

**From:** Spirited Women – All Women's Adventure Race [messages.spiritedwomen.co.nz@phdh0z.sqspmail.com](mailto:messages.spiritedwomen.co.nz@phdh0z.sqspmail.com)  
**Subject:** Let's Get Excited  
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**To:** [design@dare2sweatevents.co.nz](mailto:design@dare2sweatevents.co.nz)



LET'S GET EXCITED





## LET'S GET EXCITED – ENTRIES ARE OPEN FOR CLYDE 2025

As you may know the Twelfth edition of the Spirited Women – All Women's Adventure Race will be held out of the historic township of Clyde in the Central Otago District from Friday 21st – Sunday 23rd February 2025.

Entries opened on February 14th and well over half have already been snapped up quick smart.

We are excited to let you know we have an amazing course already planned with even more incredible cool fun daring & challenging mystery activities along the way. You'll get to experience Clyde and its surroundings, the history and beauty from the yesteryears to today, as you roam through country broken by the hardy over a century ago and which few get the opportunity to pass over these days. It's breathtaking rural, quintessential Central Otago NZ, and we have some suiting surprise mystery activities to boot.

We can't wait to welcome you all back to the lovely Central Otago in 2025. Grab your team an entry [here](#) so to avoid serious FOMO.

Also, don't forget to [book your accommodation](#) in either Alexandra or Clyde.



## **LET'S CREATE A WONDERFUL CIRCLE OF SUPPORT**

Amongst many things, we pride ourselves on having amazing team gift boxes and a mind-blowing spot prize table at every event. Undoubtedly the best way to help us do so is to show your appreciation to our wonderful event sponsors by choosing to purchase their brands when you are shopping. Together, let's create a wonderful circle of support. Please support:

GroundEffect  
Camelbak  
Zeenya  
Tailwind  
PureSalt  
Eden Orchards  
Lezyne  
Abus  
Weldtite ZeroTwenty  
Girls Adventure Squad  
Inov8  
Viking Kayaks  
Further Faster  
Goodbye Products  
Em's Power Cookies & Bars  
Forty Thieves  
Dole  
Kai Carrier  
RedSeal  
Natures Kiss Anti-Flamme  
Bike Craft  
Yeti

## **JOIN THE GIRLS ADVENTURE SQUAD & GET STRONG FOR CLYDE 2025**

Hey Adventure Crew! It was awesome to see so many of you smash some 2024 Race Goals at the Spirited Women Event in Cromwell. We loved every minute of it! Now we can look towards Clyde 2025, let's see what we can achieve as we will be doing it with you this year! (YUSS!)

So let's get to it aye!...

Just because the days are getting darker and colder, doesn't mean we need to slow down! Changing your training style to a more strength base over Winter is an awesome option to get some more speed and power on board. (And let's not forget that injury prevention!!)

Check out our 8 Week Strength Series starting 28th April, specifically designed for Women that compete in Adventure Racing, Running, Trekking and Mountain Biking. Build your strength and power over Winter for your Spring and Summer Races.

We have 2 options!

**NUMBER 1 – CHCH BASED SESSIONS AND PLAN**  
Included:



- 9 Group Christchurch Based Sessions (In Halswell at 8am-9am Sunday Mornings starting 28th April)
- 8-Week Training Block with Strength & Fitness Sessions - Adjusted to your fitness level
- Strength & Fitness Testing in Week 1 and Week 8 to show your gains!
- Facebook Group to keep you accountable
- Weekly Check-Ins

Or for those outside of Chch....

#### NUMBER 2 – REMOTE PLAN

Included:

- 8-Week Training Block - Remote (Can do from anywhere!)
- Strength & Fitness Sessions - Adjusted to your fitness level (Gym &/or Home Sessions)
- Self Assessed Strength & Fitness testing to show your progress
- Facebook Group to keep you accountable
- Initial Zoom Call
- Email Check Ins

Register [here](#) and let's start making some gains!!

Coach Anna & Andrea



# 8 WEEK STRENGTH SERIES!!

# REMOTE OR CHCH SESSIONS STARTS 28TH APRIL

## SOUTHERN APPROACH ARE NOW SUPPORTING SPIRITED WOMEN WITH FIVE BRANDS

A huge plug goes out to our longest-running sponsor – Southern Approach who have been supporting Spirited Women with the Camelbak brand since the event's inception. Nine years on and they are now getting behind the event with five of their wonderful brands –

1. **Camelbak** – Push past your limits while staying hydrated with our run vests, bottles, and other hydration solutions.



2. **INOV8** – The Trailfly brings together everything INOV8 has learned over the past two decades, culminating in the ultimate everyday cushioned running shoe for hard-ground trails. Perfect for all distances, this is the super-reliable shoe you'll reach time after time.







3. **Weldtite** – Keep your bike in the best condition for all your adventures with Weldtite’s range of cleaners and degreasers. Made with biodegradable formulas.

# WELDTITE

BEST FOR BIKE CARE  
SINCE 1940



MADE IN  
THE UK



BIODEGRADABLE  
FORMULAS



4. **Lezyne** – With cutting-edge technology, an advanced heat sink, and an innovative optical lens design, Lezyne lights provide unparalleled performance, durability, and style. Plus, our waterproof USB-C charging port ensures protection in any weather condition.



LEZYNE

# VISIBILITY REDEFINED

SEE IT ALL - BE SEEN BY ALL



5. **ABUS** – The ABUS MoDrop MIPS helmet can handle any terrain and any riding style and always leaves you wanting to ride more. Equipped with our MTB-specific adjustment system and TriVider webbing distributors, this helmet offers many features that make it more comfortable to wear.



