



**WOMEN'S ADVENTURE CHALLENGE**  
**COROMANDEL 23rd FEBRUARY 2008**

# EVENT INFO

## Event info

### **COURSE:**

PowerGal will be based on the Coromandel Peninsula, the exact location revealed via the website during the 1st week of January 2008.

The course involves trekking, mountain biking (including 4wd tracks), tubing, and mystery activities. Navigation will be entry level, all maps will be supplied at race briefing and you will not need any extra maps. The course will be kept secret until the Friday briefing at which time the course itself becomes out of bounds until Sat 23rd 8am start time.

### **COURSE LENGTH:**

Completion of the course in its entirety is the aim of Power Gal, it is expected that the fastest team will complete the course in approximately 6 hours and the course will remain open for until 8pm.

### **REGISTRATION & BRIEFING:**

Registration will be open from 6pm Friday 22nd February.

Race briefing is **COMPULSORY** attendance by ALL team members and will begin at 8pm sharp. (You will be give the registration

location when the course location is released 1st week of January).

### **GEAR REQUIREMENTS:**

Compulsory gear to be carried by each team member at ALL TIMES:

- Thermal long pants
- Thermal long sleeve top
- Whistle
- Survival Blanket
- Waterproof Jacket
- Thermal Hat & Gloves
- Long sleeve 100 weight fleece top
- Headlamp or torch

**Team Compulsory Gear:** (must be carried within the team at all times)

- Mobile Phone with full battery in a dry bag (or sealed waterproof bag)
- First Aid kit consisting of strapping tape (min 2 meters), pain killers, band aids x5, pocket knife, 5cm crepe bandage, sunscreen, 3 min 4x4 cm gauze dressings, antiseptic cream.

### **Mountain Bike**

#### **Compulsory Gear:**

- Helmet (certified international safety standard)
- Red Rear flashing light

#### **Recommended**

- Spare inner tube
- Repair Kit
- Pump

### **Water Section**

#### **Compulsory Gear:**

- Inflated car inner tube
- Life jacket
- Footwear
- Wetsuits are optional but NOT compulsory

You will need to be able to swim 100meters without assistance.

#### **Recommended**

- Water proof bag (ie dry bag).

### **SUPPORT CREW**

A minimum of only 1 support person per team will be needed (more are welcome of course). Support crews are required to support bikes, clothing, food, water

and other equipment to transition points and provide moral support for competitors.

### **RACE RULES**

Please see the website [www.girlsontop.co.nz/powergal](http://www.girlsontop.co.nz/powergal) for full race rules and conditions. For more information and clinic dates visit [www.girlsontop.co.nz](http://www.girlsontop.co.nz)

### **PLACINGS AND AWARDS**

Placings and awards will be Sunday 10am at the event briefing location. You are encouraged to bring your support crew, families and friends along to celebrate your success.

### **EVENT CO-ORDINATOR**

Deb: 0274 846 748  
09 486 7568



# TRAINING

# Training

This program is for women who are starting from a low level of fitness (or possibly none!) and want to complete the race and be fit enough to enjoy it.

From when the entries are available, in early December, there are 11 weeks until the event on February 23rd. If you follow this program from a later date then please start at the beginning as it is important that there is a gradual increase in your training.

**The race will involve walking, running, mountain biking and tyre tubing.**

Rather than tell you what to do each day I will give you what you should be looking at doing each week and you can decide how that fits in with your schedule. Space the training sessions out over the whole week. You can either do the training in the morning or afternoon or both. If you have a really tight schedule and can only fit 1 or 2 hours training in a week then my advice would be to do the running parts only. Running is one of the most efficient ways to get fit.

If you are injured or can't do one of the

sports in training then that's fine just do what you can.

## **RUNNING**

In the program all walking is brisk walking and all running is jogging. It is very important you don't run faster than a pace that will allow you to easily talk (or sing if you are by yourself!). This intensity is the same for the bike riding.

I urge you to make sure your running shoes are new and have been fitted to you by a competent sport shoe sales person (or physio/podiatrist).

