

## **2023 SCHEDULE OF EVENTS**

#### **THURSDAY, 23rd November**

5:30pm: Registration - Christchurch Mitsubishi - 386 Moorhouse Ave, parking on Pilgrim Place 6:00pm: Tour briefing and drinks

#### FRIDAY, 24th November

6:00am: Arrive @ Peppers Resort Clearwater 6:15am: Race Briefing 6:30am: After the Neutral Start, we are stopping at Rangiora Show Grounds but OPEN Stage 1 starts at Ashley School 8:30am: Approx start of OPEN Stage 1 towards Georges Rd FINISH: Grades A - B - C1 - C2 - D with 5min apart 10:00am: Morning Tea at Waipara Winehouse before approx start at 10:30am for OPEN Stage 2.

12:00pm: Picnic Lunch at Culverden

6:00pm: Pre dinner drinks @ The Hanmer Springs Retreat followed by Buffet dinner sponsored by Kiwi Style Tours.

#### SATURDAY, 25th November

6:00am: Breakfast @ Hanmer Springs Retreat HANMER SPRINGS 7:15am-7:30am: D Grade Start of Neutral Section towards Shale Peak Bridge 7:45am-8:00am: C1 & C2 Grade Start of Neutral Section towards Shale Peak Bridge 8:00am-8:15am: A/B Grade start together in Neutral Section towards Shale Peak Bridge, then 5 mins apart for OPEN Stage 3.

Morning tea at Springs Junction & lunch at Reefton

• Greymouth, all bikes are stored in the Ashley Hotel/Recreation Hotel. Reminder if you need cash, ATM's are in the centre of town only.

Massage at the Ashley Hotel/Recreation Hotel.

6:30pm: Ashley Hotel/Recreation for pre dinner drinks and followed by your evening buffet.

#### SUNDAY, 26th November

7:00am: Breakfast @ Ashley Hotel/Recreation 9:30am: From Ashley Hotel then onto the Recreation Hotel, Mass start of Neutral towards Stillwater 10:30am: Approx Start of OPEN Stage 5, Grades A - B - C1 - C2 - D with 5min apart 2:30pm: Approx arrival of cyclists in Arthur's Pass Village.

BBO lunch cooked on the Abbott Group's mobile BBO and refreshments. Salmon supplied by Aoraki King Salmon.

6:30pm: Dinner provided by YMCA Two sittings 6.30pm & 7.15pm.

#### MONDAY, 27th November

6:30am: Breakfast @ YMCA 8:00am: OPEN Stage 7, Grades D - C2 - C1 - A - B. 10 min apart. 10:00am: Morning tea and team photos Cave Stream before approx start at 10:45am for OPEN Stage 8. 1:00pm: Lunch Springfield 2:30pm: Approx finish at McLean's Island Recreational Reserve (MTB Park). Anyone needing to be picked up, updates on the Facebook page will keep friends and supporters in the loop for an ETA of the arrival of the first cyclists. Note: It maybe from 2:30pm onwards.

6:00pm: Pre dinner drinks Sprigs Bar @ Peppers Resort Clearwater. Followed by Event Dinner sponsored by IHF Health Club & Jersey presentations from 7:00pm



PEPPERS CLEARWATER RESORT

CHRISTCHURCH MITSUBISHI







PEPPERS CLEARWATER RESORT

## TRAFFIC MANAGEMENT INFORMATION

The tour is conducted on roads which are Not Closed to Normal Vehicle Traffic, New Zealand Road Code Rules and the following rules

### **MUST BE OBEYED** at ALL TIMES

A number of the roads are state highways and these carry a lot of truck transport, YOU MUST NOT RIDE MORE THAN TWO ABREAST and you MUST NOT CROSS the CENTRE-LINE at ANYTIME during the event. If you do cross the centre-line you may have a time penalty added to your overall time or you may be disqualified and removed from the Event. Please be courteous to all other road users and if you are able to assist traffic in passing you in a safe manner please wave them through.

