

THE PIONEER

MTB STAGE RACE, SOUTHERN ALPS, NZ

RIDE GUIDE
5 - 11 FEBRUARY 2017

WELCOME NOTE

Welcome to the second edition of The Pioneer!

The inaugural Pioneer proved to be a true pioneering race. Many athletes pushed themselves to their absolute limits, and then rode beyond to discover new limits. The level of camaraderie that developed amongst athletes was staggering and heart-warming.

To venture on a journey of this magnitude, where you will test your physical and mental limits defines what it means to have an adventure and we applaud you for making this brave decision and wish you all the best for your journey.

We learnt a little bit along the way last year, and are thrilled to bring you another epic course in 2017. We have designed the course to not only feature all the highlights of the Southern Alps but to ensure you 'find character' along the way, with a few tough challenges to overcome.

For many of you this will be a journey of completion where finishing is the goal, so I encourage you to take your time to enjoy the stunning scenery, enjoy the kiwi hospitality and get to know your fellow competitors. You will make life-long friends on this journey.

For those looking to take out the placings, put their names in the record books and perhaps qualify for Absa Cape Epic – go hard!

The team and I are here to make your experience as enjoyable as possible so don't hesitate to ask if there is anything we can do for you.

We look forward to getting to know you over the 7 days of the event and ultimately welcoming you across the finish line in Queenstown – enjoy!

DAVE BEECHE

MANAGING DIRECTOR – IRONMAN



EVENT CONTACTS

EVENT DIRECTOR, **BEC WILLIAMS** | ATHLETE SERVICES MANAGER, **CAROLYN ARTHUR** + 64 21 307 159
pioneer@ironman.com or call + 64 9 601 9590



Pioneer.NZ

@ThePioneerNZ



The Pioneer

#ThePioneer



ThePioneerNZ

CONTENTS

Course Overview	page 4
Travel	page 5
Event Schedule	page 6
Athlete Registration	page 8
Athlete Identification Material	page 9
Luggage Transport	page 12
Mechanical Services	page 13
Mandatory Gear	page 14
Race Briefings	page 16
Starting Order	page 16
Aid Stations	page 17
First Aid and Medical	page 18
Cut Off Times	page 20
Race Rules	page 21
On Course Signage	page 21
Environmental Care Guide	page 23
Athlete Spot Trackers	page 24
Athlete Timing	page 25
Timing Results	page 25
Race Village Information	page 26
Competitor Photos	page 30
Daily Awards	page 30
Functions	page 31
Stage Details	page 32
Cape Epic	page 46
Our Partners	page 48



COURSE OVERVIEW



TRAVEL

You will need to arrive into Christchurch, in New Zealand's South Island for the Stage 1 prologue event no later than Saturday 4 February. Your seven-day mountain bike journey will take you through to Queenstown where you may choose to fly directly out from, unless you stay on to explore further.

Accommodation in Christchurch and Queenstown is at your own arrangement. Our travel partner, Pacific Attitude, (+64 9 304 0219; enquiry@pacificattitude.com) can help with this.

For the safe transfer of you and your bike gear between airports and accommodation in Christchurch and/or Queenstown we have listed 'bike friendly' taxi services for you to call and pre-book if required.

Each athlete will experience their own personal journey amongst the stunning Southern Alps, complete with soaring mountain peaks, crystal-clear blue lakes, and golden high country. The race has eight stopovers including: Christchurch, Geraldine, Fairlie, Lake Tekapo, Lake Ohau, Hawea, Snow Farm and Queenstown.

4 DAY TRAVERSE - TRANSPORT BACK TO CHRISTCHURCH

Once your 4-day adventure is complete, if you would like to return to Christchurch on 9 Feb, Cycle Journeys will get you, your gear and your bike safely back. The shuttle will stop at Christchurch Airport and Hagley Park. Your bike and one item of baggage is \$105 NZD per person. Bike transfer only is \$85 NZD. To book this service please email **Craig a20@cyclejourneys.co.nz**.

QUEENSTOWN	Queenstown Bike Taxis +64 (21) 296 7643; jono@queenstownbiketaxis.co.nz	CHRISTCHURCH	Super Shuttle +64 (09) 522 5100; christchurch@supershuttle.co.nz
	Vertigo Bike Taxis 0800 837 8446 /+64 (03) 442 8378; info@vertigobikes.co.nz		First Direct 0800 50 55 55
	Bike Queenstown 0800 7463 9663 bikequeenstown@gmail.com		Blue Star Taxi Service +64 (03) 7399 820; info@bluestartaxis.org.nz
	Super Shuttle +64 (03) 442 3639; operations@supershuttle.co.nz		Cycle Journeys 0800 224 475 a20@cyclejourneys.co.nz

EVENT
INFO

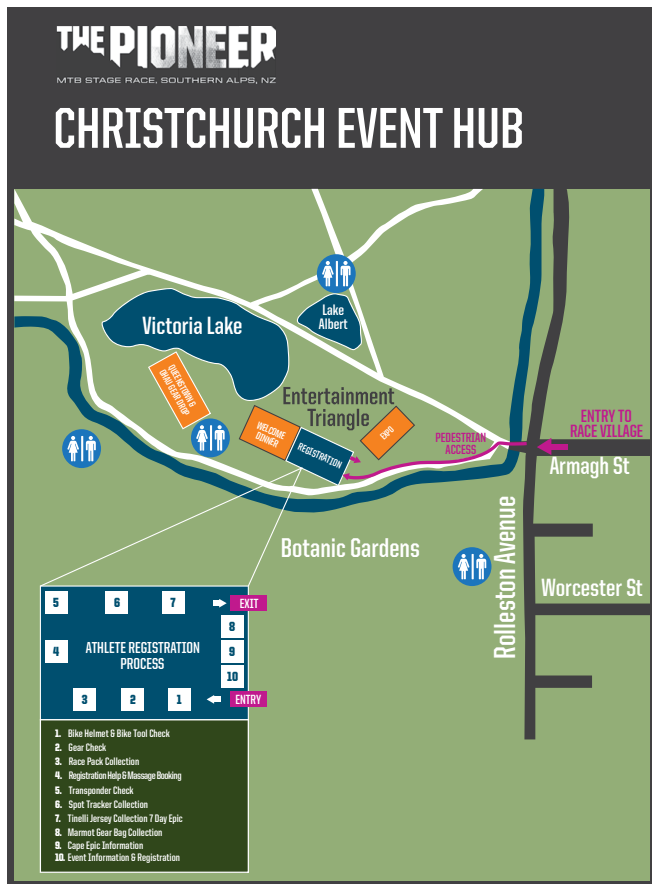
EVENT SCHEDULE

DATE	TIME	ACTIVITY	LOCATION
FRIDAY 3 FEB - CHRISTCHURCH	5:00pm - 8:00pm	Athlete Registration for 7 Day Epic & 4 Day Traverse.	Race Village, Hagley Park
SATURDAY 4 FEB - CHRISTCHURCH	9:00am - 3:00pm	Athlete Registration for 7 Day Epic & 4 Day Traverse.	Race Village, Hagley Park
	9:00am - 3:00pm	7 Day Epic and 4 Day Traverse - Gear Drop-off for transportation to Queenstown or Lake Ohau	Race Village, Hagley Park
	9:00am - 3:00pm	Sports Expo	Race Village, Hagley Park
	5:00pm	Opening Ceremony, Welcome Dinner & Compulsory Athlete Briefing	Race Village, Hagley Park
SUNDAY 5 FEB - CHRISTCHURCH & TRANSFER TO GERALDINE	8:00am	Stage 1 - 7 Day Epic and 4 Day Traverse Prologue	Christchurch Adventure Park
	11:00am - 1:00pm	Geraldine Bus Transfer	Christchurch Adventure Park
	6:00pm - 7:30pm	Dinner	Social Lounge, Race Village, Geraldine
	7:00pm	Daily Awards & Stage Briefing	Social Lounge, Race Village
MONDAY 6 FEB - GERALDINE TO FAIRLIE	6:00am - 7:30am	Breakfast	Social Lounge, Race Village
	8:00am - 8:15am	Stage 2 Start - 7 Day Epic Stage 2 Start - 4 Day Traverse	Geraldine
	6:00pm - 7:30pm	Dinner	Social Lounge, Race Village
	7:00pm	Daily Awards & Stage Briefing	Social Lounge, Race Village
TUESDAY 7 FEB - FAIRLIE TO LAKE TEKAPO	6:00am - 7:30am	Breakfast	Social Lounge, Race Village
	8:00am - 8:15am	Stage 3 Start - 7 Day Epic Stage 3 Start - 4 Day Traverse	Fairlie
	6:00pm - 7:30pm	Dinner	Social Lounge, Race Village
	7:00pm	Daily Awards & Stage Briefing	Social Lounge, Race Village

