

From: Spirited Women – All Women's Adventure Race messages@spiritedwomen.co.nz
Subject: Tips and Tactics
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TIPS AND TACTICS





Hi Spirited Women,

As you all know, preparation is the key to success, so we trust you are all getting out on your bikes and into the outdoors in preparation for next year's Cromwell event. To help keep you motivated through the summer period we've got lots of information and some helpful tips packed into this newsletter for all your preparation needs. Check out the below articles for more information!

OH MY! OH MY! CROMWELL, WHAT A TREAT!

We're super excited to share this incredible area with you all in 2024. From the lakes to the rivers to the mountains, the valleys, and the trails, this course has it all and more! A real adventure awaits those who choose to take on our South Island, [Cromwell](#) event in a little over 12 weeks' time. There is never a dull moment with this course, and you will be blown away by the incredible natural features of the landscape. It's one of those places that truly connects you to the environment as you travel through it.

We hope you have got your accommodation and transport sorted. Please note when you are planning the logistics that you will need to transport your bikes to the bike drop on the Friday before the event between 1- 8 pm.

Bring on the adventure!





WHAT TO EXPECT IN OUR [CROMWELL](#) EVENT

Short course (time range 4 – 12hrs) This is an introduction to adventure racing, something to challenge all women willing to give it a go. You will need some map reading navigation & strategic thinking skills – with compass knowledge useful if the sun goes down on you! Four hours predicted for the winning team's time for a skilled, fit and prepared team. We expect the slowest teams will take three times the time of the winning team's time.

As navigation is involved it is hard to calculate the total distance (as it depends on the team's route choice), however, the Short Course is likely to roughly involve up to 2k paddling, 10-20k mountain biking, 5-10km trekking, in no set order and could be split up over multiple legs.

Medium course (time range 6 1/2 – 16hrs) For those who already have some fitness behind them and want to step it up a notch. This course takes the adventure to the next level and provides something to sink your teeth into.

Navigation & strategic thinking – map reading with compass knowledge is advantageous particularly to navigate at night... don't bank on having other teams around you that know! Six hours predicted for the winning team's time for a fit, skilled well-prepared team. We expect the slowest teams will take two and a half times the time of the winning team's time. As navigation is involved it is hard to calculate the total distance (as it depends on the team's route choice), however, the Medium course is likely to roughly involve up to 3k paddle, 15-25km mountain bike, 10-15km trek, in no set order and could be split up over multiple legs.

Long course (time range 9 – 18hrs) Expect the unexpected, some hardcore/gnarly bits, but it's by no means a mission impossible! You don't need to be an elite athlete, but you do need to be fit and skilled in all aspects of adventure racing. Be prepared to be out there having fun for the best part of the day and night!

As navigation is involved it is hard to calculate the total distance (as it depends on the team's route choice), however, the Long course is likely to roughly involve up to 4k Kayak, 20-30k Mtb, 15-20km Trekking, in no set order and could be split up over multiple legs.



REFINE YOUR SKILLS WITH THE FURTHER FASTER ROGAINE SERIES!

Further Faster's Top Adventure Race Tip: Use your local Rogaine's as Navigation practice! There are heaps of great rogaines all around the country, and if you're looking to have fun and nail your nav, you need to check out the Further Faster Rogaine series!

The series starts on the 13th of December 2023 with the Christmas Rogaine! "Santa" and his helpers will be there, dress-up is not compulsory, but highly encouraged (last year someone wore a blow-up Santa suit haha!)

The series continues for three Wednesday evenings in January (the 10th, 17th, and 24th) to help lock in all the nav knowledge before you dive headfirst into Spirited Women!

For entry details click [here](#).



FORTY THIEVES PEANUT BUTTER, THE PERFECT ADVENTURE RACING TREAT!

At Forty Thieves, we're 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 on a mission to create delicious, protein-packed products and share it with adventure-seekers all over the world. We've been producing our award-winning nut butters on Auckland's sunny Hibiscus Coast since 2016. From extra crunchy Peanut Butter, wholesome Almond Butter to a drizzly Chocolate Fudge Peanut Butter, our wide variety of flavours means there's something for everyone!

