

Women's Adventure Race Training

Get ready to push your limits and challenge yourself with the Women's Adventure Race Training!

Overview

2 Days, 1 Night

This course covers two of the categories of Spring Challenge events through one day of land-based navigation/orienteering training and one day of water-based raft training along with some team-based challenges. It is not only a good way to learn the hard skills, but also a great opportunity to practice your teamwork and learn about strengths and weaknesses that may affect you on the big day! We'll also hear from local wellness business owner Alicia Mabey about physical and mental steps you can take to prepare for your event.

Day 1 – 9am

Orienteering

Meet at 9am at Peel Forest Outdoor Centre

- Orienteering map reading
- Scale and features
- Orientating map using features
- Using a compass
- Taking and following a bearing
- Orientating using compass
- Route-finding and moving efficiently
- Orienteering course team challenge

Evening Presentation – [Alicia Mabey from Motivating Me ---](#)

6:30-8pm

After dinner chat at the Peel Forest Eco Lodge about Mental and Physical Preparation - Pre & During 2023 Spring Challenge. Alicia Mabey, creator of the Motivating Me, Timaru-based wellness company, and previous Spring Challenge competitor to speak about how to fuel your body before and during the event and prepare your mind for the challenge.

Topics covered:

- Pushing through
- Hydration, Food & Fuel
- Teamwork
- Resiliency

Finish 4pm and return to the Eco Lodge

Day 2 – 9am

Rafting

Meet at 9am at Peel Forest Outdoor Centre

- Raft safety
- Reading water hazards
- Capsize procedure
- White water float position
- Receiving throw bags
- Communication/calls
- Efficient paddling
- River run
- Team challenges

Finish 4pm

Times

Start and finish at the Peel Forest Outdoors Centre base located 20-minutes outside of Geraldine.

Start: 9am Saturday

Finish: 4pm Sunday

Location

Start and finish at the [Peel Forest Outdoors Centre base](#) located 20-minutes outside of Geraldine.

Accommodation

1 night of accommodation at the Peel Forest Eco Lodge is included in the cost. This accommodation is a rustic shared bunk (think DOC hut) style with a solar system, showers. There is a BBQ, outdoor wood-fire pizza oven, gas burner stove and gas oven and working fridge available. The shower is heated via solar and wetback.

No linens or bedding provided.

Let us know if you would like to stay the Friday night, as this can generally be arranged and is at no extra charge.

Food

Bring food for 2 nights and 2 days. Lots of hearty snacks and a packed lunch for during the day. The lodge has good cooking facilities and a fridge.

Age requirements:

Appropriate for ages 16 and up

Gear List

Orienteering - Compulsory Gear:

- Activewear appropriate for weather
- Warm jacket/ fleece
- Raincoat
- Day pack with liner
- Tramping boots (worn-in) or sturdy trainers
- Drink bottle/Water (recommended minimum 2L for whole day)
- Lunch and snacks
- Cap or hat
- Sunscreen
- Any medications you take

Rafting Compulsory Gear

- Thermal Polypro or woollen shirt
- Fleece jersey or second polypro shirt
- Woollen, polypro or neoprene socks
- Lace-up shoes (Old trainers are perfect. Neoprene booties/swimming shoes are not appropriate.)
- Towel
- Spare change of clothes
- Drink bottle
- Lunch and snacks
- Sunscreen
- Any medications you take

Overnight

- Pillow
- Sleeping bag
- Food
- Toiletries

Gear that can be supplied if needed.

- Pack
- Raincoat
- Fleece Tops
- Compass

Optional

- Tramping poles
- Puffer jacket
- Cap
- Beanie
- Thermal leggings (highly recommended on cooler days)
- Gaiters
- Camera
- Walking poles

Gear Supplied by Us

- ALL Technical Gear needed for Navigation and Rafting + Extra Warm gear if required