DATE	TIME	ACTIVITY	LOCATION
WEDNESDAY 8 FEB - LAKE TEKAPO TO LAKE OHAU	6:00am - 7:30am	Breakfast	Social Lounge, Race Village
	8:00am 8:15am	Stage 4 Start - 7 Day Epic Stage 4 Start - 4 Day Traverse	Lake Tekapo
	6:00pm - 7:30pm	Dinner	Social Lounge, Race Village
	7:00pm	4 Day Awards - 4 Day Traverse	Social Lounge, Race Village
	7:00pm	Daily Awards & Stage Briefing - 7 Day Epic	Social Lounge, Race Village
	7:30pm	4 Day Traverse - Wrap Up Drink	Lake Ohau Lodge
THURSDAY 9 FEB - LAKE OHAU TO LAKE HAWEA	5:00am - 6:30am (Please note earlier time)	Breakfast	Social Lounge, Race Village
	7:00am	Stage 5 Start - 7 Day Epic	Lake Ohau
	9:00am	Shuttle bus departs - 4 Day Traverse - arriving in Queenstown by approximately midday (must purchase ticket in advance)	Lake Ohau - Queenstown
	6:00pm - 7:30pm	Dinner	Social Lounge, Race Village
	7:00pm	Daily Awards & Stage Briefing	Social Lounge, Race Village
FRIDAY 10 FEB - LAKE HAWEA TO SNOW FARM	6:00am - 7:30am	Breakfast	Social Lounge, Race Village
	8:00am	Stage 6 Start - 7 Day Epic	Lake Hawea
	6:00pm - 7:30pm	Dinner	Social Lounge, Race Village
	7:00pm	Daily Awards & Stage Briefing	Social Lounge, Race Village
SATURDAY 11 FEB - SNOW FARM TO QUEENSTOWN	6:00am - 7:30am	Breakfast	Social Lounge, Race Village
	8:00am	Stage 7 Start - 7 Day Epic	Snow Farm
	11:00am - 3:00pm	Sports Expo	Race Village, Queenstown Events Centre
	6:00pm - 10:00pm	7 Day Epic Awards Party	Race Village, Queenstown Events Centre

Event schedule is draft and subject to change.

ATHLETE REGISTRATION



All 7 Day Epic and 4 Day Traverse Athletes must register in Christchurch on Friday 3 February between 5.00pm – 8.00pm or Saturday 4 February, between 9.00am – 3.00pm.

Please ensure you bring along Photo ID to registration.

At Athlete Registration it is compulsory to have your bike checked with the certified bike mechanics. There will also be a mandatory gear check to ensure you have everything on the gear list before you leave Christchurch. Please see the Mandatory Gear section if you are unsure.

At Registration you will be given your Pioneer day bag, your Marmot gear bag and your race packs containing bike plates, jersey numbers and your ID wristbands.

At this point you will be able to test your timing transponder and be given your team's Spot Tracker – please note you will need to sign for these and acknowledge that if these are lost or damaged you understand you will be charged \$NZD250 for the Spot Tracker and NZD\$70 for the timing transponder to replace them.

Please see the Luggage Transport section for the requirements surrounding your gear going to Lake Ohau or Queenstown and how your Marmot gear bag will be transported between stages.

RACE PACK CONTENTS

In your official Pioneer day bag will be the following goodies:

- GU Gel (8 per rider)
- Squirt products – 2 x SQUIRT Barrier Balm 10gm tube
- GU Drink Bottle (2 per rider)

This is the only bag to be used as your day bag and will be distributed at Athlete Registration.

BIKE CHECK

A bike check will be carried out initially at Athlete Registration. You are responsible for the maintenance of your own bike for the duration of the race.

In all cases of maintenance and repair, you are required to complete the full distance of the stage and must complete the stage within the maximum stage time. Time spent on maintenance and repair will not entitle you to any extension of the maximum stage time.

You should check your equipment at the end of each stage.

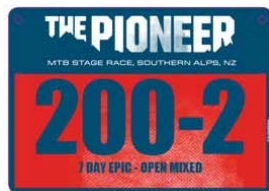
You must wear a helmet at all times while riding during the race. All helmets must comply with international 'ANSI' standards.

Appropriate riding attire, including a shirt, must be worn at all times.

ATHLETE IDENTIFICATION MATERIAL

At registration you will be given the following material that will need to be worn for the entire duration of the event. All material has a unique 'race number' identifier.

- **Handlebar Race number** – this is to be attached to your handlebars with cable ties provided.



- Jersey Race number – this is to be attached to the back of your jersey with safety pins provided.



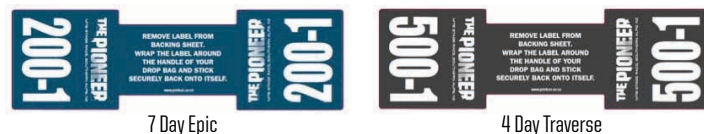
- Athlete wristband – this must be worn at all times as you will need this to access all facilities.



- 1 large bag label – to go on the handles of your Marmot Gear Bag.



- 1 small bag label – to go on the handles of your day bag.



Your tent will also be clearly numbered with a tag similar to that of the bag tags pictured above.

Your supporters will also be given wristbands and accreditation if they have purchased a package. These must be worn at all times in order for them to access the facilities they have booked.



- **Car Park Pass/Campervan Pass** – all support vehicles must have on display the correct vehicle ID to get access to the Race Village. These must have been purchased prior to race week and are collected at Athlete Registration in Christchurch.



LUGGAGE TRANSPORT

You will receive your official Marmot Gear Bag at Athlete Registration. After registration you will need to pack all gear that you wish to take with you on the ride into the official Marmot Gear Bag. The gear bag is 110 litres in size, 1587g in weight, 88cm long and 35cm wide and deep. All your luggage must fit in to the Marmot Gear Bag (i.e. clothes, sleeping bag, mattress etc.). No gear can be taken separately to the official gear bag.

LUGGAGE TO GERALDINE

The Marmot Gear Bag will be transported with you in the bus from the Christchurch Adventure Park to Geraldine on Sunday 5 February departing between 11:00am and 1:00pm. Please bring your bike to the Geraldine bus pick up as this will also be transported for you.

7 DAY EPIC - LUGGAGE TO QUEENSTOWN

For 7 Day Epic athletes we will transport surplus luggage and bike boxes that are not needed during the race from Christchurch to Queenstown. You must drop off your Queenstown bound luggage to the drop-off tent at Christchurch Race Village in Hagley Park on Friday 3 February between 5pm and 8pm and on Saturday 4 February between 9:00am and 5:00pm or at the Christchurch Adventure Park prior to 8:00am on Sunday 5 February. Your gear will be stored securely in Christchurch and transported to Queenstown where it can be picked up at the finish line in Queenstown on Saturday 11 February from 10:00am. **(We will not be accepting any luggage for transporting to Queenstown after 8:00am on Sunday 5 February).**

4 DAY TRAVERSE

Your luggage can be transported to either Queenstown or Lake Ohau Race Village. You will be given a label for your bag that reflects your preferred pick up point.

- **4 DAY TRAVERSE - LUGGAGE TO QUEENSTOWN**

For 4 Day Traverse athletes that require their gear in Queenstown we will transport your surplus luggage and bike boxes from Christchurch to Queenstown. You must drop off your Queenstown bound luggage to the drop-off tent at Christchurch Race Village in Hagley Park on Friday 3 February between 5:00pm and 8:00pm and on Saturday 4 February between 9:00am and 5:00pm or at the Christchurch Adventure Park prior to 8:00am on Sunday 5 February. Your gear will be stored securely in Christchurch and transported to Queenstown where it can be picked up between 12:00pm-4:00pm on Thursday 9 February from the Queenstown Events Centre. We will not be accepting any luggage for transporting to Queenstown after 8am on Sunday 5 February. For all luggage not collected on Thursday from the Queenstown Events Centre, this will be available for collection from 10:00am on Saturday 11 February.

- **4 DAY TRAVERSE - LUGGAGE TO LAKE OHAU**

For 4 Day Traverse athletes that require their gear in Ohau we will transport your surplus luggage and bike boxes from Christchurch to Lake Ohau. You must drop off your Lake Ohau bound luggage to the drop-off tent at Christchurch Race Village in Hagley Park on Friday 3 February between 5.00pm and 8.00pm and on Saturday 4 February between 9.00am and 5.00pm or at the Christchurch Adventure Park prior to 8.00am on Sunday 5 February. We will not be accepting any luggage for transporting to Lake Ohau after 8.00am on Sunday 5 February. Your gear will be stored securely in Christchurch and transported to Lake Ohau where it can be picked up at the Race Village between 2.00-8.00pm on Wednesday 8 February.

MARMOT GEAR BAG

Your Marmot Gear Bag will be transported between Race Villages for you. There will be a luggage transport truck that you will need to take your Marmot gear bag to before the start of each stage. The bag will be waiting for you in your tent – which will be labelled with your race number – on your arrival into the next Race Village. Only your Marmot Gear Bag will be transported between Race Villages for you. Your Marmot Gear Bag must carry the official bag tag.

DAY BAGS

There will be a bag drop at the start line so you can wear warm layers right up until the start time. This bag will be available at the Finish Recovery area when you reach the next Race Village. Your Day Bag is provided at Registration and must carry the official bag tag.

