

From: Spirited Women – All Women's Adventure Race messages@spiritedwomen.co.nz
Subject: Motivation and treats
Date: 16 October 2023 at 11:16 AM
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MOTIVATION AND TREATS





Hi Spirited Women,

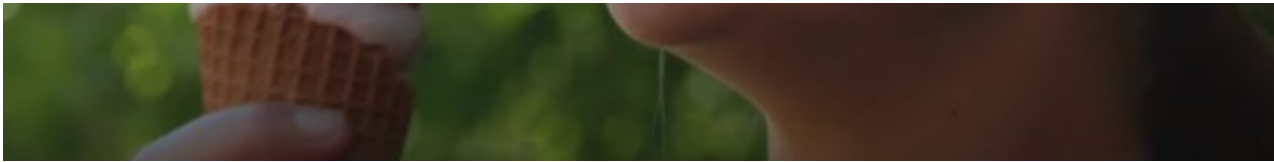
We hope October is shaping up to be a goodie and you are enjoying the longer days and lighter evenings. This edition is packed full of lots of top tips and stories from our partners and some awesome offers. There is a lot to take in, so sit back, take your time, and enjoy the read. To those who are sitting on the fence, there is still time to get fit and come and join us in the Central Otago town of Cromwell. You will not be disappointed.

[Spirited Women Enter - Spirited Women](#)

A HUGE WELCOME FROM CENTRAL OTAGO

Central Otago and the town of Cromwell is super excited to be hosting the Spirited Women – All Women's Adventure Race. This location is the perfect location for you awesome participants to have an adventure of a lifetime. We can't wait to showcase our beautiful region. Visit the Central Otago [website](#) to sort your accommodation, travel and transport needs and to find out what is on offer to tempt you to stay longer.





WHAT SORT OF TRAINING DOES IT TAKE TO WIN THE SPIRITED WOMEN LONG COURSE? FIND OUT MORE FROM THE FURTHER FASTER FIREBIRDS

Holly, Hayley, and Sarah are three-quarters of The [Further Faster](#) Firebirds team that were the long course WINNERS of the Spirited Women – All Women’s Adventure Race in Wanaka this year. If you want to know what sort of training it takes to win an event like Spirited Women, then read this blog! Not only does it cover what each of these epic women did to prepare for the race, but also what they would do differently for training next time around (there will be a next time) and some really great advice for those of you doing your first ever Spirited Women event! So grab a cuppa and have a [read](#).



MOTIVATION AND PREPARATION

We have partnered with [Bike Craft NZ](#) and [Girls Adventure Squad](#) to help you with your motivation and preparations. Whether you are a beginner, need a refresh, or want to build on your base skills, these ladies have you covered! Get in touch with them today and start your preparations early.

DO YOUR SPIRITED WOMEN TRAINING JUSTICE!

Not sure where to start with your training? Or not sure when to peak and taper?

The G.A.S Girls have your training covered! Their 14 Week Training Plans start 6th November so get in touch today via their [website](#).

G.A.S Girls Top Training Tip: Don't overthink it, now is the time to get some kms in the legs so just get out and get it done anyway it comes!

AN UPDATE FROM PAULA AT BIKECRAFT NZ

Hey Ladies...the event is only 4 months away with Christmas festivities in between so it is really important that you start some regular biking and building your cycle fitness up as much as possible. Ideally you need to be out on your bike pedalling at least 2 times per week for 1-2 hours duration. Ride gravel roads, farmland and single-track trails if you can to gain some valuable experience on different terrain. Vary your speed on each of these surfaces and take notice of how it affects the control of your bike and how it affects your confidence levels. Correct body position and braking technique and basic cornering are fundamental skills that can make all the difference to the enjoyment of your experience, so if you need some help, sign up for a Bike Craft Clinic today!!

Clinic Update: Christchurch and Dunedin Clinics have a few spaces left in each and I can put on another clinic with no problem if the current one fills. Blenheim and Wanaka Clinics are on hold due to small numbers, so if you are sitting on the fence, please email me ASAP and let me know if you would like to attend and if we get a minimum of 8 riders then I will reinstate them. The Taupo Clinic will now be deferred until Saturday 9th December as Craters MTB Park will not be open until late November. Due to registered interest from Auckland and the far north region, I

have planned a Clinic for Sunday 17th December 10 am – 1 pm at Iotara Park so sign up ASAP to ensure it proceeds.

