

Wishbone Relay

He Ara Kotahi Palmerston North



Join the Journey - Support Orthopaedic Innovation

Trip Highlights

- Walk, jog or cycle the 4.5km return journey from beautiful He Ara Kotahi Bridge to the Turitea Pa Lookout and feed the eels - crossing two bridges
- Or extend yourself on the 16km return journey to tracks end - crossing all four bridges & exploring the pathways' diverse landscapes along the way
- Leashed dogs are welcome on this family friendly track
- BBQ dinner & drinks afterwards at Murali Reddy's (Aokautere)

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.

Logistics

Date: Monday 19 February 2024

Duration: late afternoon/ early evening

Start: 4pm for 16kms, 5pm for 4.5kms. Both distances meet/start from He Ara Kotahi Bridge. Please note this is not a loop track – return the way you came. BBQ & drinks from 6.30pm.

Finish: Complete path at own pace & allow approx. 20 mins drive from CBD to Aokautere BBQ starting at 6.30pm.

Grade: Family friendly well-formed path.

Activities: Walk, jog, bike, eels, explore along the way & BBQ

Accommodation: Self manage – see links below

Cost: BBQ \$25pp/\$50 family. Wishbone donation is surgeons+industry \$100pp/\$250 family. Non-surgeons+ hospital employees \$25-\$50pp. BYO snacks & drinks. If only attending BBQ, \$25pp contribution towards BBQ+drinks plus Wishbone donation.

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

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He Ara Kotahi

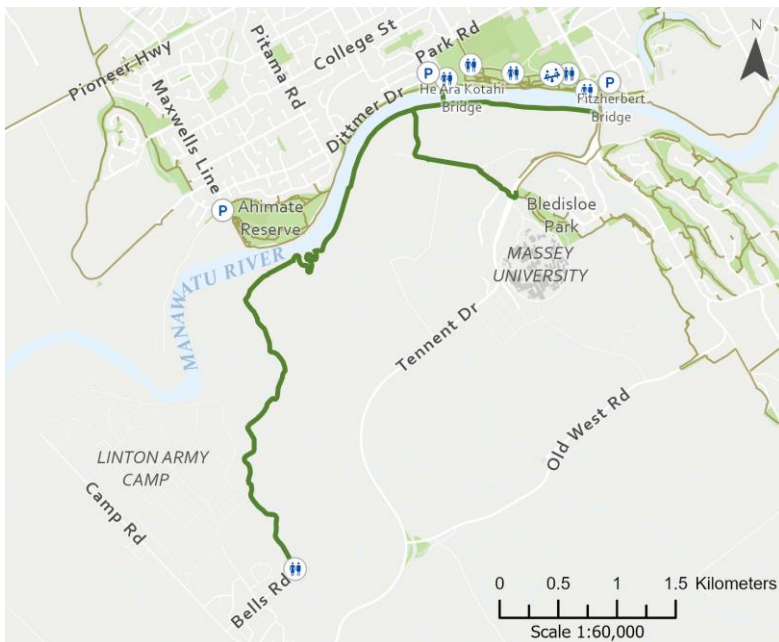
Palmerston North



All funds raised support the Wishbone Foundation



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Links

<https://www.pncc.govt.nz/Parks-recreation/Walks-and-walkways/He-Ara-Kotahi>

<https://manawatunz.co.nz/stories/manawatu-river-pathway-and-he-ara-kotahi-a-local-link/>

<https://manawatunz.co.nz/explore/stay/>

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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 **local host Murali Reddy**. For any questions about the day, please contact him directly: kmd_reddy@hotmail.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.

The participant donation: Surgeons+industry \$100pp/\$250 family, non-surgeons+ hospital employees \$25-\$50pp (whatever you can give gratefully received) will go directly into the Wishbone research funding pot – but of course it'd be awesome if you can pick up the baton & give 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.