

From: Spirited Women – All Women's Adventure Race messages@spiritedwomen.co.nz
Subject: [Test Email] Very Important Pre-Event Email
Date: 31 January 2024 at 10:36 AM
To: katrine@dare2sweatevents.co.nz



VERY IMPORTANT PRE-EVENT EMAIL





Hi Ladies,

Guess what? It is ten days until race day! Can you believe it? We hope you are all as excited as we are about Cromwell. This course is full of surprises, and we can't wait to share it with you. To all the first-timers, we look forward to welcoming you to our Spirited Women family. To all the teams that come back year on year, thank you so much for supporting our Spirited Women events and making this event so special, we are looking forward to seeing you all on the start line on February 10th, 2024.

This is it for pre-event communications. We want to ensure you are loaded up with all the information you need to have a smooth, happy, and memory-rich event experience. Please make sure you read the below information thoroughly as we love seeing cool, calm, collected women turning up to registration. Please also make sure that everyone in your team gets to read this newsletter.



IMPORTANT LAST-MINUTE INFORMATION

START LIST

Click [here](#) for the start list. Please check your details and be sure to have your bib number ready for registration. The online platform closes at 12 noon on Thursday 8th February so team captains can make last-minute team member changes, team name changes, and category changes (vets, masters, open) right up to this time.

Please contact debbie@dare2sweatevents.co.nz for any other changes.

If there is a late change of team member that has not been updated on Eventplus before online entries closed, then please bring a completed copy of the change of team member form with the waiver, signed by the new team member. Click [here](#) for the form.

FRIDAY BIKE DROP

Venue: The Bike Drop location will be disclosed at the event registration.

All bikes must be dropped at the designated location between 1 pm and 8 pm on Friday. Please allow around half an hour for this on Friday afternoon/evening.

The only equipment, which can be left with the bikes are:

- 4 x mountain bikes per team, with attached bike number plates, bike lights and bike repair items/tools etc
- 4 x helmets per team
- Bike shoes, if using them
- Food and water, attached to bike or in helmet/shoes (please leave plenty of water with your bikes to get you through the bike leg to the next water supply)

Everything left at the bike drop must be collected on **the event** day.



SOME WORDS OF WISDOM FROM PAULA OUR MTB SKILLS COACH

Good luck ladies - ride your bike with confidence!! Your mindset is super important when on your bike - it determines your confidence level which then comes through in your riding. Lots of you are mums and we are highly geared to self-preservation. This train of thought can make us overly anxious on the bike and when we approach obstacles or sections of trail we don't feel confident about, we often think...'What if I crash... Who will look after the children? How will I run the household? etc'. So next time you approach something that makes you a little nervous, change your mindset and self-talk to...'I CAN DO THIS' and keep repeating it as you approach the obstacle. It will have a positive effect on your confidence and approach and flow through to your riding ability.

Have fun and enjoy this fabulous event. If you want to upskill after the event as you build to the 2025 event check out my upcoming clinics [here](#).

RIDE IT, ENJOY IT...MASTER IT, LOVE IT



GIFT BOX CONTENTS

This year your team competitor gift box will be filled with the following Spirited Women merchandise:

- 4 x SW Merino Beanies by Tussock Ridge Merino
- 4 x SW Drink Bottles by Camelbak
- 4 x SW Bento Bags for your bikes by Green Monkey

As well as with product from our amazing partners:

- 1 x Goodbye Sun Balm Product + discount coupons
- 4 x Kai Carrier Food Pouches
- 8 x Red Seal sample Teas
- 4 x Natures Kiss Antiflame Samples
- 1 x Camelbak Cleaner Tablet
- 4 x Forty Thieves 40gsm Peanut Butter Jars + discount flyers
- 4 x Ems Cookie Bites
- 4 x Girls Adventure Squad Discount Vouchers
- 4 x Dole Bananas (collected separately)

You will also receive:

- 4 x Bike Plates and String to attach to your bikes
- 4 x Team Bibs (to be returned)
- 1 x Timing Chip and Strap to go around your ankle (to be returned)
- 1 x Bike Pick up Pass (bikes cannot be picked up without this)
- 1 x Finish Hammer Voucher (hammers cannot be collected without these)

1 x Finish hamper voucher (hampers cannot be collected without these)

We will have a big donation box at registration so those who do not wish to keep and prefer to regift their gift box merchandise and sponsors' products.

