

Wishbone Relay

River Valley Rangitikei



All funds raised support the Wishbone Foundation



Join the Journey - Support Orthopaedic Innovation



Trip Highlights

- 3 days exploring & relaxing in a remote valley deep in the heart of rural NZ
- Bike 30 or 60km's to the Lodge (Lodge can help with bike hire/shuttles)
- 2 nights at the rustically beautiful River Valley Lodge. Package price includes buffet breakfasts plus two (Sunday) & three course (Monday) dinners
- Optional Lodge activities for Monday include river rafting, horse riding, cycling, outdoor spa & sauna
- Onsite restaurant, café & bar serving seasonal food in a relaxed atmosphere

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 with their friends & family, get active & support Wishbone by walking, biking, paddling, sailing and more!

Logistics

Date: Sunday 25 February – Tuesday 27 February

Duration: 3 days, 2 nights

Start: Group A: 12pm departure from Taihape (Memorial park on Kokomo St) - 30km bike to Lodge
Group B: Leaves 10am from Kuripapango campground - 60km bike via Gentle Annie Hill to Lodge

Finish: Cycle back to preferred start location A or B by approx. midday on Tuesday

Grade: Ride in & out is Grade 1 (GA) Grade 2 (GB). Options for more challenging rides from Lodge

Activities: Cycling, rafting, horse riding, walking & regenerating

Accommodation: 2 nights at River Valley Lodge. Note: Bunk/Lodge rooms are shared bathrooms

Cost: Ensuite Room - Single \$622pp Ensuite Room - Twin Share \$402pp

 Ensuite Bunk (Family Room sleeps 6) - \$312pp

Lodge Room - Single \$442pp Lodge Room - Twin Share \$312pp Bunk Room - \$282pp

Plus \$300pp/\$700 family Wishbone donation. Self-manage bike hire and any food & drinks costs not included in package.

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

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Monday Activity Pricing (book directly with lodge when you confirm your accommodation)

Grade 5 Rafting - \$250pp Scenic Rafting - \$230pp (both include lunch)
Half Day Horse Ride - \$230pp (please note that we only cater for experienced riders)
Spa or Sauna 45mins - \$35 per time slot
Massages - from \$90
Lunch - \$26pp
FREE – Cycle 40 km self-guided loop

Links

<https://rivervalley.co.nz/>

<https://rivervalley.co.nz/getting-to-river-valley/>

<https://www.visitrangitikei.nz/>

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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

On this leg they pass the baton to Hawkes Bay host Angus Wickham. For any questions about the day, please contact Angus directly: angus.wickham@gmail.com

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

Fundraising

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

All legs attract a daily participant donation that goes directly into the Wishbone research funding pot. **For this multi day event the total donation is \$300pp or \$700 family** – 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 this 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.

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Mountain Bike Track Types

Choose a track that match your skills, fitness and the experience you're after. Most tracks are more difficult when wet. Avoid riding in the mud and rain.



Grade 1. Easiest

Fairly flat, wide, smooth track or gravel road.



Grade 2. Easy

Mostly flat with some gentle climbs on smooth track with easily avoidable obstacles such as rocks and potholes.



Grade 3. Intermediate

Steep slopes and / or avoidable obstacles possibly on narrow track and / or with poor traction. There may be exposure at the track's outside edge.



Grade 4. Advanced

A mixture of long, steep climbs, narrow track, poor traction and difficult obstacles to avoid or jump over. Generally exposed at the track's outside edge. Most riders will find some sections easier to walk.



Grade 5. Expert

Technically challenging. Giant climbs, narrow track and numerous hazards including dangerous drop-offs, sharp corners and difficult obstacles. Expect walking and possibly bike carrying.



Grade 6. Extreme

Downhill / free ride specific tracks. Extremely steep sections with large drop-offs and other unavoidable obstacles. May include man-made structures and jumps.



Respect others

- Stay in control
- Give way to walkers
- Signal your approach and pass with care
- Ride shared-use tracks in small groups

Respect the rules

- Ride only where permitted
- Obtain permission from private land owners
- Leave gates as you find them
- Be prepared - take food, water, tools, First Aid and warm clothes

Respect the track

- Don't skid, cut corners or make new lines
- Avoid riding in the mud and rain
- Take rubbish home
- Clean your bike to prevent spreading weeds



Department of Conservation
Te Papa Atawhai

New Zealand Government