

# Personal Details:

(All team members must give full names, contact details & sign waiver)

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INDIVIDUALS: \_\_\_\_\_   EMAIL: \_\_\_\_\_  
TEAM NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
KAYAKER: \_\_\_\_\_   EMAIL: \_\_\_\_\_  
MTN BIKER: \_\_\_\_\_   EMAIL: \_\_\_\_\_  
RUNNER: \_\_\_\_\_   EMAIL: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_

## Categories:

### Individual Multi

- MEN
- WOMEN
- VET MEN (40+)
- VET WOMEN (35+)

### Team Multi

- MENS
- WOMENS
- MIXED (M&F)
- VET MEN (40+)
- VET WOMEN (35+)
- CORPORATE
- SCHOOLS

### Individual Du

- MEN
- WOMEN
- VET MEN (40+)
- VET WOMEN (35+)

### Team Du

- MENS
- WOMENS
- MIXED (M&F)
- VETS (40+)
- VET WOMEN (35+)
- CORPORATE
- SCHOOLS

## Entry Fees:

### Individual Entry Fee

NORMAL (Received by May 10)  
LATE (Received after May 10)

### Individual Multi

\$60  
\$75

### Individual Du

\$50  
\$65

### Team Entry Fee

NORMAL (Received by May 10)  
LATE (Received after May 10)

### Team Multi

\$40 EACH  
\$50 EACH

### Team Du

\$40 EACH  
\$50 EACH

### Race T-Shirts - \$25:00 (Indicate T-shirt size & number required)

SMALL: \_\_\_\_\_ MEDIUM: \_\_\_\_\_ LARGE: \_\_\_\_\_ X-LARGE: \_\_\_\_\_ \$ \_\_\_\_\_

**Total Entry Fee** (No entries after May 15. No Refunds after May 10, 2004) \$ \_\_\_\_\_

**SEND ENTRY WITH CHEQUES, PAYABLE TO: CRAZYMAN – 21 EMERSON STREET, PETONE, LOWER HUTT.**

WAIVER: I/We agree to take part in this event at my/our own risk, while abiding by the rules of the race. I/We agree that multisport and duathlon involve a degree of risk and will not hold the organisers or any person liable for loss or injury to equipment or person. I/We authorise my/our name, voice, picture & entry information to be used without payment in any capacity relating to the event.

**SIGNATURES** (all entrants) : \_\_\_\_\_ DATE: \_\_\_\_\_

# Information:

## Race Registration

Saturday May 15, 3-5pm at VIC Cycles, High St, Lower Hutt

## Race Briefing

8:30am on the start line at Eastbourne Wharf.

## Race Start

9:00am on beach on south side of Eastbourne Wharf.

## Prize Giving

From 3:30pm – meal provided.

## Aid Stations

Aid stations will be at each transition, but competitors must carry their own food & fluids during each stage.

## Prize Pool

\$10,000 including \$3000 cash.

## Course Maps

For detailed maps & course descriptions see website.

## Lead Up Races

For details of Crazyman leadup races see website.

## RACE RULES

- Entry limited to first 400 paid competitors.
- Lifejackets must be worn during the kayaking.
- Kayaks must have standard 20ltrs buoyancy.
- Standards approved helmets must be worn in Mtb.
- Race Numbers must be visible at all times.
- Obey all road rules, Police and course marshals.
- All transitioning must be within designated areas.
- Timekeepers must be informed of withdrawals.
- Organisers reserve the right to course changes.
- Three entrants constitute a prize category.

## BE IN TO WIN!!

Entries by 19th April go in to a \$1000 prize draw.

# Contacts:

**Phone** John Cussins: 04 938 4045

**Email** enquiries@crazyman.co.nz

**Address** Crazyman: 21 Emerson Street, Petone, LOWER HUTT.

**Website** www.crazyman.co.nz

# Course Details:

## The Crazyman – Hell of an Event!

Welcome to the Kathmandu Crazyman, the 13th anniversary of one of NZ's longest standing multisport events. Based around the iconic outdoor elements of Wellington's Hutt City, you're about to embark on a huge but achievable challenge renowned as central NZ's favourite multisport event. In short, you'd be "crazy" not to contemplate the Kathmandu Crazyman – it's a "Hell" of an event!

*Record: 3hrs 54min. Average Time: 5hrs.*

## Multisport

### Run 16km

With some of the best views in town and 90% of it off road, this 16km tour of the Eastbourne hills is one of the nicest runs anywhere. Starting from Eastbourne Wharf, you warm up with a stint along Eastbourne Beach before a 150m high climb over to Butterfly Creek's McKenzie Track. A particularly pleasant jaunt along the creekside track finishes with a climb back over to Eastbourne where you're rewarded with 2km of flat running around the waterfront to Day's Bay. From here though, things get a tad tough. This is the biggie, a 373m high grind to Mt Lowry that despite the toil will be worth every gruelling step because at the top is a spectacular vista out across the harbour to Wellington City followed by a no-holds-barred, big smiles downhill to the mountain bike transition in Parkway, Wainuiomata.

*Record: 1hr 04min. Average Time: 1hr 35min.*

### Mountain Bike 38km

This ride has everything. With two big hill (hell) climbs broken up by heaps of big thrills downhill it's 95% off road and 99% rideable, all of which means 100% fun! Starting in Parkway, it climbs up onto the Hutt Hills for great views out across Hutt City before diving down into the remote Moore's Valley. The following hill climb out of the valley back onto the tops is made bearable by a final big smiles downhill through some single track sections down to the Hutt River where an underground culvert, a river crossing and a fast, flat final 6km cap off one of the best rides around.

*Record: 1hr 31min. Average Time: 2hrs 20min.*

### Kayak 12km

If you're a mountain bike duathlete, then the race finishes here at Sladden Park in Petone. But for multisporters this final 12km kayak section has something for everyone. Made up of 40% river and 60% harbour, paddlers head down the Hutt River and out onto Hutt City's Petone Foreshore where you'll find flat water, a nor'-west "breeze," and one of the best spectator kayak sections around. Even the alternate course is fun, where in the rare event of a huge southerly you'll get a multi-lap surf up and down the lower Hutt River. Spectators and supporters can offer encouragement for almost all of this scenic out-and-back final leg, which also makes great viewing for participants as they size up the competition around them.

*Record: 48min. Average Time: 1hr 15min.*