## LET'S GET EXCITED ABOUT THE BEST BIT OF GEAR IN YOUR COMPULSORY KIT!

It's your waterproofs right? You may not need them, but boy, when you do, they are an absolute lifesaver! They can turn your mood from soggy to sunny (no matter what the weather is doing!) So what's the best rain jacket to get? Check out what the team at Further Faster have to say about the [Best Waterproof Jackets in NZ – Further Faster](#).

And to help you on your waterproof journey, Further Faster are giving you a discount code to brighten your day: SPIRITEDCLYDE

Save up to 10% off\* all full-price gear online and in the store.

*“We are your local store with the gear you need for your next adventure on the mountain and river, and even with your dog! Bring your membership card next time you are in and the team will hook you up with a sweet deal. If you are from out of town, use code **SPIRITEDCLYDE** at the check-out online!”*

\*Exclusions apply, including but not limited to some electronics, hut tickets, sale items, paddles and boats. Please remember to use your discount code at the time of sale as you will not be able to use it in retrospect. [www.furtherfaster.co.nz](http://www.furtherfaster.co.nz).



## ARE YOU IN THE NEED OF SOME NEW CYCLE THREADS

Then your first port of call should be the [online store](#) at our wonderfully supportive event sponsor – Ground Effect.





# GroundEffect.



No nonsense cycle threads. Designed and made by us in Aoteroa | New Zealand.  
Order up online at [www.groundeffect.co.nz](http://www.groundeffect.co.nz)



## EDEN ORCHARDS RELEASES 100% PURE PEACH

After selling out at record-breaking speed in 2023, Eden Orchard's much anticipated New Season 100% Pure Peach Juice is here! Crafted from the finest Central Otago peaches, each sip is a celebration of nature's sweetness. Immerse yourself in the unparalleled taste of sun-kissed peaches while enjoying abundant health benefits.

Eden Orchard's commitment to purity ensures that every drop is free from additives or preservatives, allowing the goodness of vibrant peaches to shine through. Whether enjoyed on its own or as a versatile mixer, our 100% Pure Peach Juice promises to be a delightful treat!

Peaches are bursting with nutritional benefits! They are -

- **Rich in Vitamins and Minerals:** Peaches are packed with essential vitamins, including vitamin C, vitamin A, vitamin K and various B vitamins. They also contain minerals such as magnesium and calcium contributing to overall health and well-being.
- **Antioxidant Support:** Loaded with antioxidants such as beta-carotene and lutein, peaches can help to combat oxidative stress. These antioxidants play a crucial role in neutralising free radicals, contributing to cell health.
- **Immune System Boost:** The high vitamin C content in peaches supports the immune system. Vitamin C is essential for the production and function of white blood cells, helping the body fend off infections and illnesses.
- **Skin radiance:** Vitamin C is crucial for collagen synthesis, promoting skin elasticity and preventing signs of ageing. Antioxidants in peaches can also

protect the skin from damage caused by UV rays and environmental pollutants.

- **Eye Health:** Beta-carotene in peaches, which converts to vitamin A, is crucial for maintaining good vision and supporting overall eye health. It helps protect the eyes from age-related conditions like macular degeneration.
- **Anti-Inflammatory Properties:** Peaches contain compounds like quercetin that exhibit anti-inflammatory effects, and may help alleviate inflammation in the body.

Stock is limited so order [here](#) today to try 100% Pure Peach from Eden Orchards.



CENTRAL OTAGO  
WILDING CONIFER  
CONTROL GROUP



## BACKING THOSE DOING GOOD – LOCALLY & NATIONALLY

In the lead-up to the 2025 event in Clyde the local charity the Spirited Women Adventure Race has chosen to help support the Central Otago Wildling Conifer Control Group (COWCCG). They aim to protect the Central Otago's outstanding landscape from the spread of wildling conifers and associated consequences. Project manager Pete Oswald say “One of our focuses at the moment which is having a great impact, is educating landowners on what is at stake before it is too late and enabling them to do their own control work by providing them with tools, knowledge and strategy.”

Please join us in showing your support by making a donation either when registering or through the event merchandise online shop.





At a national level, the Spirited Women Adventure Race continues to support the Sir Edmond Hillary Outdoor Education Trust (Hillary Outdoors for short). Hillary Outdoors is a not-for-profit organization run by a charitable trust that provides outdoor education primarily to young people. Hillary Outdoors' philosophy is that all youth, regardless of their finances or ability should be able to develop through adventure. The organisation runs a series of very successful nationwide adventure-based events throughout the year. Without the generous support from sponsors and donors, they would not be able to offer what is described by a wide variety of participants as a life-changing experience. Please join us foster the next generation of adventurers, by showing your support by making a donation either when registering or through the event merchandise online shop.

### **PARTING WORDS**

We wish you a fabulous 2024. We can't wait to see you all again in February 2025.

For all information regarding the Clyde event please go to our website at [www.spiritedwomen.co.nz](http://www.spiritedwomen.co.nz).

Kindest regards,  
*Neil, Katrine and Debbie*

### **THINKING OF ALL OUR WONDERFUL EVENT SPONSORS**

The best way you can show appreciation for the wonderful event sponsors who have got behind this fantastic event is to choose to purchase their brands when shopping. Thank you.



VISIT THE SPIRITED WOMEN WEBSITE

Dare2Sweat Events Ltd, 131 Butchers Point Road, Alexandra, Central Otago, New Zealand

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