There will be a Lead Traffic Management Vehicle driven by the the Tour STMS. Two Intermediate Traffic Management Vehicles and a Tail Vehicle will be present at all times during the tour. **Under No** Circumstances may you Pass the Lead Traffic Management Vehicle, if it Stops you must Stop behind it.

If for any reason the tour stops then please move well off the side of the road so as not to cause a hazard for other road users.

Please wear bright coloured clothing so as to increase the visibility to other road users.

If you require assistance of any sort please wait on the side of the road and either an Intermediate Vehicle or the Tail Vehicle will assist.

It is a New Zealand Transport Agency requirement that there must be at least 300 metres of clear visibility on the road at All Times. If visibility falls below 300m due to rain, fog or similar conditions the Lead Vehicle will Stop and all cyclists will be required to stop behind the lead vehicle well off to the side of the road.

Please be aware of Pot Holes and Frost Heave on the roads. You may encounter a number of these hazards throughout the tour route so please warn other riders.

#### Make sure that you ride safely at all times.

The Roads are Not Closed to Normal Vehicle Traffic

## COMPULSORY TAIL LIGHTS

Rear red flashing tail lights are compulsory for all Tour riders. This is both for your own safety and the safety of this event going forward. During the day, a red tail light is easy to see from a distance, than without having one at all. Make sure your lights are long lasting, not on the

highest setting for brightness, or bring 2-3 with you as they need to be on for at least 10 hours of riding on the Day 2 to Greymouth. Keep the spare lights in your day bag for easy access during the Aid Stops. There are so many options out there, if you want advice on the right ones, call the friendly crew at Scotty Browns Bike Emporium in Christchurch, who are more than welcome to help you.



## IMPORTANT INFO

#### **EMERGENCY CONTACTS DURING THE TOUR**

If your family need to get a message to you urgently during the day, please leave them these contact numbers for the following 5 Passes staff.

SHEREE STEVENS (RACE DIRECTOR): 021 440 488

TED PEARCE (TRAFFIC MANAGEMENT): 027 588 5876

Please be aware that through the Lewis and Arthur's Pass there is limited cell phone coverage.

### THE TOUR ON-LINE

www.5passes.co.nz

facebook.com/5PassesTour

Our website has most of the information you will need and you can check previous Tour results.

Before, during and after the Tour we will be constantly updating our Facebook Page and sending updates during each Aid Station stop. Feel free to check us out on Facebook and pass on the link to all your family and friends so they can follow your progress during the tour.

### MASSAGE

Our four person massage team will provide massages at the end of each day's riding. There will be a massage booking sheet available each day for you to book your massage time. The massage cost is \$30 per 20 minute blocks. They are a great team and we highly recommend getting a massage for recovery for the next day's riding.

Recovery Systems is delighted to be supporting the 5 Passes Cycle Tour.

Riders be ready to discover the five uses for the compression boots – warm-up, recovery, rehab, travel and improved sleep

And the Biomat benefits - boosting mitochondria/ATP, cell and nerve regeneration and improved sleep.



Recovery Systems is brought to you in NZ by our agent Wengler Sport. https://recoverysystems.co.nz/

### MONEY

You will need to bring cash to pay for massage and "cash only" bars in prize giving and accommodation venues. ATM's are available in Hanmer Springs and Greymouth only.

### WINE & BEER

We are delighted to have Wines from Waipara Hills and Beers from Speight's Brewery. These will be enjoyed throughout the tour.



### **RACE EVENING/REGISTRATION**

Registrations will start from 5:30pm on Thursday, 23rd November, with the Opening Event (Tour Briefing) starting approximately 6:00pm, all hosted by Christchurch Mitsubishi, 386 Moorhouse Avenue, parking on Pilgrim Place.

There will NOT be any Registrations taken on the morning before the start of the Tour.

