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**Subject:** Motivation and Wellbeing  
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## MOTIVATION AND WELLBEING





Hi Spirited Women,

September is one of our favourite months of the year. It's time to get inspired, motivated, and back on the horse. It's time to shake off those winter sniffles and reboot our energy supplies. With more daylight available to us and less than 5 months until we converge in Central Otago, it's time to get outside and plan some adventures with your much-loved teammates. Read below for some chances to WIN as well as some top tips for planning, motivation and improving your well-being.



## **CROMWELL COURSE UPDATE**

We are super excited about our Central Otago Cromwell course and can't wait to

share it with you all. The course is still a work in progress, but we can tell you that Long Course teams will have 8 legs and 4 Mystery Activities, Medium Course teams will have 8 legs and 3 Mystery Activities, and Short Course teams will have 6 legs and 2 Mystery Activities.

There will be a bike drop on the Friday afternoon from midday to 8.00pm so please factor this into your planning and preparation. For now, that's all we are giving away.

We have released a few more Short Course entries and we still have Long Course and Medium Course entries available. Grab your entry [here](#).



### **LOOKING FOR A TEAM, TEAMMATE OR TRAINING BUDDY?**

We've created a Facebook group designed to provide a thread for connecting with other Spirited Women. Whether you want to sell a team entry, get in a team; you need to fill a vacant slot in your team, or all your teammates all live elsewhere, and you just can't find the motivation to train alone! ... your answer may be not far away. Take a look [here](#).

## GET INSPIRED, ESCAPE THE NORM, AND ENJOY SPRING WITH GROUND EFFECT CLOTHING!

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.

Earlier this year Ground Effect 'Revolutionary' Emma Bateup decided it had been a while since she'd had the headspace for a big day out on the bike. She decided to get back into it by setting herself a challenge to tackle her version of the 200-mile Rebound - a 321.87 km gravel road challenge knocked off in a 16.5 hour loop around Greater Wellington. It's a great wee yarn to inspire us to get out there and do our version of what we enjoy! Check out her story [here](#).



## **PREPARATION AND PLANNING**

We have partnered with some super cool women to help you with your preparations and overall skill development. All our Spirited Women - All Women's Adventure racing events have mountain biking stages. To enjoy the mountain biking stages we suggest you do the following preparation.

- Make sure your bike fits you correctly.
- Get the brakes, gears, chain and all bearings serviced prior to the event.
- Do some training on your bike over different terrain. Ride your bike up hills, down hills, around corners, over roots, on gravel, on farmland, through puddles, over rocks and pine cones.
- Know how to change a puncture and a few other bike maintenance basics.
- Get yourself or make yourself a map board so navigating on the bike is easier.
- Have a bar bag on your bike so your food is readily accessible, and you don't have to stop and get into your backpack to eat. (You don't need to sweat it Cromwell ladies... we have you covered here - you will each get one as part of your competitor goodie bags)
- We also suggest that you sign up for one of the courses on offer from the wonderful ladies who support our event:

## **BIKE CRAFT NZ MTB SKILLS CLINICS**

These 3-hour Clinics are geared toward beginner and intermediate riders. They cover key aspects of riding such as braking, body position, cornering, and how to negotiate tree roots, ruts and rocks...all things that you may encounter on your Spirited Women adventures.

For further information, prices, team discounts and clinic dates - click [here](#).

## **WIN A 14 WEEK ONLINE TRAINING PLAN WITH THE G.A.S GIRLS WORTH \$280!**

Let's get some structure to your training and make 2024 YOUR year!!

The [Girls Adventure Squad](#) are giving away one 14-week Spirited Women Training

The [Gals Adventure Squad](#) are giving away one 14 week spirited women training Plan to get YOU crushing YOUR Race Goals.

Included:

- 14 Week Plan (6th Nov - 10th Feb)
- Hike/Run Fitness, Mountain Bike Fitness and Strength Training. (If you have access to a kayak then kayak fitness can be included!)
- Adjusted to your Event, Fitness and any Injuries you need to work around.
- Facebook Group to provide motivation, training tips and help keep you accountable.
- Initial Zoom Call and Fortnightly Email Check-Ins.

**All you need to do is follow them on Facebook, find this post on the [G.A.S Facebook page](#) and share it!**

## **FURTHER FASTER RUN GROUPS CHRISTCHURCH**

How do the gals at Further Faster stay motivated to keep crushing their goals, day after day? They support the heck out of each other! One of the epic ways they do this is their "Women's Only Run Group." This group meets every fortnight, rain or sun, caters to every running level (no one gets left behind - you can run, jog or walk!) and is open to any woman who wants to get out there and hit the trails after work! It's safe, supportive and, most importantly, super fun!

If you're in need of some fun-loving, motivating ladies in your life, they'd love to have you! Check out all the details here: [Women Only Trail Running Group Christchurch](#).

## **ON COURSE NUTRITION**

[Tailwind Nutrition](#) is back on board for 2024 and will be out on course to keep you all hydrated and fuelled. Tailwind Nutrition's Endurance Fuel gives you easy-to-use, complete nutrition to fuel your training and event! It's simple to use and tastes fantastic! On race day our aid stations will be stocked with Tailwind's Endurance Fuel. Use the Code sw10 to get 10% off anything on their online store.