EVENT TIMETABLE – please read this carefully

Friday 9th February 2024

12:00noon – 5:30pm – Event registration & expo

Cromwell Sports Clubrooms, 7 Barry Avenue, Cromwell.

- Final check of team details
- Complete registration formalities
- Pick-up race bibs, bike plates, bike collection tag, picnic hamper voucher & team electronic timing device
- Collect team gift box full of event merchandise and sponsors goodies.
- Spirited Women clearance sale shop.
- Peruse the Sponsor's expo. Come along and check out some sweet gear from our exhibitors:

[Zeenya Clothing](#)

[Tailwind Nutrition](#)

[Zerotwenty2Sports](#)

[Pure Salt Adventures](#)

[Inov 8 shoes](#)

[Green Monkey Velo](#)

NOTE: One team member can sign in and pick up team gear on behalf of all team members. If there is a late change of team member that has not been updated on Eventplus before online entries closed, then please bring a completed copy of the change of team member form with the waiver, signed by the new team member. Click [here](#) for the form.

5:30noon – 8:00 pm Release of race notes, course descriptions, & race maps.

Cromwell Sports Clubrooms, 7 Barry Avenue, Cromwell.

Long course maps released: 5:30 pm – 6:00 pm

Medium course maps released: 6:30 pm – 7:00 pm

Short course maps released: 7:30 pm – 8:00 pm

Note: Only one person per team (wearing a team race bib) should line up to collect their team race notes. CP descriptions & maps to reduce congestion.

Team members should then gather outside to briefly look at race notes & maps to digest the information contained within, prior to their allotted event category briefing time. Any questions teams may have will be answered at the race briefing.

6:00 pm – 8:45 pm – Race briefings

Cromwell College Auditorium, 9 Barry Avenue, Cromwell (Adjacent to the school gym and just a short walk from the event registration venue).

Long course race briefing: 6:00 pm – 6:45 pm

Medium course race briefing: 7:00 pm – 7:45 pm

Short course race briefing: 8:00 pm – 8:45 pm

NOTE: A maximum of two members per team will be permitted to attend due to the venue's capacity. We recommend this be your team captain and lead or backup navigator. It is essential that a minimum of one team member attend their race briefing.

Saturday 10th February 2024

6:00 am – 11 am (TBC) – Event Day staggered wave starts.

Start venue(s) – Disclosed in the release of the race notes & maps.

Team start times:

6:00 am Start 1 – Long course teams (Bib numbers 93 – 160)

7:00 am Start 2 – Medium course teams (Bib numbers 161 – 228)

8:00 am Start 3 – Medium course teams (Bib numbers 229 – 296)

9:00 am Start 4 – Short course teams (Bib numbers 297 – 364)

10:00 am Start 5 – Short course teams (Bib numbers 365 – 432)

11:00 am Start 6 – Short course teams (Bib numbers 433 – 500)

1:00 pm – 11:30 pm – Finish line celebrations

Finish venue(s) – Disclosed in the release of the race maps and notes.

Sunday 11th February 2024

Sunday 11th February 2024

10:00 am – 11:30 am – Event awards ceremony and spot prize draw

Venue: Anderson Park, 7 Barry Avenue, Cromwell (Just in front of the Cromwell Sports Clubrooms building used for the event registration).

Please ensure you arrive at least 30 minutes before the event awards ceremony and spot prize draw begins as all participants will need to be given a spot prize ticket. Please see the event staff giving these out on arrival. One ticket per person. Only event participants who are at the event awards ceremony are eligible to win a spot prize.

NB: If it is raining the awards ceremony will be held in the Cromwell School gymnasium.