### **GRAND START**

The Tour starts at 6:30am from The Peppers Clearwater Resort. All riders will need to be ready to go by 6:15am for a race briefing by Ted from Traffic Management. Coffee will be available from 5.15am onwards, no need to pre order. Cars can be left in the over flow carpark while vou are on Tour.

### **TOUR FINISH**

The Tour finishes with a 26.5km Team Time Trial. The stage finish is outside Orana Park, on McLeans Island Rd. Our finish setup with all your gear bags will be in the McLeans Island Recreational Park just 150m from the finish line. The first team should reach the Rec Park approximately 2:45pm. Encourage your supporters to come out to welcome you home, please park in the car park and not on the side of the road. Transport for Peppers Clearwater Resort guests will be available or you can ride back to the Resort to complete the Route.

### HANMER SPRINGS

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After the first day there will be a buffet style dinner at the Hanmer

Springs Retreat. Awards will be presented and results announced for all Grades & Categories.

### **AWARDS NIGHT**

A special thank you to IHF for sponsoring the Awards dinner. The dinner will start at 7:00pm Monday evening, but you are more than welcome to ioin us in the bar before dinner.

There will be a buffet style dinner followed by the Five Passes Tour awards ceremony.

Additional dinner tickets for partners, family and supporters are available online during registration or on request. Numbers are limited. The cost for an additional ticket is \$85.00 which you can buy online at

### DINNERS

#### GREYMOUTH

After enduring "the longest day", dinner will be held at the Ashley Hotel and Recreation Hotel. Greymouth.

### **ARTHUR'S PASS**

There will be two sittings for dinner at Arthur's Pass. 6.30pm and 7.15pm but joint Prize-giving on the lawn outside pending weather





## WHAT YOU NEED

We have put together a suggested list of equipment and clothing you should bring with you.

The terrain we traverse varies greatly; our experience from past tours is to expect every variance of spring weather mother nature throws at us and to be prepared. Even though we have moved the Tour to late November, as we are still in the Southern Alps there's still a chance for chilly morning starts and warm days if the sun is shining. Rain is more likely on the lush West Coast.

Bike: Please have your bike fully serviced before you start the Tour.

There are limited facilities once we leave Christchurch, even with the magic hands of our



bike mechanic, we may not be able to fix, repair or replace everything which may go wrong on your bike.

- **Tyres:** Please fit new tyres to your bike for the Tour to minimise punctures.
- **Spares:** Rear dérailleur hanger, if yours has a replaceable one, these are specific to brands so if you are unlucky enough to break one a spare keeps you going!
- **Cleats:** Check your cleats and replace worn cleats before the start of the Tour.
- Lights: Please see the new requirement for lights on page 3. If you have USB charging lights, dont forget your charger and cable and bring an alternative to have in your day bag.



### **BIKE GEAR & CLOTHES**

- Your bike and associated gear + battery charger if you have electronic gearing
- Spare tubes, pump and multi tool carried on your bike.
- Two bottles minimum carried on your bike.
- Riding gear to cover all conditions from cold and wet to hot.
- This should include multiple sets of bike pants and tops to minimize washing. There are limited washing facilities available at our stops. (see laundry facilities for details)
- Laundry wash bags are compulsory if you want your washing washed
- Thermal layers for cold conditions, including hat/beanie for under helmet
- A good rain jacket, gloves and booties
- A Red Flashing Rear Tail Light, needs to last 10-12 hours.