Our peanut butter is perfect for an event like the Spirited Women – start your day with peanut or almond butter on toast or make up some peanut or almond butter sandwiches to grab whilst out on course. At Forty Thieves we've got your back. Head to [our website](#) to shop online. Nationwide shipping just \$5! Enter the code SpiritedWoman20 for 20% off your first order. (\$6.50 for rural addresses and excludes pails and bundles).



HOW TO MAKE THE MOST OF YOUR [LILY TROTTERS](#) COMPRESSION SOCKS

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 also minimise leg pain and cramping and reduce swelling in our ankles and feet. So, to get the best out of your Lily Trotters, it is essential that you wear your O.T.C (over the calf) length for those long days out training, whether it be running, hiking, or biking.

Once training is over for the day, always have a spare pair (or 2, perhaps 3) of Lily Trotters for recovery. There is nothing better than having a nice hot shower and putting a fresh pair of Lily Trotters on tired aching legs. Another wee tip is to try 'legs up the wall' too. 'Legs up the wall' helps to activate our body's nervous response and aid in active digestion. It helps to slow the heart rate, decrease blood pressure levels, and relaxes muscles and mind. The combination of your Lily Trotters and 'legs up the wall' makes for the perfect combo to promote great vein health. Win win!!

Spirited Women, use code sw15 for a sweet 15% discount.



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

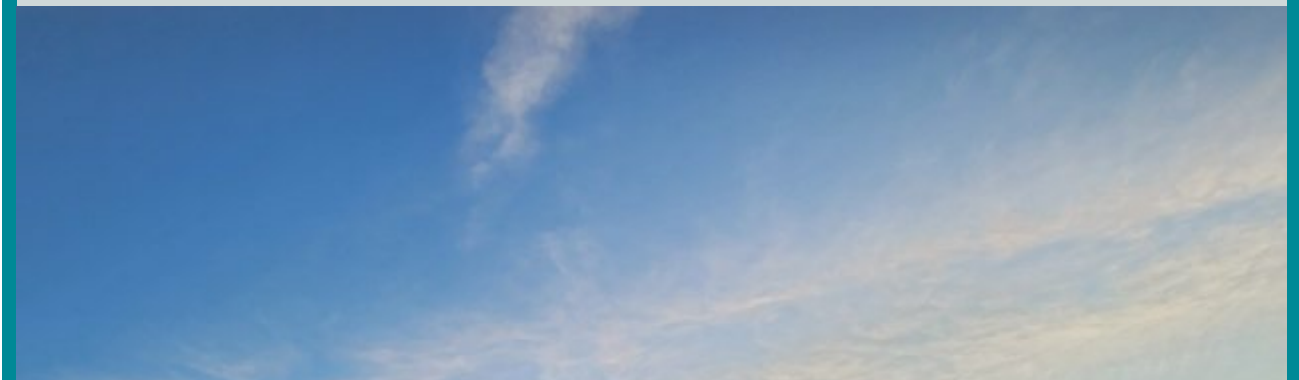


- 15-20 mmHg USA quality-tested graduated compression*
 - Increases circulation
 - Tightest
- * Mean compression for an average size ankle

EXPERIENCE AND EXPLORE PURE WILDERNESS WITH PURE SALT ADVENTURES!

For our **Cromwell competitors**, we will be offering a [Pure Salt](#) All Women's Adventure package as an incentive to fill in our post-event survey. You do not want to miss out on this prize ladies! Pure Salt is a proud social enterprise privileged to share multi-day voyages through some of the most remote wilderness areas of New Zealand with beautiful people while helping to restore the paradise we operate in.. no schedules or itineraries.. simply following the natural rhythm of sun and tides aboard the 27m [M.V. Flightless](#). Every adventure is as unique as the people onboard so it's YOUR adventure to unfold. You can relax or pack your days as full as you like and anything in between... it's up to YOU.