FOR CLINIC DATES and information on how to register [click here](#).



BECKY FROM GOODBYE PRODUCTS SHARES HER RECENT OUTDOOR EXPERIENCE AND GEMS OF WISDOM

For any of you who haven't quite gotten as much training as you planned, I share a story of my own from August.

It was the trip of a lifetime and we saw it coming from a long way out, as it was almost three years in the making. A self-guided 14-day trip covering 375 km on the Colorado River in the height of summer. My old river guide self knew that a certain amount of fitness would be required. I also knew that I was not that person anymore.

I had plans to bring my body back to being lean and strong ahead of this trip. So

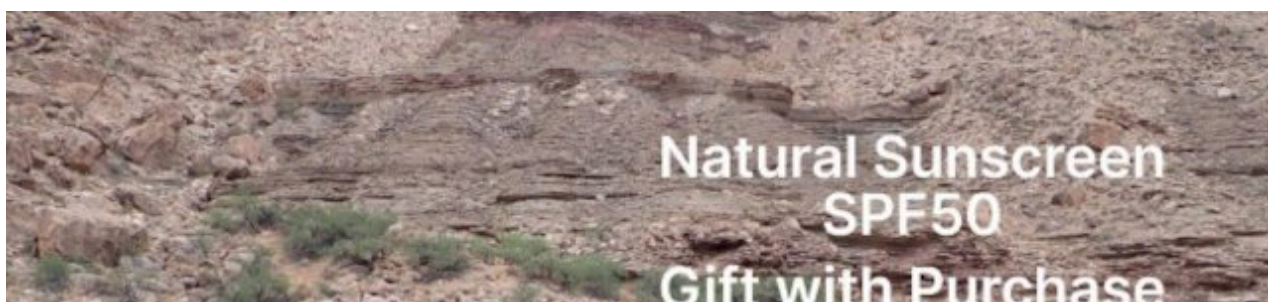
many plans. But as the months moved toward the trip, I wasn't really keeping up with my hours and mileage. Three months before the event, I decided to scale back my expectations, get honest, and scale up the actual doing. It came down to a simple maxim. Movement every day. Without judgement, and without skipping.

It didn't matter if the movement was scrubbing the sides of a pool or doing my local 90-minute up and over and back on the Mahinepua Coastal Walk. One day it was walking to the New World (about a kilometre) and back. A gardening day was movement. For a couple of days, it was dancing wildly about the lounge. I dipped into a couple of versions of dance or yoga or core fitness with a perky leader onscreen telling me I was doing great. It didn't matter. Just movement. I had more fun. I laughed more. And I kept it going.

On the trip itself? I was capable. I was part of a team that made the trip happen. I helped row, kayaked, carried lots of gear, and managed boat tie-down and de-rigging. The biggest place I noticed my strength was not in my arms as I would have imagined (from all those lounge planks), but in jumping. The legs and core strength to manage getting around on a boat in motion, jumping off of rafts, and down from rocks. I was fit enough to really enjoy myself. And I did! The trip was everything I hoped it would be and more. By switching gears, I allowed myself to be more ready than if I'd kept trying to get back to the grand training plan.

You've signed up for a race. As it comes closer, you may feel the pressure of that. You don't have to be a lean and strong athlete- you just need to be you and keep moving every day.

Ps. The other thing I learned is if your sunscreen is not in your pocket or life jacket, it's too far away. We're giving away 100 Sun Balm natural sunscreen SPF50 15g tins with any purchase in October. They are perfect for a pocket. You can Click the Magic Link and it will add when you add any other item to the cart. This product just won the Good Magazine Best of Natural Award for sunscreen! Here's the [magic link](#) that will put a Sun Balm natural sunscreen 15g tin in the cart.