### **SUNDRIES**

- Casual clothes suitable for casual dining, jeans are fine. Keep this to a minimum. Remember it can/will be cool at night.
- Sunscreen etc. we will have some suntan lotion available but suggest you have your own as it may not be accessible. Insect repellent may be required on the West Coast.
- Small medical items, ie *Panadol, Ibuprofen* and plasters for the bums if you think you need them. Tour Nurse's wont be carrying many of these items on tour.
- Good butt cream!
- Antihistamines as pollen can be bad through the Lewis Pass.
- Earplugs are advisable as everyone is in shared accommodation.
- Cash for massage. If you have a massage you pay them directly and and cash at the same time.
- Cash for emergency bike repair purchases. Spare tubes will be available to buy.
- Don't forget to pack your togs as Hanmer Springs Thermal Pools & Spa has provided all riders and crew with 50% off ticket price to their amazing hot pools - great way to soak those legs after your first day of riding!



### BAGS

#### **KINDLY SPONSORED BY**

Bring one accommodation bag only. Not too big as the Crew have to shift it a number of times each day. This bag will be transported directly to the accommodation and available on your arrival.

This will contain your casual clothes and toiletries, etc.

Please keep your bag weight to a minimum to make it easy for our support crew.

You will receive a Day Bag, sponsored by Firth Industries at registration. This bag will be carried in the support vehicles so you may access it during the day at the aid station stops



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only. This bag should carry additional cycling clothes for changes in weather, warm clothes for the lunch stop and any personal items you may need during the day.

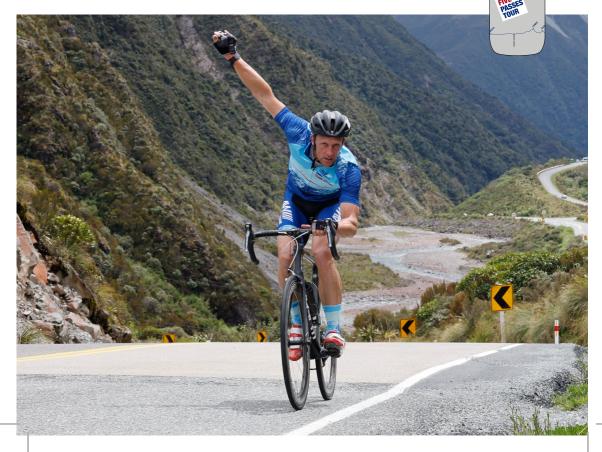
#### BIDONS





Armitage Williams have kindly sponsored a 770ml Specialised Purist drink bottle for every rider on tour.

Your 5 Passes memories can be refilled time and time again with your water consistently tasting pure.



## WHAT WE SUPPLY

**1. A DAY BAG:** This is to put items that you may want during the day and will be available at lunch time and aid station stops. *(See Bags on previous page)* 

**2. NUTRITION:** PURE Electrolyte Hydration sports drink, PURE Energy Gels and Chews; bananas; Em's power cookies / Nice and Natural bars, Revvies Energy Strips, are available during the day at Aid Stations and lunch stops. Coke, jetplane lollies and chocolates handed out as the Tour goes on. Electrolyte drink supplied will be PURE Sports Nutrition along with our sponsor, Nutrient Rescue and their plant based nutrient enriched superfood products.



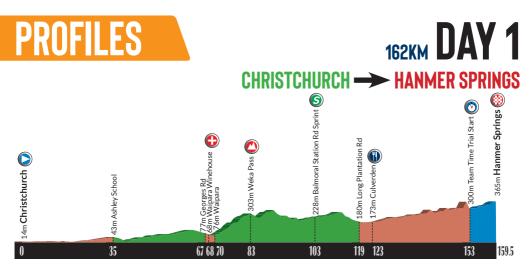
#### 4. ACCOMMODATION: Hanmer Springs, Greymouth and Arthur's Pass.

**5. TRAFFIC MANAGEMENT TEAM:** Traffic Management is provided by Ted Pearce as our STMS. Ted's experience with 5 Passes and cycle events are second to none and he must be obeyed on the road and adhere to all the road rules to keep you safe and the Tour's future safe. Waka Kotahi are looking at events like this for use on their busy roads, so we need to have a Yellow card-Red Card system for repeat bad riding offenders.