## **MOUNTAIN BIKING**

The event involves mountain bike riding so it is best that you train on a mountain bike. If you haven't got one you can train on a road bike if you wish although I advise you to borrow one to do at least some riding off road before the race.

Please make sure your bike is safe to ride. Get it checked out by a bike mechanic.

Make sure when you cycle that your legs go

around at least 90 times a minute. That's 90 complete revolutions. This is called spinning when your legs go around fast like this. It makes sure you don't load up your knees too much. It's OK to drop to 75 revolutions per minute when you are climbing hills.

For more help or info contact

[coach@gurneygears.com](mailto:coach@gurneygears.com)

You can substitute 1 ride a week for a Spinning class at a gym if you really like them.

These are great for cycling fitness but not at all good for off-road skills so make sure you get some 4WD/single track mountain biking in.

For both running and cycling it is best if you stick to flat terrain for the running and biking for the first month or so. After that you can slowly introduce some undulations and then some hills.

After you have finished each session you should do some light stretches. Have a look at <http://www.mayoclinic.com/health/stretching/SM00043> for instructions on how to stretch the major muscle groups.

If you miss a session for any reason please resist the temptation to catch it back up again

another day. Just take it as a wee training holiday and continue as normal with your program.

## SWIMMING/GYM WORKOUT

In the event you will be tyre tubing which is an upper body workout. I have included swimming or gym workouts (aerobics/circuits) in the program to help condition your body for the tubing.

## NUTRITION

The race will last at least 6 hours so you will need to eat and drink during it to keep your energy up. Practise eating and drinking while you are training to see what works for you as it can be very individual as to what works and tastes good.

For more help or info contact

[coach@gurneygears.com](mailto:coach@gurneygears.com)

## THE PROGRAM

### Week 1 – starting 3rd December

- 3 walk/runs – Start off with a brisk 5min brisk walk then repeat the following until 20 minutes is up: 60 seconds jogging followed by 90 seconds of walking.
- Either 2 swims of 20 minutes or two aerobics/circuits gym sessions.

Remaining training program available online at [www.girlsontop.co.nz](http://www.girlsontop.co.nz)

# ENTRY FORM

# Entry Form

Please complete and return to:

Power Gal  
1/13 Park Ave  
Takapuna  
Auckland



*(Competitors must be aged 16 years or above)*

**CATEGORY:**  Open  
 Vets (40+)  
 Junior (16-20yrs)

**Team name:** \_\_\_\_\_

**Team Captain:** \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_

**Team member 2:** \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_

**Team member 3:** \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Age \_\_\_\_\_

**T-SHIRT SIZES:** 8 \_\_\_\_\_ 10 \_\_\_\_\_ 12 \_\_\_\_\_  
14 \_\_\_\_\_ 16 \_\_\_\_\_ 18 \_\_\_\_\_

**Early bird entry fee:** \$330 per team

**Late entry fee:** Entries received after February 10th will incur a \$60.00 late entry fee per team. Entries close on February 15th 2008.

## **PAYMENT DETAILS**

Direct GOT account or cheque, payable to:  
Girls On Top  
ASB  
12 3060 0292643 00  
Please include your name in the reference.

## **CANCELLATION**

No refunds accepted, but you may transfer your entry if extreme circumstances prohibit you starting the race.

## **TEAM WAIVER AND DISCLAIMER**

I/We declare we have fully read and understand the rules and condition of The Power Gal. I/We attest that I/we are fully aware of the risks and hazards involved in participating in this event and I/we understand that participation in the event is at my/our own risk. In consideration of the acceptance of my/our entry fee, I/we do hereby on behalf of my/our heirs, executors, administrators and assignees, release and forever discharge the sponsors of and any and all persons involved in the conduct of The Power Gal from any and all liability whatsoever of claims of damages or actions whatsoever (including negligence) in any manner arising out of my/our participation in The Power Gal.

**Team Captain's Signature:** \_\_\_\_\_

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



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