



MOUNTAIN BIKE ORIENTEERING CHALLENGE ■ 30TH JANUARY 2011

The original Akatarawa Attack is a Mountain Bike Rogaine set in the rugged wilds of the Akatarawa ranges north of Wellington. The Ak Attack Alternative is a similar event run outside the Akatarawa's. Not quite as remote, but the same challenges of route planning, navigation, and sheer grunt. A full day's challenge for any keen mountain biker - its your chance to ride a variety of tracks from 4WD to single track at your own pace. Its a mountain bike race with a difference and where you get to choose your own course. A race where the fastest and fittest are more often out witted by sly and cunning. Are you up for the Adventure ?

WHAT IS IT ?

A Rogaine is a navigation adventure for teams of 2 - 4. Points are scored by visiting locations marked on a map within your chosen time period of 4 or 8 hours. A team of volunteers have visited and plotted lots of new and some previously un-documented tracks in the area for you to seek out. The detailed map marked with the location of the points is provided on the day.

WHO CAN PARTICIPATE?

Although not quite as rugged and remote this is still a hard day therefore the minimum age is 16 and teams of two or more members are compulsory and must race and visit the points together.

You will need to be able to deal with simple bike repairs and if necessary be prepared to hike home! There is a list of compulsory gear items that must be carried by each team.

YOU DONT HAVE TO BE CRAZY TO TAKE PART BUT IT HELPS

RACE DAY

The events start at 8:30 am and 12:00pm respectively. The maps will be available from about one hour before the start of each event. Finish time is 4:00pm for the 4 hour and 4:30pm for the 8 hour event. Results and barbeque will follow. Remember that points are deducted from your score if you return late.

The start location is currently secret but will be within 1 hours drive of Wellington. Teams will be advised in an email 10 days prior to the event exactly where the start point is and how to get there. Turn up at least 1 hour prior to the start for registration, have your gear checked and receive your map and start planning your days adventure.

Every rider will receive a detailed map of the area with the tracks marked. Points of different values will be scattered across the map. You choose what you can achieve, and ride your chosen route, but remember to leave a few points for the ride home. Each control point will have a simple question to prove you were there. Hand in your score cards at the end, relax and enjoy a barbeque while the results are collated.

ENTRY DETAILS

The entry fee is only \$50 per person for the 8 hour event and \$40 per person for the 4 hour event. There is a \$10 discount for OHV or HVMBBC members.

Entries close on 20th January 2011 (Late entries will incur an additional \$10 Fee per person). Late entries or additional team members are welcome subject to available maps
Half Price entry to under 21 (as at December 31 2011)

The entry fee includes a great map of the area, land access, prizes and a free gourmet barbeque after the event. Bring your own drinks and other snacks.

Around the **20th of January** we will email further details including any additional requirements or equipment and the **start and finish** location for registration.

Teams will be listed on the website once we receive your entry form and payment clears.

COMPULSORY EQUIPMENT

Each team must be self sufficient and you must have the tools and skills to perform basic repairs to your bike. A knowledge of first aid is essential.

Each team must carry the following gear throughout the event.

Individual

- Rain jacket
- Hat or balaclava
- Thermal top
- Sufficient food & water for 4 or 8 hours

Team

- Survival blanket
- First aid kit
- Compass and [Map (provided)]
- Cycle repair kit, pump, spare tube, etc

Organisers and other stuff...

The event is organised by the Hutt Valley Mountain Bike Club



Final event information will be available on the HVMBC web site www.mountainbike.co.nz/clubs/hvmbc

OTHER RESOURCES

We have collected together some links to other resources that will assist you with planning for the event. They provide general information on Mountain Bike orienteering and offer hints on how to attack the course.

There is also a collection of resources including how to build or buy a map holder. These are found at the web site below. Follow the resources link.

Still need more information about what you are in for, then read about last years event and other interesting stuff about MTBO www.akattack.org.nz

Need More Information?

Contact Michael Wood 04 566 2645 michael.wood@mapsport.co.nz

OTHER EVENTS

During the 2011 season there are a series of shorter events around the Wellington area. These have courses of between 1—2 hours. Details will be published on the OHV web site www.ohv.org.nz from February.



OHV offer an introductory half-price subscription deal for those interested in the series.

WAIVER: We accept the conditions of entry and acknowledge that mountain biking is an inherently risky and physically challenging activity. We have read and understood all the information supplied in the entry form. We enter this event knowing full well the risks and demands involved and we accept full responsibility for taking part in this event. We hereby indemnify the organiser, and those assisting with the event, the sponsors, land owners and occupiers against all claims including injury to person or property, which may arise directly or indirectly from our taking part in the event.

Signed: TEAM MEMBER ONE Signed:TEAM MEMBER THREE

Signed: TEAM MEMBER TWO Signed:TEAM MEMBER FOUR

To register, complete this form with team members names, sign the waiver, send it to:

Ak-Attack, HVMBC, 5 Atahu Grove Lower Hutt 5010

Make Cheques out to **Hutt Valley MTB Club**, or if electronic transfer is preferred please use bank account **020528 0048977 00**. Include your **Team name** in the particulars and **AK11** as a reference. Include bank account and date of transfer at the bottom of the form.

	4 Hour event		8 Hour event	
	Open 16 - 39	Vet 40 +	Open 16 - 39	Vet 40 +
Women				
Men				
Mixed				

Please check one box above to indicate the category for your team.

Note: Age categories are governed by your age at the end of December 2011, Teams race in the age category of the youngest rider.

Team Name:

Name [1] Age

Address Fee \$

City

Ph/Mobile

Email@.....

Name [2] Age

Ph/Mobile Fee \$

Email@.....

Name [3] Age

Ph/Mobile Fee \$

Email@.....

Name [4] Age

Ph/Mobile Fee \$

Email@.....

Bank Account

Date of Transfer

Don't forget to sign the waiver section of this document **Total \$**