MECHANICAL SERVICES

Our Bike Mechanic team from Bike Therapy will have everything on hand to fix any issue! Given the remote nature of this event, Hazen and the team will be well equipped with mechanical supplies across race week to ensure you can continue riding, regardless of any mechanical fault you may incur. They do recommend that each athlete carries a spare derailleur hanger on their bike for the race.

ON-COURSE

Basic mechanical support and technical assistance will be available for 'running repairs' at two of the three Aid stations (2 & 3) on course. Running repairs are issues that require a 'quick-fix', minor work or simple adjustment. If considerable time is spent and spare parts used, then your race number will be recorded and you will need to arrange payment at the end of each day.

AT REGISTRATION & RACE VILLAGES

Bike Therapy will be set-up and operating mechanical services at Athlete Registration in Hagley Park, as well as Christchurch Adventure Park for

the Prologue and throughout event week at all subsequent Race Villages. For simple repairs and adjustments there will be no charge. However, if considerable time is spent fixing your bike (or part) and specialist tools are required, there will be a charge. A mechanical services price list will be available at the Bike Therapy mechanic stand.

Note: to make the race week more efficient you are encouraged sign up for mechanic services at the bike mechanics stand at Athlete Registration in Christchurch. This costs \$500 and you will receive \$750 worth of servicing.

MANDATORY GEAR

The mandatory gear list contains what we believe, and in consultation with our Safety Team, is the absolute minimum to keep you safe in the alpine environment. Unlike some other global mountain bike stage races, this is a remote back country event where protection from the elements and medical/support services could be some time/distance from athletes needing assistance. **(It is therefore imperative that the mandatory gear is carried at all times)**. A gear check will be carried out initially at Athlete Registration on both your mandatory basic gear and your mandatory extra gear. Random checks will be made at the start chute each morning and at any time during the race.

MANDATORY BASIC GEAR

This gear must be worn or carried on every stage. All category place getters will also have their gear checked at the finish line.

- Helmet
- Warm hat - We recommend merino or similar that can be worn under helmet.
- Windproof jacket
- Tool kit (1 per team) - Must contain two spare tubes (if using tubeless you also carry at least 1 tube as an emergency back-up), a bike pump, a multi-tool, tyre levers, patch kit and a chain breaker. A speed link/spare chain link is also useful.
- First Aid kit (1 per team) - Including bandages, plasters, tape, gauze, whistle and two survival blankets. We also recommend carrying pain relief medication for headaches, sunscreen and electrolyte replacement powder for cramps, along with other medications you might need (e.g. prescription or hay fever medication).

MANDATORY EXTRA GEAR (ADVERSE WEATHER)

Extra gear will only be required to be carried in addition to basic gear if advised by Race organisers at the Race Briefing the night before. This will be in cases of impending weather or climate changes or other reasons at the sole discretion of the event organisers.

- Spare base torso layer - warm. Merino or similar.
- Warm tights - we recommend merino wool or polypropylene tights
- Full fingered gloves
- Waterproof jacket with hood, sleeves and tape sealed seams.



RACE BRIEFINGS

OPENING CEREMONY BRIEFING

It is compulsory for all athletes to attend the main race briefing at the Opening Ceremony on Saturday 4 February at 5.00pm.

EVENING BRIEFINGS

Compulsory briefings will be held every evening following dinner and daily awards. These will be held in the Social Lounge and it is a requirement for you to attend.

At the daily briefing you will be informed of:

- ride conditions for the next day;
- any weather updates;
- gear requirement updates;
- course changes or updates due to weather conditions;
- any other important information for the day ahead.

RACE MORNING BRIEFINGS - ONLY IF REQUIRED

Should the weather play a part in making necessary changes to the course, and these have not been obvious during the prior evening, a briefing will be held in the morning pre-race start. Please be aware that if the need arises, and the weather dictates, you may be required to alter your gear for that day.

STARTING ORDER

STAGE 1 CHRISTCHURCH PROLOGUE

Note: The Prologue is located at the Christchurch Adventure Park, 225 Worsleys Road, Cracroft, Christchurch

The Prologue is a time trial event where Epic teams and Traverse athletes will be sent off in 20 second intervals. Start times will be published on the Info Board at Athlete Registration and on the event website and it is your responsibility to know your start time.

Please make your own way to the Christchurch Adventure Park on Sunday 5 February. Please allow approximately 20 minutes if riding from central Christchurch. Plan to arrive 20 - 30minutes prior to your race start time. Athletes must obey road rules if riding to the Christchurch Adventure Park.

The Prologue is a two lap course in the Christchurch Adventure Park on two separate laps (although there is an overlap in a climbing section). Each 7 Day Epic team and 4 Day Traverse athletes finishing position will create the seeding position for the following days to come.

STAGE 2 - STAGE 7

The Prologue times will determine which starting zone 7 Day Epic teams and 4 Day Traverse athletes will be allocated for the start of Stage 2 and following days.

Every start follows the same procedure.

The individual start zones will open 30 minutes prior to the start time and athletes will be able to take their positions. Athletes must access the start zones with their bikes. Start zones will close ten minutes before the start time. Latecomers will be placed in the rearmost start zone.

Athletes will be divided into five start zones every day. The start zones will be allocated according to current overall rankings.

Zone A 7 Day Epic Top 20 teams overall
4 Day Traverse Top 20 overall

Zone D 7 Day Epic 81 to 110 teams
4 Day Traverse 61 to 80 athletes

Zone B 7 Day Epic 21 – 50 teams
4 Day Traverse 21 to 40 athletes

Zone E 7 Day Epic 111 + teams
4 Day Traverse 81 + athletes

Zone C 7 Day Epic 51 to 80 teams
4 Day Traverse 41 to 60 athletes

The provisional start order for the following day will be published after the daily awards. The final start order will be displayed from 6:30am on the morning of the race on the Info Board in the Social Lounge.

AID STATIONS

There will be up to three aid stations (which will also be checkpoints) on each stage. Refer to each stage map for aid station locations. We recommend you bring your own supplies to complement what is offered at the Aid Stations.

AID STATIONS WILL PROVIDE:

- Water (note that while there will be sufficient water for athletes to rehydrate and fill bottles, but as we are in remote mountain environments and will be trucking all water into aid stations, we will not be allowing any water usage for non-essential needs)
- Lemon Lime and Blueberry Pomegranate flavour Isotonic GU drink (please note if you have a preference for specific flavour please bring your own)

- Fruit
- Cake/ Pretzels/ Lollies/ GU Energy Stroopwafel Wild Berry & Salty's Caramel flavours
- Basic mechanical support/bike repair
- Basic first aid
- Radio access to medical and race officials

APPROXIMATE DISTANCES TO THE AID STATIONS (AS) FOR EACH STAGE:

Stage 1	No AS		
Stage 2	AS #1 Orari Gorge @ 37km AS #2 Gooseberry Stream @ 66kms AS #3 Clayton Settlement Road @ 77km	Stage 3	AS #1 Manahune Station @ 27km AS #2 Rollesby Valley Road @ 45km AS #3 Dead Mans Creek @ 63km
Stage 4	AS #1 Hayman Road @ 37km AS #2 Darts Bush Stream @ 61km AS #3 Ohau Lake Edge @ 78km	Stage 5	AS #1 Ireland Bridge @ 40km AS #2 Pass Burn @ 74km AS #3 Rock Tors Grandview Track @ 94kms
Stage 6	AS #1 Deans Bank Campground @ 31km AS #2 Criffel Range Airstrip @ 45km AS #3 Luggate Creek @ 59km	Stage 7	AS #1 Gentle Annie @ 20km AS #2 Kawarau River @ 30kms

FIRST AID & MEDICAL

Should you require any medical assistance, there will be qualified medical staff on site. We have a range of expert medical services throughout the course and at the finish line. Medical Staff will be out on course and in the Race Village throughout the race week. There will be basic first aid available at each Aid Station. If you require medical assistance or come across an accident please make your way to the nearest aid station or check point and report the accident.

ACCIDENT RESPONSE

Given the number of athletes on course relative to the number of support crew, and the nature of the terrain you are riding over, it is likely that in an accident or emergency you as a fellow athlete may reach that person before the support crews do. If so, you should proceed as follows:



1. **First On Scene:** If you are the first on the scene please stop and assist the injured/distressed competitor & gather as much information as possible.
2. **Next on Scene:** Talk to first on scene then proceed to the nearest radio (Aid Station / Medic / 4WD / Tail End Charlie / some Marshalls) to report the situation (even if that means returning the way you came) so we can get expert help on the scene ASAP.
3. **Others on Scene:** Stop to see if any assistance can be offered and proceed if not.

The Race Director reserves the right to amend cut off times for any stage and at any time if it is in the interests of the safety of the athletes.