Spot Prizes provided by our loyal partners:

Viking kayaks, Eden Orchards, Zeenya Clothing, Inov8 shoes, Further Faster, Ground Effect clothing, Tailwind and Zero twenty 2, Camel Bak packs, Eden Orchards, Forty Thieves Peanut butter, Em's Power Cookies, Red Seal, Antiflamme, Goodbye Products, Girls Adventure Squad, Curranz, Bikecraft NZ, Abus, Leyzne, Metal birds, Sea Breeze Apparel and The Sister's Wines.



THREE OR TWO-PERSON TEAMS

As a last resort teams can start and participate in the event as a team of two or three, however, you will be ranked below all teams that start and finish with a complete team of four. If starting as a three-person team, a team member will need to sit out the kayak or paddle a craft by themselves, as craft are double vessels. Consequently, we strongly encourage you to search for a replacement team member(s) right up to the event registration expo. If you are unable to start as a complete team, you must inform the event staff at the registration when picking up your team race box. This way we know how many people are out on the course. No part refunds will be given for the missing team member(s).

A PRE-EVENT HYDRATION SOLUTION FROM RED SEAL

The Passion & The Pine Mocktail

Ingredients

3 x Red Seal Peach and Pineapple Hot or Cold Brew Bags
3 cups (750ml) tap water
1 cup (250ml) pineapple juice
1 teaspoon liquid stevia
100g sweet pineapple, sliced
Juice and seeds of 1 passionfruit
1 tablespoon roughly torn mint leaves

Instructions

- Place Red Seal teabags in a 1.5-litre serving jug and pour over water
- Allow to draw for 5 minutes and then remove and discard tea bags
- Pour in pineapple juice and stevia and stir to mix well
- Add pineapple, passionfruit, and mint to a jug and mix gently
- Refrigerate for 30 minutes to chill and for the flavours to develop
- Enjoy a Red Seal mocktail with friends

Makes 1 litre





A SPECIAL NOTE FROM BECKY FROM GOODBYE PRODUCTS

Hi there, we are sending down hundreds of ambassadors in the form of our sunscreen, bug repellent, and OUCH balm to be with you during the weekend. You'll have a tricky conversation with your teammates about who gets the ONE tube of Natural Sunscreen (we're not big enough to give away one to each competitor, much as we'd love to). We wanted to do something special for you though, so I made up a card that announces our 25 years in business (seriously?!), which was founded by me when I was still guiding river trips on the Dart River in Glenorchy. The card has a coupon code just for you that gives 25% off our online shop. If you already know our products through our online shop, you'll know we don't give discounts like that, but 25 years is kind of a big deal, and you are kind of a big deal too. Wishing you a fabulous event, and lots of laughs. Remember to have a bit of food when you start feeling grumpy. Look forward to hearing your stories. With love, Becky. Check out the goodbye range [here](#).


goodbye

certified natural
water-free
NZ made

OUTDOORS EVERY DAY
25



YEARS

use coupon code:
Spirited25

Coupon valid for 25% off
until June 30, 2024 at
goodbye.co.nz

REFUNDS

If you have taken out event protect cover insurance and wish to withdraw from the event. Please read our [website refunds page](#) for further details or go to xcover.com/claim to start your claim. If you do not have insurance and wish to withdraw your team from the event, please email debbie@dare2sweatevents.co.nz so we can remove you from the start list.

SPECIAL EVENT OFFER FROM TUSSOCK RIDGE MERINO

All of our fine merino garments such as the Spirited Women beanies you will receive in your gift box are proudly made and printed at our Auckland premises. Each garment is carefully cut and sewn (and printed) by specialists who are passionate about providing quality and comfort. We pay attention to small details and take great care throughout the whole manufacturing process. We know you will enjoy wearing our merino beanie...for a long time!

We'd like to extend a special 25 percent discount to all Spirited Women participants from 9th February 2024 to 29th February 2024. Just type 'Discount25' in the discount code box once the purchase has been selected. [Tussock Ridge Merino](#)

*MINIMUM ORDER: \$100.00

ON COURSE NUTRITION

As it is summer and likely to be hot in Central Otago, please make sure you have plenty of water with you. We will let you know where water will be supplied on course but be prepared to carry bladders as well as bottles with you on some of the longer legs.

