

Wishbone Relay (Waihi to Falls Retreat)



Join the Journey - Support Orthopaedic Innovation



Trip Highlights

- Option 1: Walk from Homunga Beach back to Waihi (6.5km/2-2.5 hrs)
- Option 2: Jog/Run Waihi Beach to Homunga Beach return (14km/2.5-3hrs)
- Swim/showers & refreshments at Ian Galley's
- Dinner at family friendly Falls Retreat (Reservation for 30-40 has been made as some locals will join after work)
- Accommodation available & reserved for Relay on Monday & Tuesday nights at Falls Retreat (very convenient if canyoning next day)

What's It All For?

Wishbone have funded NZ based orthopaedic research for over 25 years & this research then improves NZ patient outcomes and transforms lives through increased mobility & quicker patient recovery time. Orthopaedic surgeons and outdoor adventurers Perry Turner and Ian Galley have worked with local coordinators to offer adventures then length of NZ - all aiming to raise both awareness and funds needed for this orthopaedic research.

The sections hosted by Invercargill Hospital start mid-January 2024 and the Wishbone Relay finishes in late March 2024 with a gala dinner & sporting events hosted by Auckland surgeons.

The locally run & sponsored journeys create an opportunity for the orthopaedic community from all over NZ to come together, get active & support Wishbone by walking, biking, paddling, sailing and more!

Colleagues, friends & family ... everyone moving together to support orthopaedic research and helping Kiwis by restoring function and quality of life.



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Logistics

Date: Tuesday 12 March 2024

Duration: Afternoon and/or join us at Falls Retreat for dinner

Start: Everyone meets 1.30pm @ 15 Marine Ave Waihi Beach, then walkers shuttled to Ngatitangata Rd. 7.30pm dinner @ Falls Retreat (feel free to arrive a bit earlier & relax in great outdoors area)

Finish: After walk/run at own pace, approx. 4-5pm

Grade: Easy/Family friendly

Activities: Walking, Jogging & Kai at Falls Retreat

Accommodation: Some available Waihi Beach at Ian's on Monday night – contact him directly. Falls Retreat has reserved us : Rose cottage (up to 4) from \$250 inc. breakfast Log Cabin (up to 5) from \$350 inc. breakfast Waterfall cabin (sleeps 2) from \$225 inc. breakfast. Please use the booking portal to confirm interest (especially practical for canyoning next day)

Cost: Cover own costs including snacks, dinner (\$55-80pp depending on seasonal menu) & drinks plus \$100 Wishbone daily donation (\$250 per family)

How To Book: Registration portal is Live! Scan the QR or there's a link on the NZOA homepage.



Links

<https://haurakirailtrail.co.nz/choose-your-ride/paeroa-to-waihi>

<https://www.doc.govt.nz/parks-and-recreation/places-to-go/bay-of-plenty/places/orokawa-scenic-reserve/things-to-do/orokawa-scenic-reserve-short-walking-tracks/>

<https://www.newzealand.com/in/feature/hauraki-rail-trail-itinerary/>

<https://www.fallsretreat.co.nz/>

<https://www.youtube.com/watch?v=PNTEFLiEUps>

<https://www.jollybikes.co.nz/bike-hire-and-shuttle/>

<https://www.thecoromandel.com/accommodation/choose-where/waihi-and-waihi-beach/>

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Hosts & Escorts

Perry & Ian have set themselves the challenge of completing as many of the legs as possible with you and they are both pouring vast amounts of time & energy into organising this Wishbone Relay - Why?

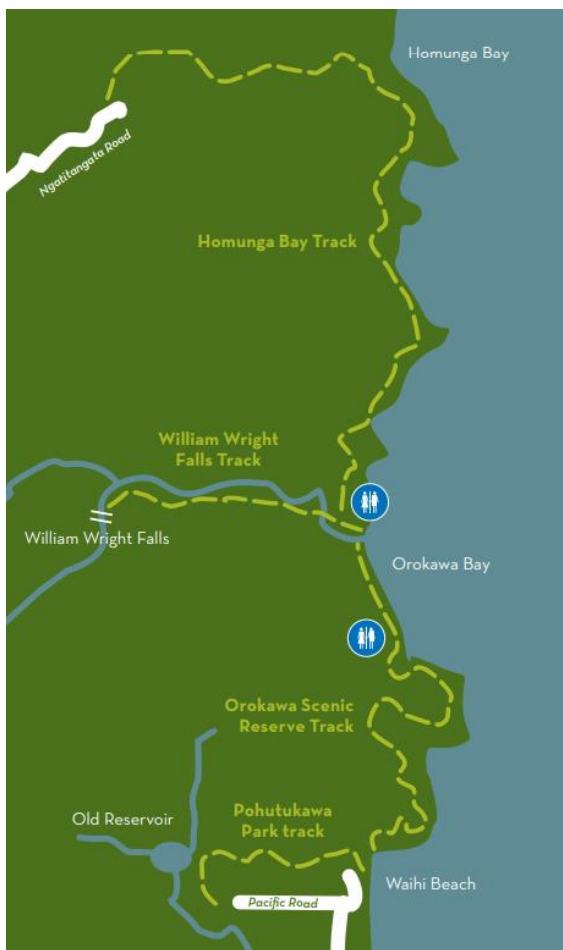
"My main motivation was to bring all those involved in care of our patients together and share what orthopaedic surgery is achieving in NZ with the public.

I want to help bring us together in a fun activity and common goal." - Ian

"This is an opportunity for myself and my family to give back to a job and career that has given us so much." - Perry

This leg Perry passes the baton to local hosts Dawson Muir & of course Ian. For any questions about the day/accommodation, please contact them directly: dawson.muir@orthocentre.co.nz
ian.galley@orthocentre.co.nz

If you have any other questions about The Wishbone Foundation, fundraising ideas or just want to get in touch – please email the Events Manager Nikki Wright: nikki@nzoa.org.nz or Vanya Schoeler: vanya@nzoa.org.nz



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Fundraising

All travel and trip related costs are to be met by the individual taking part.

A participant donation of \$100 per day (\$250 per family) will go directly into the Wishbone research funding pot – but of course it'd be awesome if you can pick up the baton & do more!

Donations can be made at any time via this [Wishbone Foundation Link](#). If you use the link you will receive an automated receipt & donations from individuals over \$5 are eligible for a tax credit.

Perhaps get friends, family & colleagues to sponsor you on your Wishbone Journey?

Many other hospitals along the route will be hosting public events - check on the NZOA website or with your own orthopaedic department & join in.

We'll be posting Relay updates regularly - so even if getting to an event is not possible, you'll be able to follow the fun on the [New Zealand Orthopaedic Association website](#).

Health & Safety

Take note that Wishbone Trust and the NZOA Inc. are not organising the trips and they or their staff or officers have no role to play in providing the trips or managing any aspects of Health & Safety in relation to the trips.

Wishbone Trust is only acting as the recipient of donations made by those choosing to participate in a trip.

You must follow all Health and Safety requirements of the trip organiser and any other provider of services or other organisations with any H&S responsibilities during the trip.

If the weather or other unforeseeable events make the planned event untenable, organisers reserve the right to change venue or plan at short notice.



Participation equals self-management.
Please pack carefully for our changeable NZ outdoors and check/test any equipment beforehand.