CUT OFF TIMES

Stage 1	No cut off - course closed at 1pm	Stage 5	Cut off – Before coming onto Lindis Pass highway @ 73.5km - 3:00pm
Stage 2	Cut off 1 - Meikleburn Saddle @56km - 2:00pm Cut off 2 - Clayton Settlement Road @77km - 6:30pm	Stage 6	No Cut-off Time
Stage 3	Cut-off time - Burkes Pass @ 50km - 5:00pm	Stage 7	No Cut-off Time
Stage 4	Cut off 1 - Aid station 2 -Before ascent of Ben Ohau @ 61km - 4:00pm Cut off 2 - Aid station 3 -Edge of Lake Ohau @ 78km - 6:30pm	Daily course closure is at 8.00pm	

PROCEDURE FOR BEING TAKEN OFF THE COURSE

If you have not passed an advertised check point by the prescribed time, or you are still on course when the course closes, you will be required to exit the course. An athlete van and trailer will transport you to the next race village. There will also be athlete retrieval points if you need to exit the course early.

Please note that while this transport is provided, you may be required to wait for this service at the retrieval point until the next shuttle is available.

RACE RULES

- Only mountain bikes in good working order and race ready at the start of each stage will be allowed to start that stage.
- You must wear a helmet at all times while riding during the race. All helmets must comply with international 'ANSI' standards.
- You must ride with your team partner at all times, and must remain within the maximum allowable separation time, namely 2 minutes.
- If your partner needs to pull out due to injury, you may continue to ride the remaining stages on your own. However, you will not be eligible for prize money or prizes.
- You must report at the entrance to the start zones at least 15 minutes before start time. Start zones will close ten minutes before the start time.
- Teams that are not detected when passing the checkpoints may be disqualified.
- The race will not always have exclusive use of any public or private roads or tracks. You must assume roads are open and obey all road rules.
- You retain the ultimate responsibility to carry enough water and nutrition with you.
- The race organisers may abandon any stage at any time, in their sole discretion, for safety concerns or any other reason which they consider appropriate.
- You must respect the environment at all times, absolutely no littering or damage to the environment will be tolerated. This will result in time penalties and may result in disqualification and removal from the race.
- Teams or athletes that cannot continue the race for whatever reason must immediately inform the race office. This can be done at the race start, the finish, check points or by calling the Pioneer emergency hotline (number to be confirmed in race briefing notes)
- The interpretation of any rule by the Race Director will be final and binding on all race participants.

All race rules can be found at - <http://thepioneer.co.nz/assets/PDF-downloads/The-Pioneer-Race-Rules.pdf>

ON COURSE SIGNAGE

Direction arrows indicate the route to be followed showing changes of course, intersections, and all potentially dangerous situations.

A clearly visible "X" sign is used to mark wrong directions.

In a potentially dangerous situation, one or more arrows pointing downwards are placed 10 m to 20m before the obstacle or potential danger, and also where the obstacle or potential danger is.

Two arrows pointing downwards are used for a more dangerous situation.

A serious hazard requiring great caution will be marked with three arrows pointing downwards.

Changes of direction will be marked by three arrows;

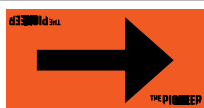
- ← a right or left arrow 20 - 50 meters before a corner indicating direction
- ← a single arrow on the corner indicating direction
- ↑ a single vertical pointing arrow 50 meters after corner confirming direction

All athletes must strictly adhere to these markings and signs and to the instructions of the course marshals. Individual explanations of the marking and signposts can be found below.



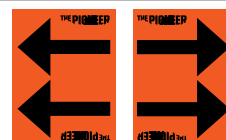
Right or Left Arrow

A single arrow on the corner indicating direction



Two downward arrows = HAZARD, slow down

Indicates a hazard that requires riders to slow down, e.g. a difficult section in the course



Two left or right arrows

A double arrow to the left or to the right indicates a dangerous bend that requires to slow down.



Caution, slow down

Indicates a major hazard, e.g. a very tight, blind bend or a particularly difficult section with risk of falling. **Overtaking is strictly prohibited!**



X = Wrong way

If athletes take the wrong way at crossroads, they will come across a sign marked with an X after approximately 20 to 50 metres.



DANGER - cars / highway or road

Athletes must watch out for cars when moving from a trail to a road. The race takes place on freely accessible roads so the presence of other vehicles must be taken into account.



Kilometre's to finish line

The remaining kilometres to the finish line will be indicated at 10 km, 5 km, 1 km.



The Pioneer Course Tape

Course tape will be used on the race course. The tape will be used in some instances on course and will be tied to fence posts, trees, gates to indicate that riders are on the correct route.

ENVIRONMENTAL CARE CODE

RIDER CARE CODE

Respect the track, respect others and respect the rules. Protect plants, animals, historical and archaeological sites and geographic features.

RESPECT THE TRACK

Protect the environment for your own sake, for the sake of those who come after you, and for the environment itself.

KEEP TO THE TRACK

By keeping to the track, where one exists. Cutting corners is cheating and damages fragile ecosystems. Leave gates as you find them. Do not disturb stock – cycle slowly through livestock areas.

REMOVE RUBBISH

Litter is unattractive, harmful to wildlife and can increase vermin and disease. Carry out what you carry in. Take all your rubbish with you – e.g. banana skins, old tubes and snack wrappers.

BURY TOILET WASTE

In areas without toilet facilities, bury your toilet waste in a shallow hole well away from waterways, tracks, campsites and huts.

KEEP STREAMS AND LAKES CLEAN

Mandatory daily bike cleaning to prevent spreading weeds like gorse and didymo.

CONSIDER OTHERS

People visit the backcountry and rural areas for many reasons. Be considerate of other visitors who also have a right to enjoy the natural environment.

RESPECT OUR CULTURAL HERITAGE

Many places in New Zealand have a spiritual and historical significance. Treat these places with consideration and respect.

ENJOY YOUR VISIT

Enjoy your outdoor experience. Take a last look before leaving an area; will the next visitor know that you have been there?



ATHLETE SPOT TRACKERS

All teams will be issued a GPS Spot G3 Messenger at Athlete Registration (1 per 7 Day Epic team or 1 per 4 Day Traverse athlete). The Spot G3 Messenger is a GPS tracking device and will work well when presented with a good view of the sky; recommended wearing positions include on the helmet with thin cable ties so they can detach in an accident, or in a camelback/pack high up on the shoulder. Mounting them under your bike seat or in your bike shirt pocket prevents optimal transmission of your position on the course and increases battery drain. The units come packed in plastic bags for security and protection. The OK and custom message buttons can be used without breaking the plastic seal. The HELP and SOS buttons are accessed by breaking the seal and peeling back the flaps through the plastic seal. These pouches are designed to prevent accidental set-off and protect the unit from moisture and harsh treatment.

In the case of a medical emergency the Spot G3 Messenger sends the message "I need immediate medical support at this location." This is to be pushed for a medical condition you are unable to treat yourself. The nearest Pioneer medical staff will be directed to your location and call for evacuation if required.

The Spot G3 Messenger transmits a breadcrumb trail of GPS points every 5 minutes, enabling the event team and supporters to have 'real time' tracking of each athlete team on course. There will be a direct link from the Pioneer website to the TrackMe.kiwi website enabling each Athlete to be tracked. You will be given full instructions at Athlete Registration in Christchurch. The Spot G3 Messengers are NOT to be turned off at night, they are to remain on from the time they are issued until they are handed back at the finish line of day 4 for Traverse and day 7 for the EPIC. Should your unit transmit a low battery signal, SpotNZ staff will find you and replace the batteries.

If a competitor's transponder or Spot G3 Messenger is lost or damaged during the event, the timing crew can manually record their time at the finish line and confirm that they have finished the day. You will be charged \$250 NZD for the non-return of any Spot G3 Messengers at the conclusion of the Pioneer event.

A brief description of the levels of communication are as below:

- Level 1 – OK Button = On Start line and finish of day, message all OK. This checks you in and out of the course
- Level 2 – Custom (speech bubble) button = I have had a breakdown or delay but will complete the day under our own power or with assistance from other riders.
- Level 3 – HELP (helping hands) Button = I am unable to continue and need to be picked up from nearest location. Non-urgent injury or mechanical breakdown
- Level 4 – SOS (SOS Emergency) Button = I need immediate medical assistance at this location

Note: Each message sends in priority to the one before, each message can be cancelled should help arrive and the problem be resolved, this is done by pressing the relevant message button until it goes red. Tracking then needs to be restarted.

ATHLETE TIMING

All timing at The Pioneer is provided by ACTIVE Timing. All results will be published on the homepage of www.thepioneer.co.nz and the leader board in each category will be published on the Info Board in the Social Lounge at the end of each day.

Athletes in all categories across all events are timed via a transponder attached by a zip tie to the fork of your bike.

The timing transponder on your race fork is NOT disposable and MUST be returned at the conclusion of the Pioneer event either in Lake Ohau for 4 Day Traverse athletes or Queenstown for 7 Day Epic athletes, or there will be a charge of \$70 per transponder.

As you cross the finish line at the end of each stage you will cross the finish timing mat. Your times will be live on the event website and later in the day at the Social Lounge info desk.

