

From: Spirited Women – All Women's Adventure Race messages@spiritedwomen.co.nz
Subject: Festivities and Xmas specials
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To: design@dare2sweatevents.co.nz



FESTIVITIES AND XMAS SPECIALS





Hi Spirited Women,

With the festive season in full swing, the Spirited Women events team want to take this last opportunity to wish you all a very Merry Christmas and a Happy New Year. Whatever is beautiful, whatever is meaningful, whatever brings happiness, may it be yours this holiday season. We hope you are planning a bit of time off with your loved ones and getting out into the outdoors for a spot of kayaking, trekking, and mountain biking. We can't wait to see you all on the start line in Cromwell come February 10th, 2024. We have lots of special offers from our awesome partners in this newsletter so get reading ladies.



SEASON'S GREETINGS FROM THE EM'S POWER COOKIE FAMILY!

Tis the season for long summer days spent with family and friends, plus a side of training, of course! From the Em's Power Cookies family, Power Bites are your go-to snack for powering up your potential while out training. Small but perfectly formed to deliver nutritious sustenance and energy to go! SHOP Em's online to POWER your training at munchtime.co.nz and receive 20% off with your exclusive event code SPIRIT24 .

T&Cs: Cannot be used in conjunction with any other coupon, excludes corporate. #UnleashYourPower.



ENTER CODE **SPIRIT24** FOR 20% OFF EM'S RANGE



EM'S POWER
COOKIES & BARS

CROMWELL LONG COURSE TEAMS UPDATE!

Excitement is building for our upcoming event in Cromwell on February 10th, 2024, and as usual, we've got some adventurous activities lined up for you all. As part of the Long Course in Cromwell, we ask that all Long Course teams team

members be proficient at using a Figure 8 descending device to abseil. This is to ensure everyone's safety and enjoyment. Please pop along to your local indoor rock wall or get in touch with a local rock-climbing club and get familiar with the mechanics of a Figure 8 device, practice your technique, and build that confidence! It'll make your abseiling experience even more thrilling and memorable.

Of course, we will have all the safety bells and whistles and a team of highly qualified and capable staff on site, however as they say, practice makes for a sweet performance.

We can't wait to see everyone in action and witness you all making some incredible memories together!

If you haven't signed up, we still have a few spaces. Enter [here](#).



A SPECIAL SPIRITED WOMEN OFFER FROM GOODBYE PRODUCTS

As we roll into the holiday, we hope you find lots of reasons to share outdoor time with friends and family. There are some awesome deals in the online shop to help with gifting and summertime skin needs. Also, here's the [Spirited Women link](#) for

getting a free Sun Balm 35g tube with any purchase of \$30 or more in the online shop. (Offer available for the first 100 orders or until January 15th!)

Finding a sunscreen that works when you are in and out of the water and doesn't run into your eyes is the goal. Finding one that can also be used on your lips is epic. Sun Balm natural sunscreen is SPF 50 for 2 hours of water-resistance. This is performance. It's water-free, so you don't need as much as the normal watery stuff. Just apply dot, dot, dot and spread thinly and evenly on your skin. Silky smooth to apply, it has a gentle smell of peppermint chocolate. Sun Balm stays put when you sweat and protects lips and eyelids as well as skin.

Wishing you Happy "in and out of the water" days.

goodbye

certified natural
water-free
NZ made



Gift with purchase over
\$30 (value \$23)

[Click Here to use Spirited Women Link](#)

LOOKING FOR SOME XMAS TREATS FOR GIFTS? CHECK OUT THESE FORTY THIEVES XMAS IDEAS!

The team at Forty Thieves are true believers that quality, natural food can fuel life's everyday adventures, whether big or small. From hiking up mountains to picnics on the beach, our family-owned business is committed to crafting the most delicious nut butters that will power every kind of adventure. Share some of that

magic as Xmas gifts.

Check out the [Forty Thieves food hampers](#) and the [Forty Thieves peanut butter filled Xmas bells](#)

Use the code **Spirited10** to get **10% off** for all Spirited Women.



ADDING TEAMMATES TO YOUR SPIRITED WOMEN CROMWELL TEAM

We have noticed that many of you only have one, two, or three team members signed up at this stage. Please make sure everyone in the team is connected to the team. The easiest way of adding new teammates to your Spirited Women's

team is by the new teammate making the registration themselves. This is simple and easy following the below instructions.

