

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's
- Dinner at family friendly Falls Retreat (Reservation for 30-40 has been made as some locals will join us 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 1pm @ 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. Use 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: dedicated booking portal live July 2023



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?

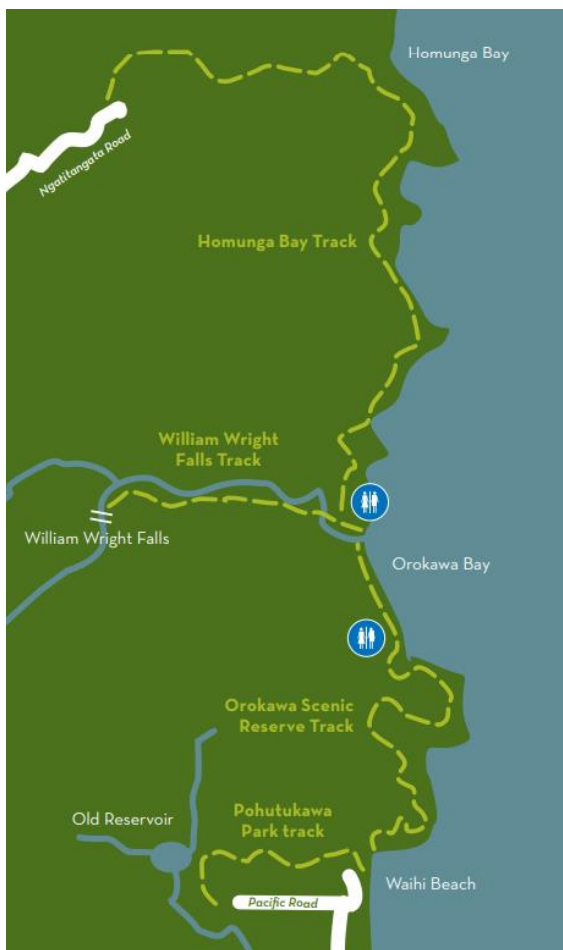
"My main motivation was to bring all those involved in care of our patients together and share what orthopaedic surgery is achieving in NZ with the public.

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 to Wishbone of \$100 per day (\$250 per family) will go directly into the 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](#). 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

Participation equals self-management.

To get the most out of your adventure, please pack carefully for our changeable NZ outdoors and check/test any equipment beforehand. If the weather or other unforeseeable events make the planned event untenable, we reserve the right to change venue or plan at short notice & will let you know via all available communication channels.