Non-caffeinated Mandarin [Tailwind Nutrition](#) will be available out on course for you to keep up those energy levels and carry you throughout the day. We highly recommend practicing with Tailwind during training. Check out their range here. Use the code sw10 to purchase online.

Ems Power Cookies will also be in your team gift boxes, you can easily purchase these prior to the event online. Stock up on POWER snacks ahead of Cromwell! [SHOP online](#) at munchtime.co.nz and enter code SPIRIT24 at checkout to receive 20% off the Em's range to POWER your potential #PowerYourPotential

T&Cs: Promo includes Em's Power Cookies, Bars & Bites only, excludes corporate.



FINISH LINE FEELS

Each person will receive a delicious bottle of chilled Sparkling Cherry juice as they cross the finish line. [Eden Orchard's](#) 100% Pure Cherry Juice is a delightfully refreshing drink, with no added sugars or preservatives. Cherry juice may help assist with sleep, joint pain, recovery, and inflammation, among other things. Each bottle is made from lots and lots of fresh cherries.

Each team will also receive a picnic hamper which can be enjoyed in the finish area or back at your accommodation. Make sure you have your Hamper pick-up voucher handy once you cross the finish line. We hope you all love this new initiative.

There will also be great coffee and a whole range of delicious food at the finish village available for purchase. Make sure your friends and family come down to the finish area, watch you cross the finish line, and soak up the atmosphere.

RESULTS

Results will be available via [this link](#). These results will be provisional until 9:30 am Sunday morning. Any team who wishes to query their results must do so via email on Sunday morning between 6 am and 9.30 am. We will have our scorers and timing team available to answer your queries. Please email your results query to richard@mytime.net.nz.



EVENT PHOTOS

The Photos4Sale team will be on the start line and at the finish line for this event. Make sure you find them and get your team before and after shot. These memories will be ones to cherish. All images from the start and finish will be uploaded to the Photos4Sale website [here](#), 24 hours after the event. They will be free of charge for our Spirited Women to order and download. Please select the Spirited Women – All Women’s Adventure Race event and enter your team number.

Photos from out on the course by roaming event photographers will later be uploaded to the event Facebook page over the week following so keep an eye out on our Facebook page.



POST-EVENT SURVEY

[Pure Salt](#) stands as proud supporters of this year’s Spirited Women’s Adventure Race Celebrating courage, determination, and camaraderie! We understand how good it feels...on our multiday voyages in remote Fiordland we share the same thrill of exploration and the triumph of teamwork, where you are encouraged to push boundaries, conquer the wild, and inspire each other to reach new heights.

We hope you have all enjoyed the journey to get to the start line and wish you a FUN race day and event weekend in Cromwell.

Don't miss the opportunity to WIN a spot on a Fiordland Adventure with [Pure Salt](#).

THE PRIZE: One lucky Spirited Woman will join us on a multi-day voyage, exploring the most remote areas of Fiordland aboard M.V. Flightless. This adventure begins and ends with a scenic helicopter flight and the 'in-between' is whatever you want it to be - kayaking, hunting, paddleboarding, shore excursions, fishing & seafood, SCUBA and free diving, history & wildlife exploring, spearfishing, conservation work, photography & bird watching or simply sitting in the hot tub and watching the World (Heritage Park) go by.

There is no schedule to follow, or specific destination set as every adventure is as unique as the people on board... simply running with the rhythm of the sun and tides.

FOR MORE INFO: Go to www.puresalt.co.nz/join-a-group to view the upcoming opportunities to 'make it happen'.

TO ENTER TO WIN: Simply fill in your post-event survey to go in the draw the link will be provided in the Spirited Women Post event e-news.



PARTING WORDS

You've done the hard yards and now it's all about the final preparation. Make sure you have got all your gear sorted well in advance and a plan together for how to get your team to the start line feeling relaxed, organised, and ready to have the best day ever. Congratulations on getting this far. We can't wait to welcome you all to Cromwell and this stunning course.

Kindest regards... Neil, Katrine & 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, Central Otago, New Zealand

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