**WIN with Fuel Power Cookies**

## WIN WITH EM'S POWER COOKIES

Motivation has been challenging over winter with reduced daylight and colder temperatures, so Em's Power Cookies is giving away a training pack to POWER your motivation as you swing into spring training.

To WIN, Make sure you're following them on social media @empowercookies

Share a story or post of yourself out training & tag @empowercookies so they can see it

T&Cs: Only open for NZ followers. The winner will be announced on Wednesday 18th October & sent to their given address. Prize Pack includes 3 x 8 packs of Em's Power Bites (Cranberry Chocolate, Chocolate Oat, Apricot Chocolate) + a few Protein & Original Sports Cookies.



SOUTHERN APPROACH SUPPORT THE EVENT WITH FOUR AWESOME

## **BRANDS**

Southern Approach is a Christchurch-based privately owned and operated outdoor wholesaler and distributor who has been sourcing the world's best brands and delivering quality gear to New Zealand's outdoor market since 2001.

Their mission is to “bring the world's best gear to the world's best backyard”. So head over to their [website](#) and check out all the cool stuff that can help make your outdoor adventures safer and more comfortable. Inov8 shoes, Abus helmets, Lezyne lights, tools, repair kits etc; and camelbak packs and hydration products are all in behind the Spirited Women event.

## **PURE SALT**

Pure Salt is delighted to be supporting Spirited Women!

This year we are giving away a spot on our ALL Girls Adventure in Dusky Sound/Fiordland to a lucky Spirited Women participant. All you need to do to enter is fill in the Post Event Survey – easy peasy. But you don't need to wait until then for a chance to win as we are also running another giveaway that any lovely chick can enter right now!

Click [here](#) to learn more about [Pure Salt's All Girl Adventures](#) and scroll to the bottom to find out how to win. Entries will be open until 30th of September and winners will be drawn by the 5th of October.

## **ADDING TEAMMATES TO YOUR SPIRITED WOMEN TEAM**

We have noticed that some 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;
2. For the Cromwell. click [here](#)



... [HERE](#)

3. Click 'Join a team' or 'Register myself'
4. Enter the code (PLEASE INSERT TEAM CODE) and click 'apply' when asked for which will automatically add them to the team
5. 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.



## **BRIGHTEN UP YOUR SPRING WITH ZEENYA TIGHTS AND LILY TROTTER COMPRESSION SOCKS!**

A note from [Zeena Clothing](#) These spring days call for one thing to lift your workout - COLOUR! There's nothing quite like the dopamine rush of putting on your brightest kit and moving your body. Here at Zeena HQ we are firm believers that what we wear to exercise impacts how we feel. Good kit = better workout. Give it a go! Spirited Women participants get 10% off all year round! So get some

cool team kit and add some more colour to your world.

## What are Lily Trotters Compression Socks?

Whether you're about to scale Mount Everest, tackle a Spirited Women event or complete a double shift at the hospital, Lily Trotters compression socks are the support you need. They reduce the fatigue you feel in your legs and feet which helps on endurance runs or long days standing, and they also speed up muscle recovery to get your legs ready faster for their next workout.

Lily Trotters compression socks are designed with comfort in mind. Our graduated compression strategically applies specific levels of compression to targeted points of your feet, ankles, and calves where pain is most common; keeping you feeling energised all day.

So clearly, if you want great vein health, AND you want to look great too, adding a pair (or 2) of Lily Trotters to your healthy lifestyle is a win-win! Spirited Women, use the code sw15 for a sweet 15% discount.

Link: [www.lilytrotters.co.nz/what-are-compression-socks](http://www.lilytrotters.co.nz/what-are-compression-socks)



**built to perform:  
signature compression technology**

- **Easy on and easy off**  
micro-nylon weave
- Moisture wicking finish  
keeps legs cool and dry
- Antimicrobial treatment  
keeps socks smelling fresh
- Cushioned Y-heel  
construction
- Reinforced flat and  
seamless toes



- 15-20 mmHg USA  
quality-tested  
graduated  
compression\*
- Increases  
circulation
- Tightest

\* Mean  
compression  
for an average  
size ankle

**NEW SPONSORS TO WELCOME**

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We are 'tea'-ming with excitement to announce that Red Seal is proudly supporting the Spirited Women event in Cromwell. Red Seal is One of New Zealand's best-loved brands, Red Seal, is celebrating 100 years of creating incredible products to support the everyday health and wellness of all New Zealanders. The Red Seal team will be providing some delicious fruity refreshments so you can enjoy a hot or cold brew. When you put incredible in, you get incredible out with Red Seal.

We have also welcomed Nature's Kiss and Hirepool to our team of partners. We are always on the hunt for new partners that can provide a bit of surprise and delight to our participants so if you have a product that fits our demographic, and you want a platform to showcase it, please get in touch at:

[debbie@dare2sweatevents.co.nz](mailto:debbie@dare2sweatevents.co.nz)





## **PARTING WORDS**

The time is now, to break free from the Winter Slump. Here are some [Sparkling Ways to Break Free from the Winter Slump](#) from The Sisters Wine. Carpe Diem, seize the day Spirited Women and appreciate every minute. See you out on the trails and on the water! Make the most of any freedom you have.

For all information regarding the Cromwell February 2024 event please go to our website at [www.spiritedwomen.co.nz](http://www.spiritedwomen.co.nz)

## **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.

[VIEW OUR SPONSORS DEALS](#)

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