Check out their [website](#) and start dreaming 😊





WATER FREE NATURAL SUNSCREEN FROM GOODBYE PRODUCTS!

Becky, the founder of Goodbye has been working in the sunscreen landscape for the past ten years. From her own family's need for sunscreen that could look after them in the ocean environment as well as be safe FOR the ocean environment, she started working on a new formulation. After many years, tears and tests later, a natural, water-free sunscreen was born.

Sun Balm natural sunscreen is SPF 50 for 2 hours of water-resistance. This is incredible performance. And, because it's water-free, it puts up with being in a handy tin. It's silky smooth to apply, and smells like peppermint chocolate. It stays put when you sweat and protects lips and eyelids as well as skin.

Now is the time to try new gear and new routines so that you have confidence in the products and systems you choose for your big days of training and eventing.

For November, [Get one of 48 free Sun Balm natural sunscreen small tins](#). This is their handiest and most popular size because it can be tucked into any purse or pocket to go anywhere with you.

Happy Sun Care!

Sunscreen on the GO

Natural Sunscreen
SPF50 15 tin
gift with purchase for
November

goodbye.co.nz

THE G.A.S GIRLS ARE TAKING THEIR NAVIGATION CLINIC TO DUNEDIN!

Saturday 20th Jan and Sunday 21st Jan, the G.A.S Girls will be in Dunedin hosting their awesome Navigation Clinics. These are great for those needing a refresher or those new to Adventure Racing and hungry to know more!

Spots are going quickly, and numbers are limited, so register [HERE](#).

G.A.S Girls Top Nav Tip: Learn how to use your compass! It speeds up your day and backs up your choices!



CLINICS!!

The G.A.S Girls are coming to Dunedin on the 20th/21st January!

Limited Spots so get in quick to register!



TOP TIPS FROM [ZEENYA](#) CLOTHING!

Zeenya's #1 tip we give out the day before the race: take a vivid and mark the punch card with the corresponding identifiers. I.e. if checkpoint 1 has the I.D. SW, then write SW in that square. That way your teammate checking the point off doesn't have to look at other docs or try and remember in the heat of the moment. Doing this has saved us from clicking the wrong checkpoint many times!

P.s. we have some exciting news, we're about to release our first Sport Range made right here in NZ. That's right, we're now 100% NZ made and so excited about it.





RED SEAL RECIPE IDEAS

Peach & Pineapple Breakfast Parfait

Mouthwateringly good to have at home or on the go!

Ingredients

- 1 Red Seal Peach & Pineapple Hot or Cold Brew teabags
- 1 cup rolled oats
- 3 tablespoons flax or chia seeds, plus more to garnish
- ½ cup hot or cold water
- ½ cup milk of your choice
- ½ cup yoghurt of your choice
- 1 peach, sliced
- 1 cup diced pineapple

Instructions

- Brew the tea in the water then remove the teabag.
- Add the rolled oats, flax or chia seeds, brewed tea, and milk to a medium bowl and mix to combine. Pop in the fridge for at least two hours or overnight.
- In two glasses or jars layer half of the oats and half of the fruit. Top with the remaining oats, yoghurt, and finish with the remaining fruit.
- Garnish with flax or chia seeds and enjoy straightaway or store in the fridge for 1-3 days.

Serves 2





A GREAT OFFER FROM BLUEBRIDGE!

Great news if you are planning on traveling around the country this summer. Bluebridge Ferries is offering all [Spirited Women - All Women's Adventure Race](#) participants an exclusive 10% discount on their Fully Flexible Fares. To get the discount, please use the Promo Code: ADVENTURE.

Check out <https://www.bluebridge.co.nz/> for Terms and Conditions.



PARTING WORDS

We can't wait to see you all out and about over the coming months training and enjoying this beautiful country. Remember ... the more effort you put in now, the more pleasurable your event day experience will be.

Kindest regards, Neil, Katrine & 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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