**6. TRANSPORT:** We transfer your luggage for you from Christchurch to all the accommodation stops during the tour. Your luggage will be laid out at the finish for you to collect after you finish the final Team Time Trial in McLeans Island Rec Park.

**7. MEDICAL SUPPORT:** On Tour there will be a couple of medical nurses, Jacqui & Kirstin, who will look after you with any headaches, bumps and bruises. Please bring Panadol and Ibuprofen and maybe plasters for the bums if you think you need them and some good butt cream!

**8. CREW:** An experienced crew of 28 will support you throughout the Tour. A timing crew will be tabulating the results each day and have them available for prize giving and these will be posted online at the end of each day.

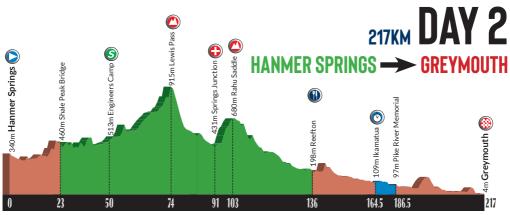


**DAY 1 START.** A Flat Neutral as you leave Clearwater and stop for the very first time at Rangiora Showgrounds. Here toilets will be available, along with a chance to take off layers and have your drink refilled.

STAGE 1 is predominantly flat on rural country roads before the first Aid Station stop at Waipara Winehouse.

**STAGE 2** starts with a neutral roll out on SH1 until just after the rail crossing. The roads are nice and rolling with a steady climb up towards the first KOM of the tour, Weka Pass. Then it's downhill and flat fast riding passing through the first Sprint before finishing near Culverden and the Lunch stop.

The **TEAM TIME TRIAL** is preceded by a long neutral section where you get a chance to chat in your bunch and get to know each other. The Team Time trial is short but fast and finishes just past the Golf Course in Hanmer Springs.



**DAY 2 START.** Rolling neutral to start the early morning following the Hope River on your right. Note that this can be very windy before we regroup and leave from Shale Peak Bridge for the Open Stage 3.

STAGE 3 Longer stage than it appears on paper with the profile ramping up and over the Lewis Pass KOM before a fast decent to the Aid Station stop in Springs Junction.

**STAGE 4** The KOM Contenders will need to be alert as the Rahu Saddle approaches early in the stage before a very fast decent into Reefton. This section of road is surrounded by Beech Forest on both sides and is stunning to ride through.

After lunch at the Reefton Racecourse, there is a Neutral Section which takes you to the start of the 2nd **TEAM TIME TRIAL.** Another short and fast section with the opportunity to stop and show your respect to the Pike River Mine workers and their Memorial. The last section is a long neutral stage to Greymouth and your accommodation for the night.

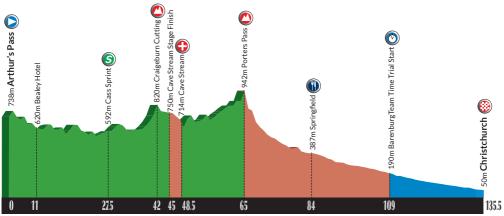


DAY 3 START. The Tour continues after a "sleep in" after the long day the day before and winds with way through Greymouth and around the Grey River to Stillwater.

**STAGE 5** has 2 Sprint points and the teams with riders in contention for the Sprint Jerseys will be positioning themselves near the front of the pack. The roads are fairly quiet as it's a Sunday morning on the West Coast. The smell of coal leaves you behind and the other real obstacles are the native Weka crossing the roads.

The unusually decorated Otira Hotel is the Aid Station Stop before a short ride to the start of the **INDIVIDUAL TIME TRIAL**. This section is nervously anticipated and the profile doesn't do the steep gradients justice. It's only 6.5km and no matter how long it will take you, you'll be in the hurt box the whole time while you compete against yourself and the clock. The euphoria after finishing the climb will be second to none and it will be a section of NZ road you'll remember the rest of your life. We call this stage the Queen Stage.





