



4 Legged Race Instructions 2018

7.30am Kayak Registration - Lismore 1132 Clevedon Kawakawa Bay Rd.

Kayaker may want to be dropped by the runner so that their car is at the finish of the kayak.

It is a 20minute drive from the start of the kayak to the start of the run.

Buoyancy Vest Compulsory

8.00am Kayak Leg Starts

Paddling across Kauri Bay into the Wairoa River you will paddle passed the kayak/ finish exit point and turn around the marker at the Clevedon Cruising Club. Then head back down the river to exit your kayak at the small boat club on the left. Runner can be given the team bib while the kayaker is still in their kayak on the shore.

8.15 Running Registration - Smith's Farm on North Road opposite Woodlands Stud, 460 North Rd.

Runners run back out along the driveway and turn left staying on the left hand metal verge of North road. Cross at the orange cone following marshal instructions for the road crossing.

Follow the road up into Woodlands Stud where marshals will direct you. Follow the white arrows and marshal instructions throughout your run.

Please be aware that all roads are OPEN and road rules must be followed at all times.

8.45 Mountain Bike Registration – Woodlands Stud 460 North Rd.

Drive over the farm to the back of Woodlands Stud.

Exchange your team bib with your runner and follow the white directional arrows into the Whitford Forest. This leg is technical on the downhill so take your time and ride to your ability.

You will then exit the Whitford forest and do another loop taking you around Woodlands Stud then returning to the hut

Mountain bikers will dismount and enter the transition zone on foot to hand the team bib to the horse rider.

Please be aware that all roads are OPEN and road rules must be followed at all times.

Bike Helmet Compulsory.

9.45 Horse Registration – Woodlands Stud 460 North Rd.

Park in the horse parking area and ride over to the back of the farm following the 'Start/Finish' signs. This is a 2km ride so please allow plenty of time.

The road over to the back of the farm is a shared road with all 4 Legged car traffic and mountain bikers so please keep left and follow the instructions of the marshals.

There is a designated space for the horses to warm up and wait.

During the final leg you can elect to go through the marked bush track or take a marked diversion up and around the hill paddock. If you take this diversion you then come down the hill and follow the bush fence line to come out at the hut and cross between the wooden gates which mark the finish line.

Helmet Compulsory



4 Legged Ramble Instructions

8.45am Register at Woodlands Stud 460 North Road, Clevedon

Please allow time to drive over the back of the farm to the 'Start / Finish' area.

Register with all four members of your team.

You will complete two different walking loops and a series of challenges to determine the best Rambling team.

Please be aware that some of the areas that you will Ramble are shared spaces for runners and mountain bikers so please make room for these competitors to pass and follow all marshal instructions.

4 Legged Recce Instructions

8.45am – 11am registration at Woodlands Stud 460 North Rd, Clevedon.

The Recce offers two walking loops on Woodlands Stud. Both loops leave from The 4 Legged base.

Pig Trap Loop is a 3km walk taking in the best of The 4 Legged Racing Action.

Whitford Forest Loop is a 5km walk sharing the tracks with mountain bikers and runners.

Please be aware that some of the areas that you will Recce are shared spaces for runners, mountain bikers and horse riders so please make room for these competitors to pass and follow marshal instructions.