1. The new team member/s need to create an Event Plus profile or login to their profile if they already have one;
 - a. Click [here](#) – Cromwell
2. Click 'Join a team' or 'Register myself'
3. Enter the code (PLEASE INSERT TEAM CODE) and click 'apply' when asked for which will automatically add them to the team, as per the below image
4. Then add their personal details and continue on with registration

Team Captains, if you have new teammates, please pass on the above step-by-step instructions AND please remember to include your unique team code which can be found in your Event Plus profile or on your confirmation email.

Need some assistance, get in touch [here](#).

The screenshot shows a registration page for 'Kezia Trask'. On the left is a sidebar with 'Your Registration' and options like 'Personal Details', 'Enter a race', 'Register someone else', 'Donations & Event Apparel / Merchandise', and 'Summary'. The main content area is titled 'Registering Kezia Trask' and includes instructions to select an event category. The 'Team Members' section has a text input field containing 'SW123456789' (circled in red with a '1.' next to it) and an 'Apply' button (circled in red with a '2.' next to it). Below this, the event 'Spirited Women Marlborough 2021 Friday, 9th April 2021' is listed, with a dropdown menu for selection (circled in red with a '3.' next to it) and a 'Continue' button (circled in red with a '4.' next to it). A 'Clear' button is also visible.

MERRY CHRISTMAS FROM TEAM FURTHER FASTER !

We hope you have a wonderful time getting out and adventuring with your friends and whānau over the break! Here's a wee treat to help get you in the festive spirit!

Use the code "SPIRITEDFASTER" online or in-store to get 15% off!*

Online www.furtherfaster.co.nz.

How good is that!?

It's valid until the end of February, so if that Christmas list item is missed you can

get it yourself! Call it (s)elf love

**T's and C's and exclusions apply. This is a one-time use per person code.*



TRAIN MORE HURT LESS WITH CURRANZ

CurraNZ is back for Spirited Women Feb 2024 and we're helping sponsor this amazing event with our award-winning 'ultra' supplement. If you want to train and race more and hurt less grab some CurraNZ - a natural NZ blackcurrant supplement studied to improve your recovery 3 times faster than placebo. Great for those ultra events where you leave everything out there and push your limits. If you don't feel the recovery benefits of CurraNZ, we'll give your money back. Use the code SpiritedWomen15 to get 15% off your purchase of CurraNZ 30 caps [here](#).



GROUND EFFECT GIFT CARD IDEAS

Ground Effect cycle clothing is conceived, designed and even made right here in Aotearoa. Outskirts™ women's garments are tailored to meet the needs of kiwi female cyclists. There is an extensive range of hi-performance gear for taking on the Spirited Women - padded shorts, baggies with mesh liners, fast-drying cycle jerseys, merino tops, thermal tights, waterproof-breathable jackets and pants, cycle gloves and various accessories to propel you and your bike to the finish.

With Xmas Day looming the well-prepared may want to consider a Ground Effect Gift Card. Available [online](#) 24/7 and emailed instantly. Print, tuck inside a card, and pop in the Xmas stocking/or email to the inbox of that special cycling someone.





ZEENYA CLOTHING VOUCHER OFFER

Jeeppers we know there's heaps on right now. You barely made it this far in the email right? We've got you sorted for gift-giving this year, jump [online](#) and grab a voucher. But if it's gear you're after, remember we've got an extended return period (until the 15th of Jan) to exchange any items. Use your Spirited Women code and get 10% off all product purchases (scroll down to the image to claim your code).

Zeenya

Make Gifting
easier
on yourself

Grab a voucher!

zeenya.co.nz



PARTING WORDS

Wishing you all a stunning summer period full of adventures, love, and laughter. Take time to reflect on the past year and appreciate all those around you. We are looking forward to seeing you all again in 2024 and helping you create new experiences to cherish and remember for years to come.

To all our Cromwell participants, we will be back in touch in late January with more event-specific content to help you with your final event preparations.

Kindest regards, Neil, Katrine and Debbie

THINKING OF ALL OUR WONDERFUL EVENT SPONSORS

Finally, we would like to say that undoubtedly the best way you can show appreciation for the wonderful event sponsors who have got behind this fantastic event is to take advantage of the offers in this newsletter and choose to purchase their brands when shopping. Thank you.

[VISIT THE SPIRITED WOMEN WEBSITE](#)

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