If you do have enough gear you may not be allowed on the water. Please print it out and use it as a reference. It is really important to us that you bring **ALL** of the following gear:

REQUIRED GEAR:	PACKED
 Backpack and pack liner/dry bag - must be large enough to fit all compulsory gear and food 	
 Running shoes and good socks. The run is very rocky and you will cross the river numerous times. Choose a shoe with lots of contact surface. We recommend you test your shoes on slippery wet rocks prior to your trip. Minimalist shoes are not recommended. 	
Top to run in - Long Sleeve thermal base layer top or Short Sleeve if fine weather forecast	
 Shorts/thermal longs to run in – These will be wet most of day so take this into consideration when planning your clothing 	
Whistle – attached to outside of pack	
Sunscreen (optional)	
Sun hat and sunglasses (optional)	
Race food/drinks/gels and lunch	
Towel, lots of warm gear and food for finish.	
THE FOLLOWING IS GEAR TO BE CARRIED IN YOUR DAY PACK:	
• Emergency Foil Survival BAG (NOT a blanket)	
Long thermal top	
Long thermal pants	
• Waterproof jacket with hood - seam sealed and constructed of durable material	
Waterproof pants - seam sealed and constructed of durable material	
Thermal hat and gloves	
Extra energy food	
• Mid Layer – 220g – Fleece/Thermal/Merino/PolyPro	

FIRST AID KIT TO CONTAIN THE FOLLOWING:	PACKED
• 1.5m long (unstretched) roll of 5 cm wide crepe bandage	
• 5m long roll of 2 cm wide strapping tape	
10 Band-Aid strips	
Triangular bandage	
Scissors	
• 4 x pain relief tablets - that can be used to treat pain in case of injury while help arrives – always follow the directions for taking medications	

Please note: It's better to take too much extra gear than not enough.

This checklist is all gear (with the exception of waterproof pants) that is compulsory gear for the Coast to Coast. If there is something on this list you do not have then you need to get it. Check out the rules on the C2C website if you need more information.

Topsport cannot be held responsible for any loss of jewellery or any other items of value, so please leave these at home.



THANKS FOR RUNNING WITH US!

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