TIMING RESULTS

DNF

- 7 Day - Where one team member in a team does for any reason does not complete a stage/ stages, but the other team member has continued; or if a team crosses the finish line more than the allowable separation time of 2 minutes between team members, the team will continue to appear in the daily Stage results under a different section called 'Incomplete' and no longer appear in General Classification results. DNF teams/ athletes will not be eligible for prize money or prizes.
- 7 Day - Where both team members for any reason do not complete a stage/ stages, or if a team does not meet a cut-off time , or if a team crosses the finish line more than the allowable separation time of 2 minutes between team members, the team will continue to appear in the daily Stage results under a different section called 'Incomplete' and no longer appear in General Classification results. DNF teams will not be eligible for prize money or prizes.
- 4 Day - Where a 4 day Traverse athlete does for any reason not complete a stage/ stages or if they do not meet a cut-off time; they will continue to appear in the daily Stage results under a different section called 'Incomplete' and no longer appear in General Classification results. DNF athletes will not be eligible for prize money or prizes.

DNS

- Where a 7 Day Epic Team member/ members or a 4 Day Traverse athlete does not start a stage/ stages, they will be considered a DNS and will not receive a stage result, and will be removed from the General Classification and therefore not eligible for prize money or prizes.

Note: If an athlete/ team is classified DNF or DNS they will be able to ride subsequent stages, but not appear in GC results.

RACE VILLAGE INFORMATION

Services available at the Finish area include:

- Bike wash facilities with SQUIRT Products
- Recovery refreshments available (isotonic drink, fruit, muffin or similar)
- Massage services will be available near the Social Lounge and can be pre-booked at registration if not sold out prior.

The Pioneer Race Village located at each Host Town offers full service facilities for you and your bike. There will be security on-site at all times. Once you cross the finish line you will get your recovery food, be able to access bike mechanic services, bike wash facilities, bike storage and then collect your day bag. Your Marmot Gear Bag will be delivered to your tent.

VILLAGE SERVICES

Tents will be set up for you in the Marmot Tent City. Showers and plenty of toilets will be available for your basic needs. Enjoy the Social Lounge; purchase yummy food and drinks from vendors, check-in for a massage (we recommend pre-booking at Athlete Registration and at the Help Desk the night prior); check the race results at Info Desk in the social lounge; and on set days organise your laundry (this must be pre-booked).

Please note that the showers are run off a limited water supply in remote locations so we appreciate your consideration of others having to get through the showers! They are separate cubicles!

FOOD VENDORS

Each race village will provide a different local experience as we traverse the back country of the South Island, and the locals are very excited to welcome us to their towns.

As they are small communities with limited outlets, we have organised some fantastic food vendors to be on-site at the race village to ensure you are well fed. **Please ensure you have NZ cash or NZ eftpos with you to purchase from these vendors.** Some of the vendors we will have onsite will be Allpress Coffee, Pita Pit, Churros and Southern Fare.

BIKE ZONE

In each Race Village there is a Bike Zone where you need to wash your bike, have your bike serviced and checked (please note any parts are to be paid for at the conclusion of the event) and store your bike overnight. This is monitored overnight by our security team.

SOCIAL ZONE

There is a chill out zone right next to the Dining Area for relaxing and catching up on the day's adventures. In the Social Zone you'll find the Info Desk, results, local information, course updates and generally anything you need to know! Additionally USB banks with multiple ports will be set up for your convenience to charge phones, watches etc.

DRIVE TIMES BETWEEN RACE VILLAGES

FROM	TO	DISTANCE	TIME	NOTES
Christchurch	Geraldine	140km	2 Hrs	
Geraldine	Fairlie	46km	45 mins	
Fairlie	Lake Tekapo	43km	45 mins	
Lake Tekapo	Lake Ohau	93km	1 Hr 30 mins	
Lake Ohau	Hawea	155km	2 Hr 30 mins	
Hawea	Snow Farm	57km	1 Hr 15 mins	Snow Farm Road is slow
Snow Farm	Queenstown	53km	1 Hr 15 mins	Snow Farm Road is slow

Supporters and campervan drivers can download the ‘CamperMate’ app from their smart phone app store – it has all the local dump station locations with maps that you can save for offline use.



WIFI / INTERNET

As much of the Pioneer course takes you through quite remote parts of NZ there will be times when you will not have access to WIFI and therefore internet services. In some extreme circumstances there will be NO PHONE OR DATA COVERAGE at all. Lake Ohau has very limited mobile or internet coverage.

International competitors should consider purchasing a local NZ Sim Card to get 3G data. These can be purchased from SPARK or VODAFONE Store as outlined below. For SPARK users here is a link to use to test your phone compatibility - <http://www.spark.co.nz/shop/mobile/whyultramobile/joinultramobile/phonecompatibility>



Moorhouse Avenue 70 Moorhouse Avenue, Addington, Christchurch P: +64 3 366 9202 Open: Mon - Fri 9.00am - 5.00pm / Sat 10.00am - 2.00pm / Sun Closed Located at the Hagley Park end of Moorhouse Ave, next to the Z service station.	Christchurch Airport P: +64 3 357 2530 Open everyday: 8.00am - 6.00pm - 10.00pm - 2.00am Located on the ground floor of the airport, just past international arrivals hall.
Riccarton Shop 24, Westfield Riccarton Mall, 129 Riccarton Road, Riccarton P: + 64 3 343 9888 Open: Mon - Sat 9.00am - 6.00pm / Sun 10.00am - 6.00pm Located at the Pak'n'Save end of the mall (the Riccarton Road entrance), next to ProfessioNail.	Christchurch Central Tenancy #2, BNZ Centre, West Arcade, Christchurch P: +64 3 377 0300 Open: Mon - Fri 9.00am - 6.00pm / Sat 9.00am - 5.00pm / Sun 10.00am - 5.00pm



Christchurch Airport P: +64 3 353 1976 Open: everyday - 8.00am - 6.00pm and 10.00pm - 2.00am	Riccarton Shop15, Westfield Mall, 129 Riccarton Rd, Riccarton P: +64 3 348 1118 Open: Mon- Sat - 9.00am - 5.00pm / Sun - 10.00am - 5.30pm
City Centre InnoV8, 213-222 Tuam Street, Christchurch P: +64 3 977 8750 Open: Mon - Fri 9.00am - 5.00pm	

RACE VILLAGE MEALS

Breakfast

Will be served in the Dining Hall between 6:00am - 7:30am every day * except Thursday (Stage 5) when breakfast will be served between 5:00am - 6:30am due to the earlier start time.

Breakfast options will include: Cereal/muesli - bread/toast - bircher muesli - spreads (jam, vegemite, honey, peanut butter) - fresh fruit - tea and coffee.

Hot options: e.g. bacon, sausages and eggs.

Lunches

We will provide a recovery bag when you cross the finish line, but there is no formal lunch. However there will be ample opportunity to either visit the local host town or take advantage of the food vendors in the Race Village.

Dinner

Will be served from 6:00pm - 7:30pm each day in the Dining Hall.

Dinner options will include: red and/or white meat - carbohydrates - vegetables - salads - fresh fruit and dessert.

LAUNDRY FACILITIES

There will be two opportunities to have your laundry done.

The drop off and collection point for all laundry will be at the Info Desk, located inside the Social Zone at the Race Village.

Your pre-paid laundry package includes one laundry bag: 47cm x 60cm with zip top that will be provided at Athlete Registration.

The 7 Day Epic laundry timetable is as follows:

- You must **drop off laundry by 6.00pm Monday 6 Feb** at Fairlie Race Village
- Laundry pickup from 7.00pm Tuesday 7 Feb at Lake Tekapo Race Village
- You must **drop off laundry by 6.00pm Wednesday 8 Feb** at Lake Ohau Race Village
- Laundry pickup from 7.00pm Thursday 9 Feb at Hawea Race Village

The 4 Day Traverse laundry timetable is as follows:

- You must **drop off laundry by 6.00pm Monday 6 Feb** at Fairlie Race Village
- laundry pickup from 7.00pm Tuesday 7 Feb at Lake Tekapo Race Village

If you have not pre-purchased this service you may book it at Athlete Registration on Friday 3 February and Saturday 4 February in Christchurch. Please have NZD \$30 (7 Day Epic) or NZD \$20 (4 Day Traverse) to pay for this service.

BAR SERVICE

There will be a bar located in the Social Lounge each evening to purchase soft drinks, beer and wine.

MASSAGE FACILITIES

A team of qualified masseuses will be on-site at The Pioneer Race Village.

The Massage package for the 7 Day Epic includes 7 x 15 minute massages (1 per day) and must have been pre-purchased.

The Massage package for the 4 Day Traverse includes 4 x 15 minute massages (1 per day) and must have been pre-purchased.

If you haven't pre-purchased a massage package and there is an available booking you may be able to make a booking on the spot or for later that evening. This can be made at the Info Desk in the Social Zone. We recommend you pre-purchase to avoid missing out.

COMPETITOR PHOTOS

Every day during the race, the Sportograf photographers will capture amazing images of each athlete competing in The Pioneer.

The photos will be available approximately 1 week after the race. Digital photos can be ordered online directly from Sportograf.

Please note that all photos received are for personal use and are not allowed to be used for commercial applications.

DAILY AWARDS

Daily awards will be held after dinner in the Social Lounge. This will include the awarding of the 'leaders jersey' in each 7 Day Epic and 4 Day Traverse age category with the fastest cumulative time each day. In addition to this, prizes will be awarded for daily stage winners in each category over both events – 7 Day Epic teams and 4 Day Traverse individuals.

