

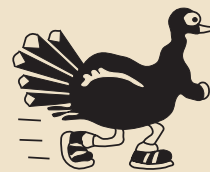


# BIG 'O' TRAIL RUN

**A 35km circuit or 19km half loop off-road run around Lake Okataina, Rotorua**



**lactic turkey events**  
[www.lacticturkey.co.nz](http://www.lacticturkey.co.nz)



**A stunningly scenic loop around Lake Okataina following a mix of well established bush walking tracks, private farm tracks and a private native bush track**



**22 May 2010**

**WWW.LACTICTURKEY.CO.NZ**



THE ORIGINAL  
MULTIFUNCTIONAL  
HEADWEAR

# EVENT DETAILS

## EVENT TIMETABLE 22nd MAY 2010:

Registration	From 7.30am at the Event Centre or from 9am at the 19km Start Late entries available from both registrations
Bus from Okataina to 19km Start	8am
Bus from Rotorua to 19km Start	8.45am from outside the Outdoorsman on Tarawera Rd
Race Briefing	8.45am for the 35km event and 9.45am for the 19km event
Start	9am for the 35km event and 10am for the 19km event
Prizegiving	Approximately 3.30pm



**DIRECTIONS:** The event centre is at the Okataina Outdoor Education Camp off Lake Okataina Road (signposted from the turnoff from SH30 at Ruato). The 19km event start is on Millar Road near Lake Okareka (signposted from Tarawera Road).

**ACCOMMODATION:** Camping or bunk beds are available at the Okataina Outdoor Education Camp (the event centre) on both Friday night before the event and Saturday night. Camping is \$8 per person and a bunk bed is \$12 per person. There are 91 beds available in 4 rooms. Bookings are essential and it will be first come, first served. Please email us to book. No arrivals on Friday night after 9pm please.

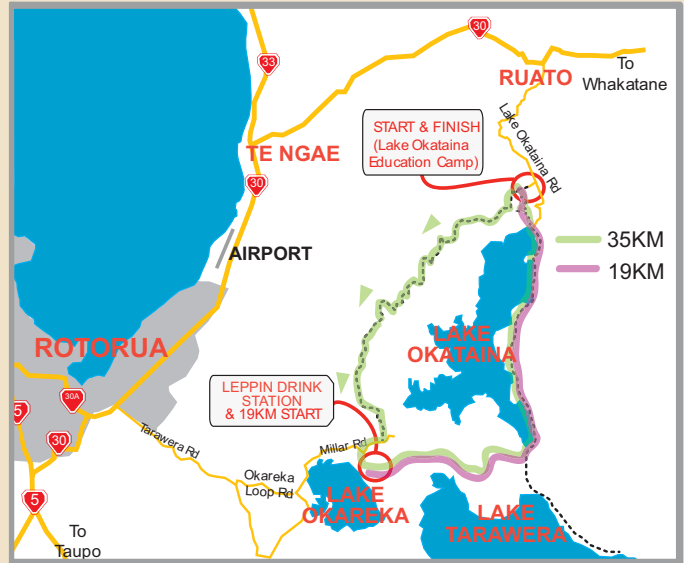
**COURSE DURATION:** The fastest time to date for the 35km course is 2 hours 43. The fastest time to date for the 19km course is 1 hour 39. Cut-off Time - 35km participants must get to Millar Rd drink station by 11:45 (2hrs 45mins after starting) this should ensure you finish under 6:30.

**ENTRIES LIMITED TO 400.** As the event passes through private land and some sensitive native bush there is a limit of 400 participants. Entries received after the limit has been reached will be placed on a waiting list in case someone withdraws.

**COMPULSORY CLOTHING AND EQUIPMENT:** The safety of our participants is important to us. For this reason we insist every participant carries certain minimum clothing and safety equipment. Each participant's compulsory gear will be checked by race officials at registration. Course marshals may check compulsory gear on the course.

Each competitor must carry the following (relevant to both courses): Weatherproof jacket, thermal or wool gloves and hat, polypropylene or thermal long sleeve shirt and a first aid kit. The first aid kit must contain as a minimum: 2 metres of adhesive strapping tape, 4 bandaids, 2 gauze pads, 4 cm width crepe bandage, 2 pain relief tablets (Panadol or similar) and a survival blanket.

Please ensure you have enough nutritional supplies and water for your needs (there is one drink station at the 16km mark of the 35km event).



**Enquires to Shaun on (09) 817 7621 or Phil (021) 541 005**

**A portion of your entry fee will go to the Department of Conservation to maintain and improve the Eastern and Western Okataina Walkways**

## COMPETITOR DETAILS

NAME:

EMAIL:

PHONE: ( )

ADDRESS:

## EVENT CATEGORY

(Tick one from each column)

EVENT	GENDER	AGE
<input type="radio"/> 35km Run	<input type="radio"/> Men	<input type="radio"/> Junior (<18)
<input type="radio"/> 19km Run & Walk	<input type="radio"/> Women	<input type="radio"/> Open
		<input type="radio"/> Vet (40+)
		<input type="radio"/> Super Vet (50+)

The organisers reserve the right to combine event categories if there are less than ten participants in a category.

I will register at:  19km start line (tick one if doing the 19km event)  Event Centre at finish line

## THE MONEY BIT

35km Run @ \$85

19km Run or Walk @ \$75

T SHIRT @\$30 (tick box below)

Ladies fitted Tee  S  M  L  XL  XXL

Blokes Tee

Bus Tickets to 19km start @ \$10

No. of tickets

Accommodation

Camping Number of people

Bunk Beds Number of people

LATE ENTRY/ENTRY ON THE DAY (if available, phone first) \$20 extra

TOTAL PAID

Post entries (and cheques payable) to Lactic Turkey Events, PO Box 60-540, Titirangi, Auckland 0642



## POSTAL ENTRIES CLOSE 17 MAY 2010 - entry confirmed via email

Waiver: I declare that I have fully read and understand the rules and conditions of The Big 'O' Trail Run. I attest that I am fully aware of the risks and hazards involved in participating in this event and I understand that participation in the event is at my own risk. In consideration of the acceptance of my entry fee, I do hereby on behalf of my heirs, executors, administrators and assignees release and forever discharge the sponsors of and any and all persons involved in the conduct of The Big 'O' Trail Run from any and all liability whatsoever or claims of damages or actions whatsoever (including negligence) in any manner arising out of my participation in The Big 'O' Trail Run. I agree that Lactic Turkey Events Limited and any sponsor of this event may use information contained in this form for purposes connected with the event, and to provide details of other products, services and events to me from time to time. I understand that I have rights under the Privacy Act 1993 to access and correct any information held about me.

Signed:.....(competitor)

Date:.....