DAY 4 START. STAGE 6 Gets straight into it in a usually cold start at above 700m altitude. The roads are rolling and following the Waimakariri River before you peel off towards Cass for the last Sprint of the Tour. Don't treat the climb up Craigeburn Cutting to lightly as its a seriously hard climb. Aid Station will be setup at Cave Stream where we have our team photos with the stunning scenery as the back drop. STAGE 7 The last timed stage for GC, is a short but gradual climb towards the Last KOM of the Tour, Porters Pass, also the finish line of Stage 7. There's a quick descent onto the Canterbury Plains before pausing for a bit of lunch at Springfield.

Following lunch is a quick neutral stage to the start of the 3rd and last **TEAM TIME TRIAL** of the tour. If there's a NW pushing your backs, the stage is fast and furious. **WARNING: this TTT is the stage when most crashes are likely.** 



Anthony Harper









































## JERSEYS AND COMPETITION

#### **TOUR RULES**

- 1. Results for GC, KOM, and Sprint will be produced individually for each Grade A, B, C1, C2, D. Jerseys will be presented to the leaders from each grade, each day, but the Teams' jerseys will be presented at the final awards dinner.
- 2. Aero Bars and TT Bikes are NOT permitted in any stage of the 5 Passes Tour. Road Bike set-ups only, no exceptions.
- 3. Please note that there will be no jersey roll down.
- 4. Timing for the Teams' competition will only be calculated from the 3rd wheel in the Team Time Trials. The Teams' jersey will not be calculated towards the GC Category.
- 5. Your *timing chip* is on the seat post sticker for your bike please do not put your bike on top of your car and then drive with it on at 100kmph+ as it will rip off. For each stage you will receive a time. We use 'bunch time' for the end of the stage so if you are in the same group you will get the same time. If you are at the back of the bunch no need to sprint as you will get the same time as the winner. We want everyone finishing safely and not causing chaos in the bunch. If you are not going for the stage win just sit back and relax. We are pretty liberal with any splits in the bunch and it would have to over 10 seconds for a new bunch time to form.



## **5 PASSES CREW**

#### **TOUR DIRECTOR**







MATT

#### **RACE LEAD**



#### MEDICAL



**JACQUI W** 



KIRSTIN

TRAFFIC MANAGEMENT





PAUL

PAUL

oc

odlin

**RIDER SUPPORT - ON ROAD** 



FELICITY

#### WC DRIVER





ANITA



RICHARD

#### ACCOMMODATION



SCOTT

**EMMA** 





**JACQUIL** 



JORDANA

**TRACEY W** 

GRANT



LISA



BRIAN





**YVETTE** 





SEAN



Scotty Bed BICYCLE EMPOR

#### **PHOTOS**



RICK (@rickoshayphotos)



# TOUR OF '23 TEAM TIME TRIAL LIST

A GRADE					
AW Racing A / Sam Mason Elite	2	Jack Gilchrist			
	3	Ryan Kiesanowski			
	31	Sam Clements-Stewart			
	32	Paul Gow			
	33	Sam Manson			
4 Chumps and a Champ	4	Nathan Cohen			
	5	Scott Donnelly			
	6	James Howard			
	7	Richie McCaw			
	8	Luke Macpherson			
Optimal Performance	21	Andy Beale			
	22	Anthony Chapman			
	123	Paul Faint			
	124	Aaron Pringle			
	125	Glenn Rewi			
Team IHF A	41	James Brown			
	42	Rob Nichol			
	43	Flavio Vianna			
	44	Andre Austin			

	B GR	ADE
Armitage Williams Racing B	104	James Greenslade-Yeats
	105	Benjamin Hoy
	106	Glenn Kempton
	107	Blair Rouse
	108	Brent Spencer
DC Cycles Timaru	111	Nathan Fenwick
	112	Tony Geddes
	113	Jamie Robertson
Team IHF B	145	Johnny Smit
	146	Corey Bennett
	147	Scott Copplestone
	148	Matt Miln
Team TRINC	171	Alan Bush
	172	Tim Pearce
	173	Mike Sleeman
	174	Wayne Smythe