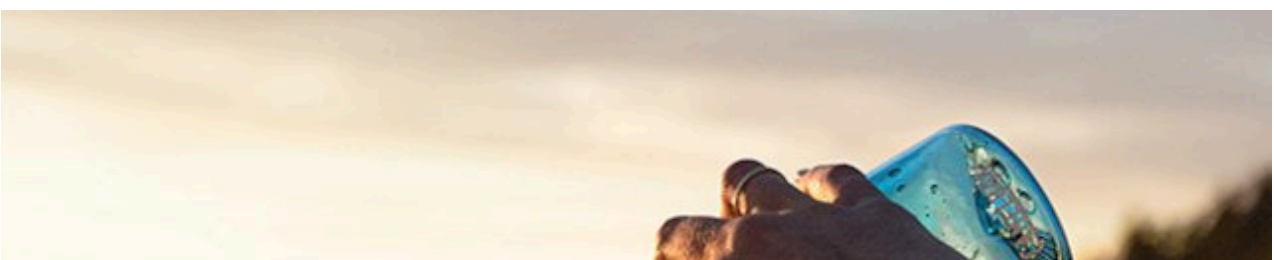
A GOOD TIP FOR THE HOTTER MONTHS FROM CAMELBAK

Recognising Dehydration Symptoms

It is forecast to be a long hot summer so whether you're biking, running, kayaking or at your desk or sweating it out in the gym, maintaining proper hydration is key to optimal health for both body and mind. As humans, we are made up of mostly water and electrolytes and maintaining a proper balance of both is crucial for maximizing brain function, preventing fatigue, and improving your mood throughout the day.

Often, by the time we feel thirsty, our bodies are already dehydrated. Understanding the definition of dehydration and its causes and effects is the first step to a balanced wellness routine.

Read more [here](#) to find out how to recognise the symptoms of dehydration and how to prevent it.





A TIP AND A SPECIAL SPIRITED WOMEN OFFER FROM INOV8 SHOES

Our shoes are designed to endure uneven trails exactly like the ones you will encounter in any Spirited Women event, make sure you have the right footwear for the conditions. Check out our shoe range [here](#), we have a style to suit every foot.

Here is an offer for you special Spirited Women. To go with your Inov8 shoes our inov-8 Trailfly Socks are designed to offer comfort and protection in the areas you'll need it most.

With targeted cushioning, vented panels and an updated fit this sock is so comfortable you'll feel like you could run forever. And to make it even better it's made from 68% recycled materials.

Blisters are every runner's nightmare right! So, after reading this, head over to the [Spirited Women Facebook page](#). When this post appears, share your best tip for avoiding or treating blisters, tag [inov8nz](#) use the hashtag #beatblisters and go in the draw to win a twin pack of Inov-8 Trailfly Socks Mid.

Winners will be drawn and announced on the SW Facebook page on Wednesday 25th October.



LOOKING FOR A TEAM, TEAMMATE OR TRAINING BUDDY?

Don't forget we've created a Facebook group designed to provide a thread for connecting you with other Spirited Women. Whether you want to sell a team entry, get in a team as your team can't make it; try the event for the first time with experienced teammates, or you need to fill a vacant slot in your team ... your answer may be not far away. Take a look [here](#).

AN AWESOME OFFER FROM EM'S POWER COOKIES! IT'S MUNCHTIME !

Em's Power Cookies & Bars are a proud sponsor of the eleventh edition of Spirited Women - All Women's Adventure Race. From the Em's Power Cookies family, we reckon Power Bites are your go-to snack for powering up your potential when out training or on the event day. Small but perfectly formed to deliver nutritious sustenance and energy to go, with these on hand you'll never bite off more than you can chew. Available in three delicious flavours – Chocolate Oat, Apricot Chocolate and Cranberry Chocolate (plus this flavour is 100% plant-based) Good luck for the next four months of training!

LUCK FOR THE NEXT FEW MONTHS OF TRAINING!

SHOP Em's online at munchtime.co.nz and receive 20% off with your exclusive event code SPIRIT24 #PowerYourPotential #UnleashYourPower

T&Cs: Cannot be used in conjunction with any other coupon, free shipping within NZ only & excludes corporate.



EVENT MERCHANDISE FOR SALE

For all you avid Spirited Women supporters, we have a supply of Spirited Women merchandise such as hoodies and neckwear from previous events for sale at great prices. Check them out on our [online shop](#).