OPEN MEN & WOMEN - 7 DAY EPIC AND 4 DAY TRAVERSE



OPEN MIXED - 7 DAY EPIC



MASTERS 40+ MEN & WOMEN - 7 DAY EPIC AND 4 DAY TRAVERSE



MASTERS 50+ MEN & WOMEN - 7 DAY EPIC AND 4 DAY TRAVERSE



MASTERS 60+ MEN & WOMEN - 7 DAY EPIC ONLY



FUNCTIONS

There will be two official functions during The Pioneer. The first is the Opening Ceremony, Welcome Dinner & Pioneer Athlete Briefing on Saturday 4 February at 5:00pm. The second is the Wrap-up Awards Party for 7 Day Epic athletes on Saturday 11 February at 6:00pm in Queenstown.

OPENING CEREMONY, WELCOME DINNER & PIONEER ATHLETE BRIEFING

This will be held in a stretch tent in Hagley Park (the same tent that you will have visited for Athlete Registration) and it is compulsory for all 7 Day Epic & 4 Day Traverse athletes to attend as the official Race Briefing is conducted as part of this function.

The Welcome Dinner is a ticketed event with tickets either pre-purchased via your entry, pre-purchased as part of a supporter pack or they will be available to be purchased at the Info Desk at Athlete Registration. Your ticket includes one drink and a pasta meal.

7 DAY EPIC WRAP-UP AWARDS PARTY

The Wrap-up Awards Party will be held at the Queenstown Events Centre on Saturday 11 February at 6:00pm. Your ticket includes one drink and a meal.

For those of you that do not have transport in Queenstown we will have shuttle buses leaving from Athol Street in central Queenstown out to the Queenstown Events Centre at 5:00pm and 5:30pm. There will be limited seats on this service and so request that if those that have transport please use your own.

The return shuttle buses will leave the Queenstown Events Centre for Queenstown at 10:00pm and 10:30pm.

4 DAY TRAVERSE WRAP-UP DRINKS

The Wrap-up Drinks for the 4 Day Traverse will be held at Lake Ohau Lodge on Wednesday 8 February at 7:30pm, immediately after the 4 Day Traverse Daily Awards.

STAGE ONE - CHRISTCHURCH PROLOGUE



NB The Prologue is located at the Christchurch Adventure Bike Park, 225 Worsleys Road, Cracroft - this is a different venue to 2016.

SUNDAY 5 FEBRUARY 2017, 8.00AM

STAGE 1: DISTANCE **20.5KM** ELEVATION GAIN **1,260M**



STAGE
DETAILS

Courses are subject to change up until race morning briefing.

COURSE DESCRIPTION

And so your journey begins...

The prologue starts in the picturesque newly built Christchurch Adventure Park. Each team of two will be set off at twenty-second intervals and will complete two laps, which are predominantly on mountain bike specific single track. Now is the time to unleash the demon within as the next 20.5km will create the seeding position for the following days to come.

The first uphill climbs 500 metres and riders will be rewarded with spectacular views over Christchurch. The gradients are below 10% and the track is wide and groomed. At the top of lap 1, riders are directed off to one of the new epic blue runs of the park. From here gravity and exhilaration take over for a fiery fast flowy descent all the way back to the finish. The second lap takes riders up a tight narrow single track, to where it merges with the first uphill trail. Nearing the top, the trail jumps out to a short 4WD track and up the 'Body Bag'. This is the link trail to get onto the famous 'Flying Nun' track. With a speedy descent down Flying Nun, the trail traverses around the outside of the bike park before dropping back down to the finish line.

HOST TOWN: GERALDINE

The Race Village is only 400m from the town centre where there are plenty of cafes, bakeries, takeaway outlets and restaurants as well as a Fresh Choice supermarket. Westpac, BNZ and Kiwibank as well as a Post Shop are centrally located for your banking needs and WIFI is available at the local library and a couple of cafes. The Medical Centre is on Peak St and the Geraldine Pharmacy is close by. And there is a Z Petrol Station for any campervan fill ups required.

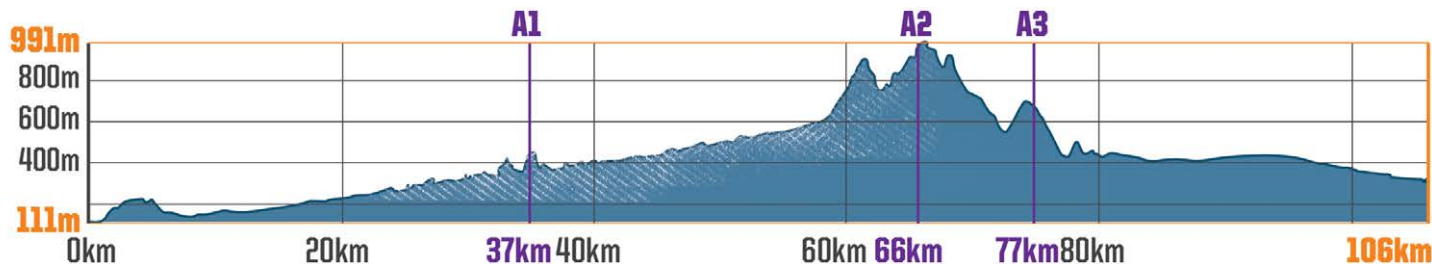
Race Village address : Geraldine Domain, Hislop Street, Geraldine

STAGE TWO - GERALDINE TO FAIRLIE



MONDAY 6 FEBRUARY 2017, 8.00AM

STAGE 2: DISTANCE **106KM** ELEVATION GAIN **2,480M**



Courses are subject to change up until race morning briefing.

COURSE DESCRIPTION

Today, the real endurance riding begins. The stage starts in the centre of the picturesque town of Geraldine, but any sleepiness in the athlete's legs will soon be woken up by a series of rolling hills as the race route heads out towards the mountains on 15km of gravel and sealed roads.

Flatlands give way to high-country stations as the race heads into the Orari Gorge, with stunning views of the Orari River. At 26km, athletes cross over a narrow wooden bridge and head upstream on 4WD tracks towards Blue Mountain Station. The athletes continue on Lochaber Rd for another 12km before turning south at the Meikleburn Saddle and climbing the ridge. The 360 degree views along the top of the ridge are breath-taking, as is the plunge down the rocky canyon to Gooseberry Stream Hut which has plenty to keep the riders exhilarated (watch out for deer).

One last sting in the tail lies in the climb up and over Jumpover Saddle at 700m elevation before a quick descent to the Opuha River and a testing 15km's towards Fairlie on a gravel road. Then onto the Opihi River track, where athletes have 9km of tree lined single track to bring them home to the finish of Day 2.

HOST TOWN: FAIRLIE

A short 1k walk to the town centre. There are a limited number of cafes and bakeries in the town centre, 2 restaurants and a supermarket. There is a NZ post office for your banking and postal needs. WIFI is available at the EAT Deli and Bar. There is a community swimming pool in Fairlie. On Ayr Street is a medical centre and for filling up supporter vehicle, try BP and Caltex, the two Petrol Stations in town.

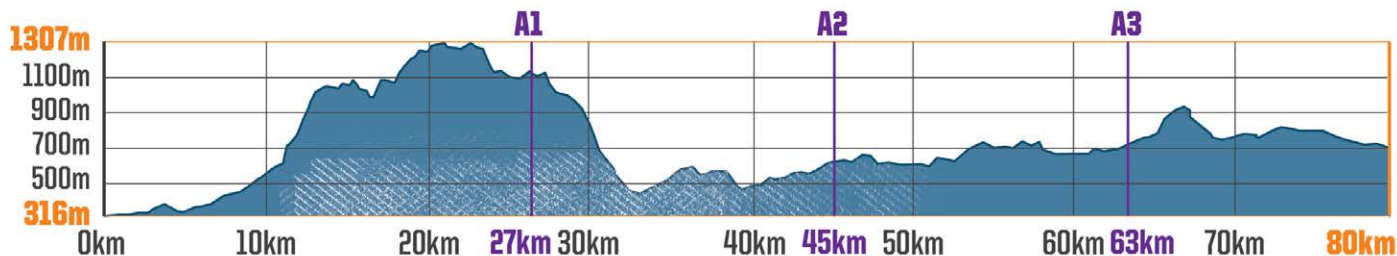
Race Village address: A & P Showgrounds, Gillingham Street, Fairlie

STAGE THREE - FAIRLIE TO LAKE TEKAPO



TUESDAY 7 FEBRUARY 2017, 8.00AM

STAGE 3: DISTANCE 80KM ELEVATION GAIN 2,747M



Courses are subject to change up until race morning briefing.

COURSE DESCRIPTION

Don't be fooled by the shorter distance today. A short 7km section of sealed road, before the course turns towards the Albury Range. It climbs from 315m in Fairlie to 1290m at the summit amongst the alpine tussock. Those who rode the inaugural Pioneer event will recall a brutal ascent, the 2017 ride up to Albury Range approaches with a different climb reaching the same summit point.