C1 GRADE				
A Dog Show	201	Ryan Carr		
	202	Carl Forrester		
	203	Ben O'Carroll		
	404	Kieran Hickman		
	405	Andrew Jones		
Armitage Williams Racing C	209	Darron Burns		
	210	Fiona Dowling		
	211	Richard Groves		
	212	Anne Marie Guiney		
	213	David Roche		
	214	Peter Ogilvie		
Alpacas	221	Drew Atkin		
	222	Annabelle Bramwell		
	223	Craig Gatenby		
	224	Rebecca Kingsford		
	225	Laura Wood		
Bayleys Rural Canterbury	231	Scott Black		
	232	George Lucas		
	233	Mark Maitland		
	234	Duncan Rutherford		
	235	James McCone		
Fatboys	131	Grant Lyon		
	132	Jake Rowse		
	433	Lee Hatton		
	434	Jimmy Nisbet		

		UPDATE: 6 November, 20
Nelson Vets	251	Brendan Hickman
Nelson vets	251	Angus Jennings
	253	Anthony Oswald
	254	Adam Stanyer
Pure Sports Nutrition	241	Simon Kraak
	242	Alice Mullins
	243	Bertie Taylor
	664	Marewa Sutherland
Stoked Cycles	191 292	Gareth Lewis Sophie Brown
	493	Monique Brake
	494	Craig Ginders
	495	Kristine Marriott
Team Tight Arse	301	Darryn Crawford
3	302	John Rawstron
	303	Tom Sharpe
	304 305	Daniel Wilkes Neil Wylie
	C2 G	
Big Red Training Solutions	441 442	Darcy Forrester Patrick Johnstone
	442	Mark Munro
	444	Paul Rickerby
Escape Adventures / Team GnJ	451	Paul Chapman
Escape Adventures / Team Gill	652	Nick Giera
	653	Simon Hampton
	541	Trev Garrett
	542	Jarred Percival
Oxford Lads	261	David McCormick
	262	Jake Vargo
	463	Aaron Allison
	464 465	Chris Glassford Stu Dyer
Com Manage Compatibility	271	Barrett Hocking
Sam Manson Competitive	272	Sarah Jenkins
	673	Mike Hanson
	674	Roger Wilson
Tavendale & Partners	481	Belinda McCone
	482	Sara O'Neill
	483	Estelle Arundell
	484	Annabel Crozier
	485	Rosie Fitzgerald
Team NL Racing	501 502	Mike Draper Matt Mustchin
	502	Liam Scanlon
	504	Matt Wainwright
TEAM245	511	Max Alekseev
TEAWIZ45	512	Hamish English
	513	Edwin Jansen
	514	Dave Perriman
Tuff Blast Racing	331	Warwick Tuffnell
ŭ	332	Holly Weston
	534 535	Hugh Tutton Oliver McArdle
	635	Evie Trolove
	D.05	
Armitage Williams Top Guns	<b>D GR</b> 615	Brian Ashby
	616	Michael Booth
	617	Trish Jones
	618	Chris Yeats
Late Starters	601	Marty Cuttle
	602	Steve Hall
	603	David Keeley
	604	Willy Leferink
	605	Stephen Parsons
Matches 2 Burn	611	Michelle Davidson
	612	Stef Downes
	613	Nicola Leete
	614	Jenny Smith
	_	
Team Upright	421	Nigel Beardsley
Team Upright	421 422	Kylie Cox
Team Upright	421 422 623	Kylie Cox Hayden Beetar
Team Upright	421 422	Kylie Cox



Contact: Sheree Stevens Phone: 021 440 488 Email: notjustevents@xtra.co.nz www.5passes.co.nz