



TOPSPORT
KAYAKING

TOPSPORT
**THE MULTISPORT
PROFESSIONALS**

**GUIDED RUN AND RIVER TRIP
PACKAGE**

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TOPSPORT KAYAKING



PACKAGE OVERVIEW

If you are training for the Coast to Coast then this is definitely for you. Join our talented Topsport Kayaking and Running Specialists for two days of invaluable on course training. Take a trip with our running guides over the famous Goat Pass Mountain Run route and then be guided down the Waimakariri River with our kayaking team. Coast to Coast doesn't get any better than this .

COST:

\$695

DAY ONE

GUIDED GOAT PASS MOUNTAIN RUN

Day One is a trip over Goat Pass. Our trips start at the Oтира 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 trip is approximately 27kms and includes 900 meters of climbing.

DAY TWO

GUIDED WAIMAKARIRI GORGE TRIP

Day Two is a trip down the Waimakariri Gorge to Woodstock. This is a 55km paddle and will be approximately 5 to 6 hours of paddling. This trip includes the famous Rock Garden section of the river and the mighty Gorge.



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.

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.



WHERE DO WE MEET?

We meet on Yaldhurst Road in the carpark 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.

WHAT SECTION OF THE RUN DO WE DO?

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.

WHAT ABOUT THE WEATHER AND RIVER CONDITIONS?

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 or staff will make a call on an alternative alpine mountain run in the Arthurs Pass area.



Photo Credit: Coast to Coast Media

WHAT DOES TOPSPORT SUPPLY?

Topsport Kayaking will provide return transport and vehicle shuttle from Christchurch in a hired rental van.

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.



Photo Credit:
Coast to Coast Media

ARRIVING AT THE OTIRA FOOTBRIDGE

When we arrive at Otira 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 on the side opposite you as shown in the photograph. 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.



MOUNTAIN RUN GEAR CHECKLIST

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
<ul style="list-style-type: none"> Backpack and pack liner/dry bag - must be large enough to fit all compulsory gear and food 	
<ul style="list-style-type: none"> 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. 	
<ul style="list-style-type: none"> Top to run in - Long Sleeve thermal base layer top or Short Sleeve if fine weather forecast 	
<ul style="list-style-type: none"> Shorts/thermal longs to run in – These will be wet most of day so take this into consideration when planning your clothing 	
<ul style="list-style-type: none"> Whistle – attached to outside of pack 	
<ul style="list-style-type: none"> Sunscreen (optional) 	
<ul style="list-style-type: none"> Sun hat and sunglasses (optional) 	
<ul style="list-style-type: none"> Race food/drinks/gels and lunch 	
<ul style="list-style-type: none"> Towel, lots of warm gear and food for finish. 	
<p>THE FOLLOWING IS GEAR TO BE CARRIED IN YOUR DAY PACK:</p>	
<ul style="list-style-type: none"> Emergency Foil Survival BAG (NOT a blanket) 	
<ul style="list-style-type: none"> Long thermal top 	
<ul style="list-style-type: none"> Long thermal pants 	
<ul style="list-style-type: none"> Waterproof jacket with hood - seam sealed and constructed of durable material 	
<ul style="list-style-type: none"> Waterproof pants - seam sealed and constructed of durable material 	
<ul style="list-style-type: none"> Thermal hat and gloves 	
<ul style="list-style-type: none"> Extra energy food 	
<ul style="list-style-type: none"> Mid Layer – 220g – Fleece/Thermal/Merino/PolyPro 	
<ul style="list-style-type: none"> Personal Medication 	

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.



TOPSPORT KAYAKING

WAIMAKARIRI GUIDED RIVER TRIP

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

DAY'S SCHEDULE

- Meet Yaldhurst Hotel @ 6.30am.
- Arrive at Mt White Bridge at approx 8am
- Group Briefing 8.45am
- Depart 9am
- Arrive back in Christchurch between 4pm and 6pm.

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



WHERE DO WE MEET?

We meet on Yaldhurst Road in the carpark 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 and kayaks in and on our vehicle so please make every effort to be on time.

WHAT SECTION OF THE RIVER DO WE PADDLE?

Our trips run from Mt White Bridge to a place called Woodstock. This is approximately 55 kms. Mt White Bridge is the start of the Coast to Coast paddle and Woodstock is the first vehicle access exit point after the Gorge. Experience has taught us that paddling the final section of the river can be tough for many first time paddlers. Woodstock is not the exit point for the Kathmandu Coast To Coast race. This finish is a further 14 kms down stream. If you are travelling from out of town and want to paddle the final section of the paddle let us know.

WHAT ABOUT THE WEATHER AND RIVER CONDITIONS?

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 postponing the trip. 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 descent of the river. However if we arrive at the river and the conditions are not that which have been predicted and a paddle right through the Gorge is not safe but the top section is then we will complete two runs to Gooseberry Stream, which is approx 30kms and is home to the famous Rock Garden rapids.



WHAT DOES TOPSPORT SUPPLY?

Topsport Kayaking will provide return transport from Christchurch in the latest Nissan Patrol 4WD. We have a kayak specific trailer ensuring your pride and joy travels safely as well. Our guides Len, Chris and Jordan have over 20 years guiding experience between them, been working together for years and have all competed in the Kathmandu Coast to Coast many times. They make it their job to know the river intimately so they can pass on valuable information to you.