Rough dual-track undulates across the ridge until the first jaw dropping 9km descent. The trail then turns north alongside the Single Hill Range through rolling farm tracks. From Burkes Pass, rolling 4WD tracks cross glacial outwash plains and three rocky rivers. Sawdon Creek and Deadman's Creek lead to the final steep climb of the day. A fast rocky descent into Edwards Stream where a rough trail through the braids will be heavy going for tired legs. A low saddle at the head of the valley leads past a couple of alpine tarns before the course flows through the welcome shade of pines, a great way to finish a superb day.

HOST TOWN: LAKE TEKAPO

A 1.5km walk/ride into the town centre for a small selection of cafes, bakeries, pubs and restaurants – enough to suit your tastes though! ANZ has an ATM but there is no actual bank in Tekapo. There is a Four Square supermarket for groceries and other takeaway outlets for snacks and meal top ups. Mackenzie Physiotherapy and Pilates caters for any extra massage needed!

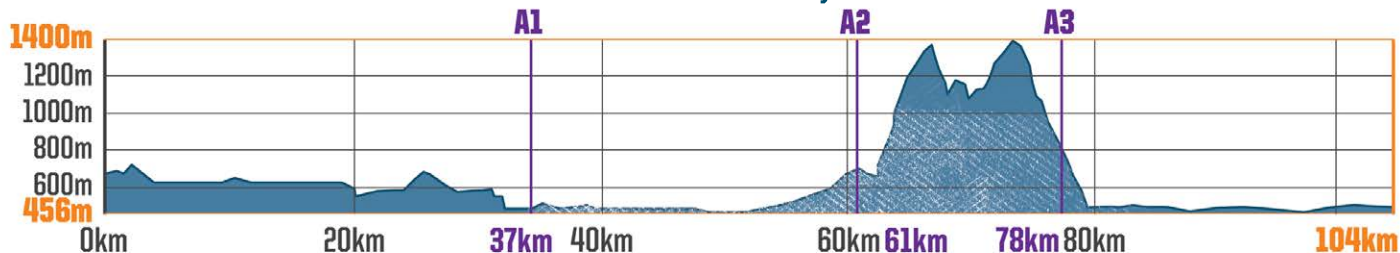
Race Village address: Lake Tekapo Regional Park, Lilybank Road, Lake Tekapo

STAGE FOUR - LAKE TEKAPO TO LAKE OHAU



WEDNESDAY 8 FEBRUARY 2017, 8.00AM

STAGE 4: DISTANCE **104KM** ELEVATION GAIN **1,915M**



Courses are subject to change up until race morning briefing.

COURSE DESCRIPTION

Following the glacial water flowing from Lake Tekapo in the hydro canals, riders head towards Lake Ohau on moderately flat terrain. A mix of sealed and gravel roads allows for some high gear spinning before dropping off the edge of the canal road onto farm roads of the Irishman Creek Station. Then re-join some of the most scenic sections of the Alps-to-Ocean (A2O) cycle trail and enjoy riding the shores of Lake Pukaki. The Rhoboro Track leads towards the big climb of the day – and it's big one! The dual track ascent is a good surface as it pulls up mixed gradients, with fantastic ridgetop exposure along the crest. A screaming descent hammers downhill with switchbacks and single track to the paddocks below, before again joining the A2O trail.

This last section of A2O trail is extremely fast and flowy, making it a fantastic finish to another great stage.

HOST TOWN: LAKE OHAU

There is very little in Lake Ohau and nothing close enough to walk to. We suggest any supporters top up supplies in Twizel, which is a 30 mins drive from the Race Village. Omarama is about a 20 mins drive away and there is WIFI at the Wrinkly Ram café. Lake Ohau Lodge is 1km away from the race village site which has a good restaurant, but would need to be pre-booked. There is very limited mobile coverage at this site.

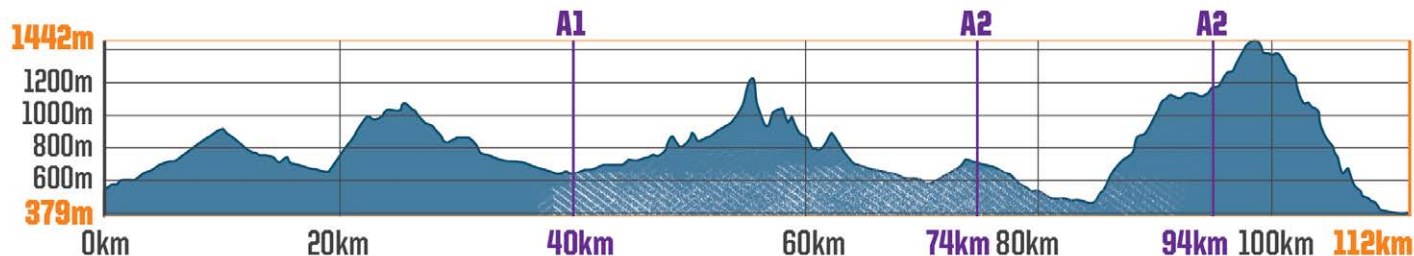
Race Village address: Lake Ohau airstrip (approximately 1km south of Lake Ohau Lodge)

STAGE FIVE - LAKE OHAU TO HAWEA



THURSDAY 9 FEBRUARY 2017, * 7.00AM * NOTE EARLIER START TIME

STAGE 5: DISTANCE **112KM** ELEVATION GAIN **3,578M**



Courses are subject to change up until race morning briefing.

COURSE DESCRIPTION

The day begins on another scenic stretch of the A20 trail, gradually climbing through some classic beech forest and crossing over crystal clear mountain rivers before turning west onto a 4WD track at Quailburn. Here lies the first test of the day as you climb up into the headwaters of the East branch of the Ahuriri River. As the route crosses the saddle, incredible views open up into the main Ahuriri Valley as you descend for around 13kms to the bridge crossing.

Crossing the river, the trail continues up the valley on a gravel road before turning off onto a 4WD track and veering skyward. The climb heads up and over the Mt. Melina Saddle, ascending from 630m to 1225m elevation, before dropping back through towering peaks of Mt. Melina and Pavilion Peak into the Lindis River. But don't burn all your matches here – this climb is just the starter, the main course is to follow.

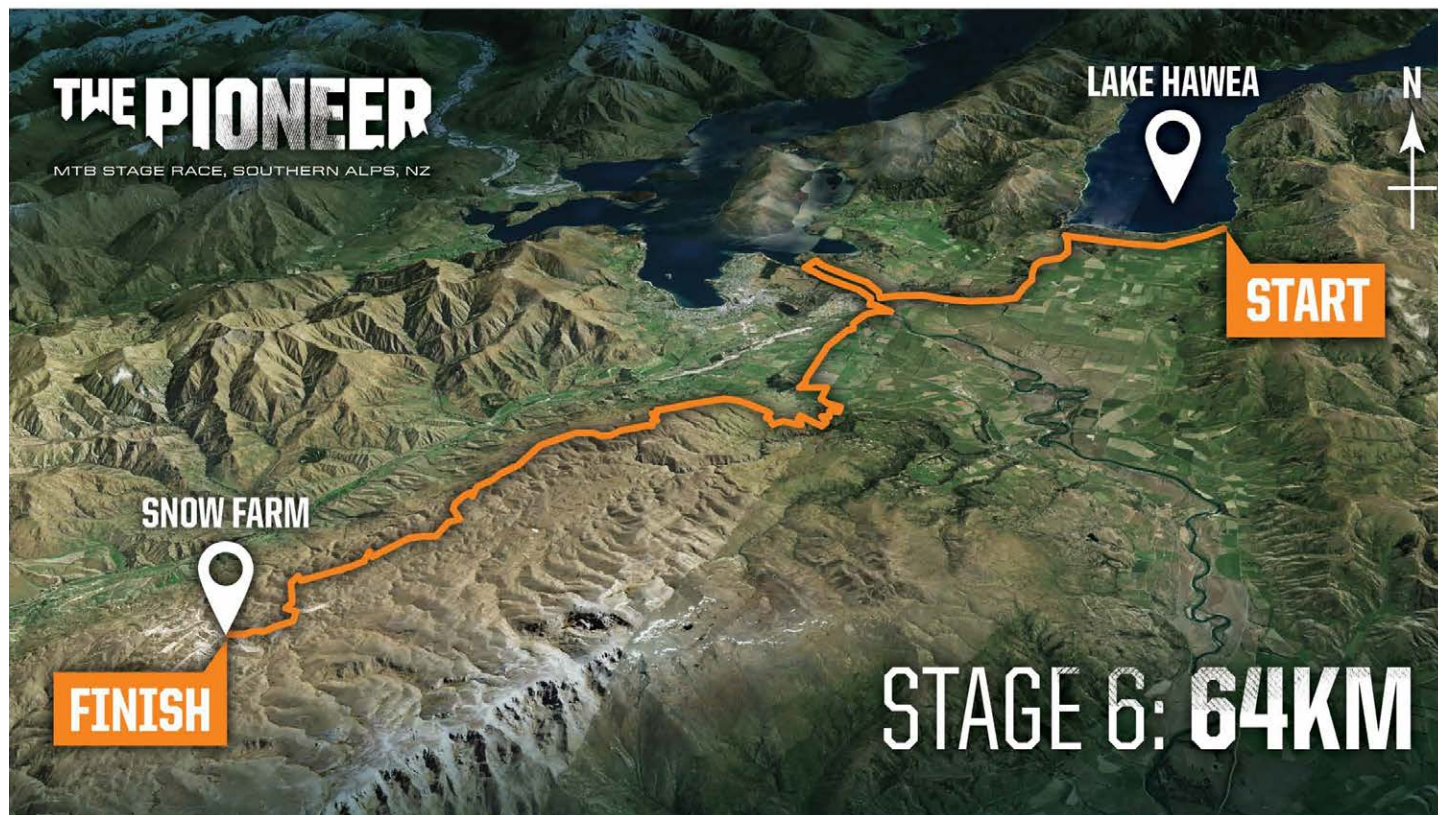
Cresting a few 'rollers', the route heads downstream before climbing up and out of the Lindis to the high point of the day at 1442m. This could be the decisive climb of the race for the front-runners, and will be a matter of survival for most, although the gradient isn't too severe, and the surface is well-groomed for the most part. Once at the ridge, with glimpses of Lake Hawea far below, it's time to concentrate for a rapid descent to the valley floor 1000+meters below. An exhilarating finish to the day.

