

# Mt Alfred Challenge

**35km  
MTB  
Race**



## THE RACE

The idea behind the race is to get people out for a great day of riding through what has been labeled the most scenic mountain bike race in the world. You will experience river flats, hillside views, and literally ride through Paradise, a race that is certain to blow away both locals and visitors. The race will also help raise money for the Paradise Trust and Glenorchy School. There are three race categories.

## THE COURSE

The course will suit an all around rider featuring a contrast of 4WD tracks, gravel roads, single tracks, river flats, tar seal and some wicked descents. Race Day is 29th March 2009. **STARTING** The course begins at the Paradise Trust where you do one 3km hot lap. Then leaving the Trust you will join a shingle road and continue past Arcadia Station and through the Paradise Bush (remember the road is open to vehicles, you must stay on the left hand side and in control) Continue back towards the south end of Diamond Lake.

### FROM HERE THERE ARE 2 OPTIONS:

Option 1 - 'CRUISERS': From here you will stay on the shingle road past the Mt. Earnslaw Station homestead and back to the Routeburn turn-off where you then join the sealed road around the base of Mt Alfred onto Hummes Rd then back on the track with Keen & Machine. "Put the pedal to the metal".  
Option 2 - 'KEEN' & 'MACHINE': From here you will turn right down the Diamond Lake access road to the base of Mt Alfred. You will then climb up the East side of Mt Alfred to an elevation of 740 metres where from here it's an awesome downhill on a farm track back down to Diamond Creek bridge where you join the sealed road around the base of Mt Alfred onto Hummes Rd. Continue to ride on the 4WD track on river flats then join a single track to the base of the last climb on the northern tip of Mt Alfred. Then descend through bush and grassy clearings on the horse trail back to Paradise Trust for the final hot lap to the finish line. **NOTE:** We have secured permission to cross private property for the RACE DAY ONLY. Anyone trespassing will be prosecuted as well as put this event in jeopardy, please respect the Landowners. **NO PRE-RIDING OF COURSE ALLOWED**, don't blow it.

## IS THIS RACE FOR YOU?

Time to complete the course should be between 2 and 4 hours. We will provide a tail end Charlie and St. Johns will be on site, however we expect you to look after yourself. Support Vehicles will not be allowed on the course.

## WHAT WILL YOU NEED?

- A good attitude
- A bike in good condition, we recommend a tune up before the race.
- A safety standard approved bike helmet.
- A complete tool kit. Don't be "that" guy or gal
- Proper Clothing to include a minimum of a base layer and a windproof shell. It can get very hot as well as very cold in Glenorchy, BE PREPARED!
- At least 2 litres of water and enough food to keep you going for the duration. There will be a drink station on the course. You should drink every 15 minutes or so.

## COST AND AGE LIMIT

- Entry fee is \$50 (a donation from the proceeds will be made to the Paradise Trust).
- All riders must be 16 years or older and of average or better fitness.
- No refunds will be available if the event is cancelled..... for instance if heavy rains create flooding, etc.
- MoreFM 99.2 will carry all race information and any cancellations.



## RACERS RESPONSIBILITIES

Part of the course is on open public roads, standard road rules apply, be safe. We have secured permission to cross private as well as public land for the race day only. Please respect this by not riding the course before or after the race, do not Litter, leave gates as you found them, and approach horses and stock with caution. If you come across an injured person, you must stop and help them, send the next rider up or back to tell a marshal. Riders to ride inline unless passing. If you break down or rest, please get off to the side of the track so others can pass.

## ACCOMMODATION

If you're looking for accommodation before or after the race here are some options:  
Glen Royden Lodge ph: 442-9968  
Kinloch Lodge ph: 442-4900  
Glenorchy Holiday Park ph: 442-7171  
Glenorchy Hotel/Backpackers ph: 442-9902  
Mt Earnslaw Hotel ph: 442-6993  
Little Paradise Lodge ph: 442-6196  
Glenorchy Campground ph: 442-7171

## PAYMENT

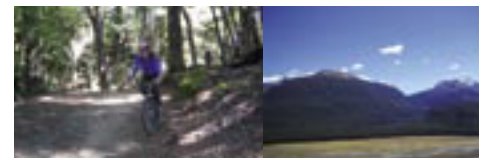
Send your check for \$50 with the entry form to:  
Mt Alfred Challenge,  
PO Box 76,  
Glenorchy.

## FINISH AND PRIZEGIVING

The race will start and finish at the Paradise Trust. Prize giving will be at approximately 5.30pm, we will keep it as quick as possible. Spot Prizes will be drawn; you must be present to win. If you think you may win, don't bother with a speech, nobody wants to hear it. Gordy and KJ will tell each other what good bastards they are.

## CONTACT US:

Ph: Gordy 03 441 2293 or KJ 027 473 9700  
Email: kage@backstagenz.com



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## ENTRY FORM

I wish to race in the 28th March 2009 Mt. Alfred Challenge

Name: .....

Address:.....

.....

Phone:.....

E mail:.....

Age:..... Sex: M  F

## CATEGORY: Please tick one

CRUISER a shortened course for recreational riders, you bypass the big Mt. Alfred Climb.

KEEN for sporty folks who (for some reason) want to ride the second climb up Mt. Alfred.

MACHINE your not only expected to do the whole course, your expected to do it fast.

Entry Fee .....\$50

## PLEASE RETURN THIS FORM TO:

Email: kage@backstagenz.com  
Alternatively make cheque out to "gymbt" and return with entry form to Mt Alfred Challenge, **PO Box 76, Glenorchy by March 20th.** Otherwise get there early and register on the day.

**Declaration:** In acceptance of my entry form I do hereby for myself, my heirs, executors, administrators and assignees release and forever discharge the organisers, the sponsors, Mt Earnslaw Station, The Paradise Trust, Department of Conservation and all persons involved in the conduct of the 2009 Mt Alfred Challenge Mountain Bike Race from all claims or actions whatsoever in any manner arising out of my participation in this event. I attest and verify that I am fully aware of the risks involved in participation and that I have no physical or medical conditions which have the potential to put myself or any other person at risk and that I am in sufficiently trained for the event and that my equipment is in good order and conforms to the "Race Rules". I agree to abide by the organiser's rules and accept any decision or direction given by them. I allow sponsors/organisers to use my name and/or photograph for promotional purposes.

Signature: .....  
(Every rider must sign. Parent or guardian must sign if under 18 years of age)  
Note 1: An approved helmet must be worn throughout the race.  
Note 2: The decision of the Race Director affecting all matters is final.  
*This race is held in conjunction with the Southern Lakes Multisport Club.*