WHAT DO I NEED TO BE ABLE TO DO?

You are required to be fit enough to handle 5 to 6 hours of paddling in your kayak. Please ensure you are spending adequate time in your boat training so that you can get the most out of your day on the river. The pace of the trip is not fast but you still need to be physically up for the task at hand. Topsport requires that you have completed your Grade Two Certificate and are paddling your boat or something similar to match your ability. If you have not got your certificate yet please contact Kate on info@topsport.co.nz to discuss your individual situation.

Please Note: If we get to Gooseberry Stream (15km's into the trip) and Topsport staff are concerned about your ability to handle the Gorge for any reason you may be asked to get off the river. If you are asked to get off the river this is not negotiable. This is rare but if it occurs it is for your own health and safety and that of the group.

WHAT ABOUT MY KAYAK?

It is your responsibility to provide a river worthy kayak. Before your trip please ensure that your kayak is in safe river condition. This includes being complete with two rear airbags. You need to check the front and rear foam pillars are secured and are in good condition. The seat is secure and the boat has no obvious holes. Make sure the rudder isn't loose and it's working well. Please also check the rudder lines and foot pedals for any possible damage or wear. If you have any concerns please contact us prior to your trip for one of our staff to check and advise you. Trips can be severely compromised if your kayak is not up to standard.



NAVIGATING THE RIVER

You must stay on the same braid as everyone else in the group. Start learning to look ahead of the person in front of you even if that's the guide, as this will be most beneficial to navigating your way through traffic on race day.

If for any reason you find that you are moving ahead of the group, find a safe spot to eddy in and wait. If you are struggling to keep up let your guide know, via a message being passed on from the other paddlers. No one under any circumstances will be left behind.

During your trip your guide will point out various landmarks along the way to help you know where you are on the river. For example: Hamilton Rapid and The Iron Bridge.

WHAT DO I DO IF I SWIM?

Having completed your grade two course we expect that you will be able to self-rescue. This does not mean that if you take a swim you are on your own. Your guide is here to help and will be at your side as soon as possible.

IF YOU TAKE A SWIM PLEASE TRY AND FOLLOW THESE BASIC GUIDELINES:

Try not to panic. We know this is a big ask for some of you but we need you to be as calm as possible so you can follow the instructions from your guide. If you can, swim to the front of your kayak and hang on to it by using the nose loop with one hand and keep hold of your paddle in the other. If you have to swim through a rapid, float on your back, keep your legs and feet up facing down stream. If you are with your kayak move to the front and hang on to the nose. When you can see a shallow spot try and swim with your kayak to the nearest riverbank. Remember to look out for rocks and try to pull your kayak past them rather than letting the kayak wrap onto or around them. Empty your kayak and then get back into it facing upstream. If you are having trouble or are suffering from anxiety please let your guides know. They are very experienced in dealing with nervous and anxious paddlers. Swimming is all part of learning and with each swim, valuable lessons are learnt. If you notice a swimmer, alert the guide if he is unaware then eddy in to the nearest eddy and wait. Stay alert for any gear that maybe moving down the river, if you are able to recover it safely then do so. While you are waiting this is a good opportunity for you to take on vital food and drink.

DIDYMO IS IN THE **WAIMAK**

Didymo also known as “rock snot” has been confirmed in the Waimakariri River. MAF Bio-security New Zealand (MAFBNZ) confirmed the finding in February 2010.

As kayakers we need to ensure that we take every possible precaution to prevent our beautiful rivers from being spoiled by this horrible alga. Bio-security New Zealand requires that we treat our gear both before and after paddling in the following way:

KAYAKS SHOULD BE CLEANED THOROUGHLY BOTH INSIDE AND OUT WITH A DECONTAMINATION SOLUTION.

Bio-security recommend a biodegradable dishwashing solution. Scrub or spray all exterior parts of the kayak with the cleaning solution, ensuring surface contact for at least one minute. Then fill the inside of your kayak with the cleaning solution, place all associated equipment, gear and clothing used during your paddle into the kayak and immerse completely and soak for as long as needed to thoroughly penetrate all absorbent items.

THE EQUIPMENT MAY THEN BE RINSED USING WATER THAT HAS COME FROM A TOWN WATER SUPPLY.

Drying is an acceptable alternative method, provided that all components are completely dry to the touch, inside and out, and then left dry for at least another 48 hours before



MOVING WATER GEAR CHECKLIST

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
• Multisport kayak	
• Paddle	
• 2 x Rear airbags	
• Life jacket - with whistle attached	
• Kayaking helmet	
• Neoprene spray skirt	
• Footwear for walking on river rocks (booties with thick soles, running shoes etc)	
• Kayaking jacket	
• Top and pants to paddle in	
• Sunglasses if you need them	
• Race food/drinks/gels and lunch	
• Towel, lots of warm gear and food for finish.	
THE FOLLOWING IS GEAR TO BE CARRIED IN YOUR DRY BAG:	
• Waterproof dry bag	
• Long thermal top (additional one if you paddle in one)	
• Long thermal pants	
• Thermal mid layer /Fleece top – 220gm minimum	
• Water proof seam sealed pants	
• Duck tape – Minimum half a roll.	
• First aid kit as per Coast to Coast requirements	
• Thermal hat, gloves and socks	
• Extra energy food	
• Emergency survival bag	

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 PADDLING & RUNNING WITH US!

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