SOME WARMING TIPS FROM TAILWIND NUTRITION

Over here at Tailwind Nutrition, we have many tips up our sleeve, but this one might be the one people underestimate the most. Hot Tailwind Endurance Fuel and Recovery Mix are game changers! And you don't have to live in a frigid area to enjoy the benefits. Here is the rundown on the best way to fuel and recover in the chilly months:

The best hot flavours in our Endurance Fuel are Lemon, Matcha and Naked and the best hot flavours in our Recovery mix are [Chocolate](#), [Coffee](#), [Salted Caramel](#) and [Vanilla](#).

For Endurance Fuel boil some water in your kettle or on the stove. Fill your vessel accordingly with Endurance Fuel (we recommend 2-3 scoops/20oz/hr). Once your water is boiled let it cool down. Once it is a palatable temperature pour it in with your [Endurance Fuel](#), shake, and go! Another great option is to bring hot water in a thermos to the trailhead and mix it right before you get going.

For Recovery Mix, mix 16 ounces of hot water with 2 scoops (1 single-serving pack) of [Recovery Mix](#), and shake. Our favourite way to spice up our recovery is with our favourite milk. Heat up your milk of choice, toss in your Recovery Mix, shake, and get sipping. Toss in your favourite add-in like cinnamon or a shot of espresso for an extra kick!

Don't forget the golden rule though... Nothing new on race day! So grab yourself some Tailwind Nutrition Endurance Fuel sticks [here](#) to try out in training. Use your discount code sw10 for 10 percent off.





ADDING TEAMMATES TO YOUR SPIRITED WOMEN 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;

The new team member/s need to create an Event Plus profile or login to their profile if they already have one.

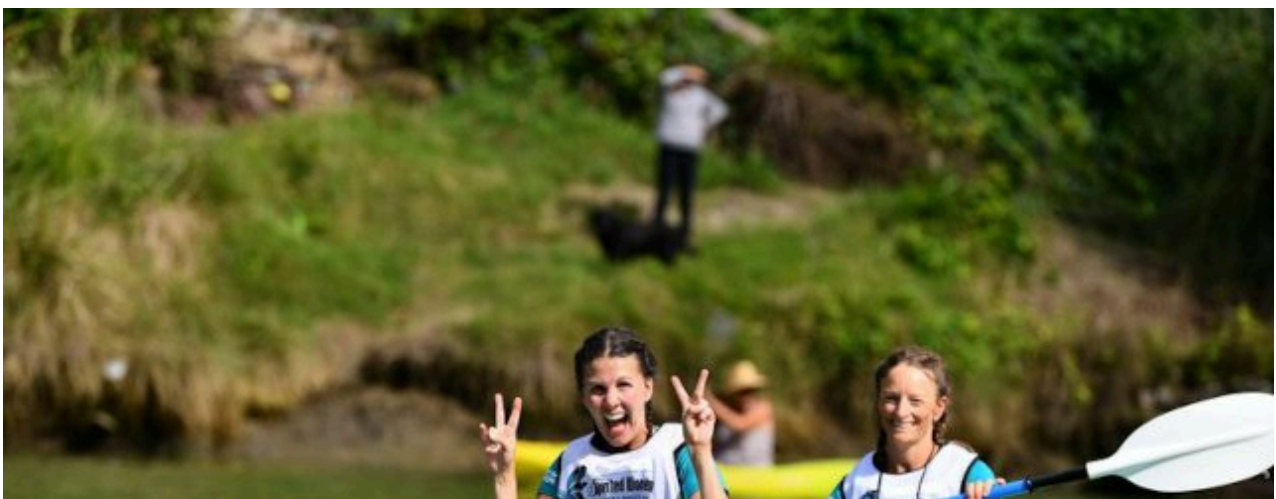
For the Cromwell event, [click here](#).

Click 'Join a team' or 'Register myself'.

Enter the code (PLEASE INSERT TEAM CODE) and click 'apply' when asked for which will automatically add them to the team, as per below image.

Then add their personal details and continue with registration.

Team Captains will first need to delete any outgoing team members (see previous instructions) to free up space for incoming members. Then 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 HELP WITH TRANSPORTING YOUR BIKES TO EVENTS?

Here at Hirepool in Central Otago we like to get behind local events and the community. We've been helping kiwis with their missions for over 60 years, so we're stoked to be helping the Spirited Women - All Women's Adventure race event team with all the equipment and supplies they need for their Cromwell event.