HOST TOWN: HAWEA

It's a 6km walk/ride into Hawea township. Sailz Café is the hub of Hawea where you can get WIFI, post a letter and have a bite! Your closest town is Wanaka for supporters to grab anything you need plus banks and ATM machines. Lake Hawea Physio can assist with any aches and pains!

Race Village address: Lake Hawea Station, Tamaru River Road, Hawea

STAGE SIX - HAWEA TO SNOW FARM



FRIDAY 10 FEBRUARY 2017, 8.00AM

STAGE 6: DISTANCE **64KM** ELEVATION GAIN **2,077M**



Courses are subject to change up until race morning briefing.

COURSE DESCRIPTION

Heavy legs will have a chance to warm up on a mix of road and trail riding along the willow-lined Hawea river trail and around the shore of Lake.

Ride the entire renowned single-track of Deans Bank, a fantastic purpose-built mountain bike trail and local favourite, before local roads across open farmland brings you to the start of the days climb up onto the Criffel Range.

Not for the faint hearted, you will climb 1100m over 26km on a mix of 4WD trails and water race remnants from the gold mining days.

Tired athletes can take consolation that this is the last major climb of the race, with only a night at altitude at the Wairou Snow Farm lying between them and the finish line.

HOST TOWN: SNOW FARM

Cardrona is the closest village, which is 15km downhill from the Race Village. For any petrol, grocery and other supplies, supporters would need to do this in Wanaka before heading to Snow Farm. The Cardrona Pub is infamous and worth a visit for a cold beer and a few photos! There is WIFI at Snow Farm.

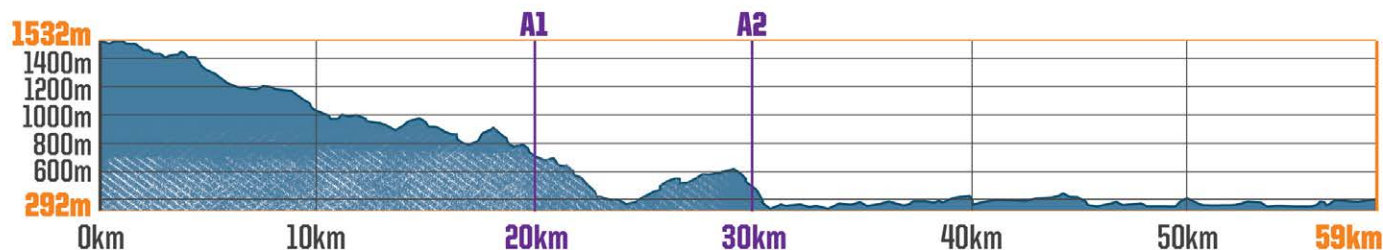
Race Village address: Snow Farm Lodge, Cardrona Valley Road

STAGE SEVEN - SNOW FARM TO QUEENSTOWN



SATURDAY 11 FEBRUARY 2017, 8.00AM

STAGE 7: DISTANCE **59KM** ELEVATION GAIN **1,451M**



Courses are subject to change up until race morning briefing.

COURSE DESCRIPTION

Today's start line is 1200m above Lake Wakatipu and the finish line.

From Snow Farm, you will make a quick descent to Tuohys Saddle and access the Roaring Meg single track, before joining Gentle Annie farm roads and crossing onto the Kawarau face. Another 5kms of riding will bring teams to the edge of the River for a 'unique' jetboat stage.

All athletes will cross a timing mat prior to and after the river crossing via jetboat to remove the crossing time from the race time. Up to six riders at a time will utilize the two boats used in the river crossing.

Once across the Kawarau River, you will follow the purpose built Queenstown Cycle Trail, a well graded rolling trail which continues along the Kawarau River and makes its way towards the grand finish in Queenstown.

HOST TOWN: QUEENSTOWN

The tourist mecca of NZ! Here you will find pretty much everything you need - all major banks, petrol stations, postal services, supermarkets, shops, bike shops and outdoor sports shops, restaurants and cafes galore and many many opportunities to make the most of your post Pioneer time. The aquatic centre in Frankton has awesome facilities for recreation and rehab!

Race Village address: Queenstown Events Centre, Joe O'Connell Drive, Frankton

CAPE EPIC QUALIFICATION

10 team entries for the 2018 Absa Cape Epic have been set-aside exclusively for 2017 Pioneer, 7-Day Epic mountain bikers.

ABOUT CAPE EPIC

Every year, the **Absa Cape Epic** early bird entries sell out faster than you can say 'Indwa' (the Zulu name for South Africa's national bird, the Blue Crane). But, as an entrant into The Pioneer, you have the unique possibility of guaranteeing a team entry for yourself and your partner.

The Absa Cape Epic, the Untamed African Mountain Bike Race, brings together top professional mountain bikers and serious amateurs from around the globe to race a new route every year. The Absa Cape Epic is the most televised mountain bike event in the world and the only eight-day stage race classed as hors catégorie (beyond categorisation) by the Union Cycliste Internationale (UCI), the same category as the iconic Grand Tours of road cycling.

The ruggedly beautiful terrain, breathtaking scenery and premier full-service race comforts are now legendary in mountain biking circles - as is the unpredictability of African weather conditions, ensuring the challenge is nothing short of epic in anyone's language.

5 guaranteed team entries will be available by winning your category and 5 guaranteed team entries will be drawn at the final awards ceremony of The Pioneer.

QUALIFICATION GUIDELINES

- 10 team entries for the 2018 Cape Epic have been set aside for 2017 PIONEER 7 Day Epic athletes.
- 5 of the 10 spots go to the winners in each of the following 5 Age Categories, note these categories mirror Cape Epic and not 2017 Pioneer categories.
 1. Open Men
 2. Open Women
 3. Open Mixed
 4. Masters 40+
 5. Grandmasters 50+
- For the purposes of Cape Epic Qualification only, the 2 additional 2017 Pioneer categories for men and women 60 years+ will fall into the Grandmasters 50+ category - the fastest time across all 50+ categories will qualify.
- The remaining 5 of the 10 guaranteed entries will be a draw, drawn at The Pioneer's awards ceremony on Saturday 11 February 2017, 6pm, Queenstown Pioneer Race Village, Queenstown Events Centre.

- 2017 Pioneer 7 Day Epic athletes will have to pre-register their interest to be included in the draw. This can be done online or at registration at Hagley Park in Christchurch.
- The Team must complete the Pioneer 7 Day EPIC in order to be eligible to enter the draw (withdrawn, DNS, DQ's or incomplete teams are not eligible).
- Mandatory attendance in person for both team members for all 10 guaranteed entries at the awards ceremony is required.
- The awards ceremony is scheduled for 6pm, Saturday 11 February, 2017.
- If the winners of the 5 categories or the 5 places in the draw choose not to confirm their guaranteed entry (i.e., one or both don't turn up or don't commit with a deposit), then the next team in line is eligible for the guaranteed entry.
- Teams accepting a guaranteed entry will be required to nominate a 'primary' rider for future communication from Cape Epic
- An immediate non-refundable deposit of US \$500 per guaranteed entry must be made on Saturday 11 February 2017. Credit Cards accepted.
- Teams that win guaranteed entries need to be aware that at Cape Epic, the age categories are different than 2017 Pioneer race categories.
- It is theoretically possible that a team that in 2017 qualifies in e.g. the Masters category, would fall into the Grand Masters category for the 2018 Cape Epic.
- Teams will be formally invited to enter the 2018 Cape Epic in March 2017 and make the final payment (minus the deposit of US \$500 paid in February 2017) by May 2017.
- Once a guaranteed entry has been confirmed by a team, then the entry is bound by the terms and conditions specified by Cape Epic which can be viewed on their website www.cape-epic.com



THANK YOU TO OUR PARTNERS

FOUNDATION PARTNERS



OFFICIAL SUPPLIERS



EVENT PARTNERS