The Hirepool brand has been operating in New Zealand since 1955 and has a national footprint, so we offer you nationwide capabilities, a well-maintained fleet and knowledgeable staff. Pop in and see our friendly and welcoming staff at any hirepool branch for all your hiring needs. Hirepool you can hire almost anything!

We even hire cars, vans and trucks so if you are looking for transport options from Queenstown to the event with your bikes then drop us a line as we might just have the vehicle and / or trailer for you. Contact Simon Jackson Cell 0272 332 212 or email: simon.jackson@hirepool.co.nz

THE PERFECT MOCKTAIL TREAT FROM RED SEAL

Raspberry & Lemon Sunrise

Put incredible in and get incredible out. Try this healthy recipe that gives Red Seal tea bags a twist.

- 2 x Red Seal Raspberry and Lemon hot and cold brew tea bags
- 1 cup sparkling water
- 1/2 cup orange and mango juice

Step 1: Steep the Red Seal Raspberry and Lemon tea bags in the sparkling water and pour into two tall glasses until the glasses are approximately half full.

Step 2: Add ice, orange and mango juice and fill until the glasses are full.

Optional: serve with a fresh sprig of mint.



WHAT TO WEAR ON EVENT DAY?

Your body deserves celebrating. Do you need that extra dopamine hit to get out the door? Look no further than adding a splash of colour with Zeenya Clothing. The team from Zeenya have your whole team covered with sizes from 8 to 22. And if you need something different, shoot them a [message](#) and they'll help you out. They've got shorts, leggings, tees and singlets to get your training ramped up.

[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 event – from 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.

THE ATHLETIC BENEFITS OF LILY TROTTERS

You can wear compression socks for support in many aspects of your life but the idea of wearing compression for athletic performance and recovery is relatively new. Both elite and amateur athletes wear compression socks to increase their athletic performance, speed up muscle recovery and alleviate the lactic acid build-up that occurs post-workout. Compression makes our legs feel refreshed and energised by increasing the blood flow from our legs to our heart and raising our blood oxygen level.

But compression socks do more than just make our legs feel great. They minimise leg pain and cramping and reduce swelling in our ankles and feet. Wearing compression socks can also help keep our legs healthy, by delaying the onset of varicose and spider veins. Wearing compression socks post-exercise also comes with many benefits such as reducing the pain you feel after exercise (DOMS).

Athletes also found wearing compression garments after exercise left them feeling less fatigued. Plus many notice a quicker recovery with their strength and power compared to not wearing compression socks.

Performance compression socks like Lily Trotters deliver the same benefits as medical compression socks, but they are gear, built marathon-strong. They are primarily 15-20 mmHg— the optimal compression strength for performance, recovery and non-medical wear.

Remember to use your code sw15 for a 15% discount and when you purchase through the month of October, 20% of PINK sock purchases will be donated to the Breast Cancer Foundation NZ. Happy training ladies!





SOME WORDS OF WISDOM FROM THE SISTER'S WINE

The best bit about training is earning a wee treat – and what could be better than a delicious glass of wine?!

Many of us train and think one of three things:

1. Argh, I can't have any wine, I'm training.
2. I can have a glass, I'm training.
3. Bugger the training, pass the bottle.

The truth is, you can train and still enjoy a treat. A glass of wine a couple of times a week is fine. Maybe set a rule that you can have a glass of wine for every awesome training session you accomplish.

And if you decide to enjoy a wine or three post-event, just be careful as the effects of alcohol can be far greater when we're fit and have just completed an event. Remember to drink plenty of water first, have something decent to eat then enjoy a celebratory glass. What of? The Sisters wines of course! Click [here](#) To pay \$14.95 a bottle for the mixed six-pack.

PARTING WORDS FROM US

We are very excited about the next few months and looking forward to reconnecting with you all soon. We will have more updates on the Cromwell course for you next month after we have been back down South and tested the courses to make sure our times are as accurate as they can be. Until then, get out and enjoy the great outdoors. If you have any questions for us please email: debbie@dare2sweatevents.co.nz

Check us out on [Instagram](#) 😊

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 choose to purchase their brands when shopping. Thank you.

VISIT THE SPIRITED WOMEN WEBSITE

[Dare2Sweat Events Ltd, 131 Butchers Point Road, Central Otago, New Zealand](#)

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