

Wishbone Relay

Cape Reinga To Auckland



Join the Journey - Support Orthopaedic Innovation



Trip Highlights

- **Day 1:** Tues 5 March: Drive Auckland-Ahipara
- **Day 2:** Wed 6 March: Cape Reinga-Ahipara (Cycle 103km)
- **Day 3:** Thurs 7 March: Ahipara-Opononi (Cycle 88km & if time, play on the dunes)
- **Day 4:** Fri 8 March: Opononi- Dargaville (Cycle 86km)
- **Day 5:** Sat 9 March: Dargaville- Helensville (Cycle 69km plus ferry & a dinner cruise from Poutu Point to Parakai - then bike last 3 km ride to accommodation in Helensville)
- **Day 6:** Sun 10 March: Helensville-Auckland (Cycle 50km via cycle friendly route)
5pm BBQ and beers at Helen or Josie's place for riders, families & AOS members
- The support vehicle will carry luggage, water, some food and repair kits. Supply & carry your own snacks

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.

Wishbone Relay

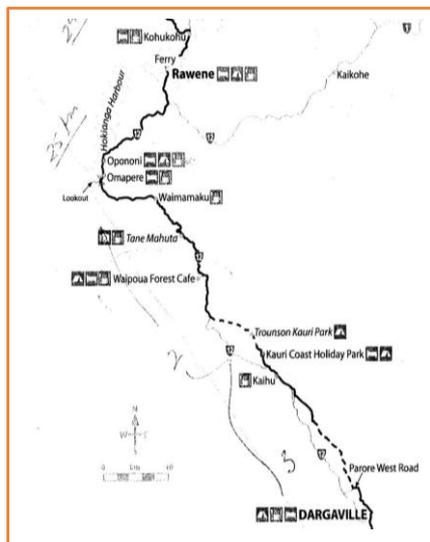
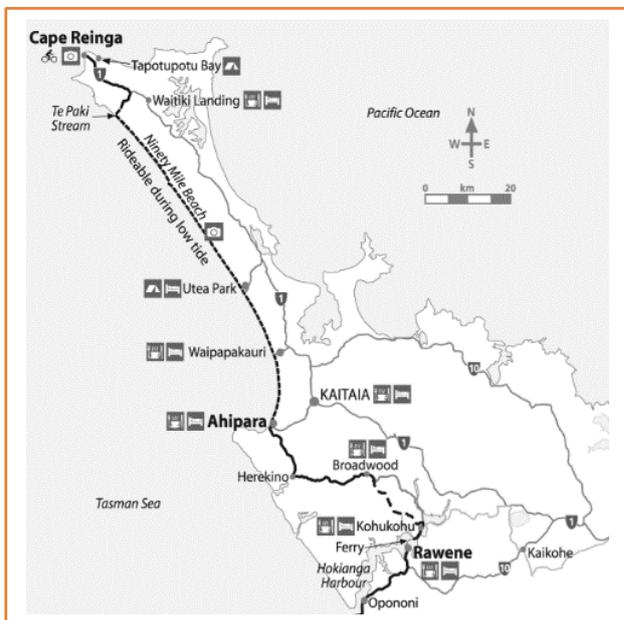
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Logistics

Date: Tuesday 5 - Sunday 10 March 2024

Duration: 1 day travelling north + 5 days cycling back

Start: Travel from Auckland Domain to Cape Reinga in shared shuttles (Cost TBC)

Riding starts Wednesday 6 March in Cape Reinga. From the Cape onwards the support vehicle will be driven by Stuart and Lesley McCowan

Finish: Auckland Domain - Central Auckland

Grade: 60% sealed - 30 % gravel/dirt - 10% beach. Anticipate 7-8 hours in the saddle for some days. Please self-evaluate own fitness around spending multiple days cycling

Activities: Cycling & as time allows sand surfing. Participants to organise own cycle/spare parts

Accommodation: Motels & campgrounds - Bookings to be self-managed, see links section for options

Cost: \$500pp Wishbone donation plus participants to book & cover all other own expenses such as accommodation, food, ferries & some shuttle services.

Your event hosts will organise some shared costs such as shuttles north, support vehicles, some shared food where there are no shops etc. This component will be divided between participants at cost & can therefore total can only be finalised after numbers are confirmed.

How To Book: Registration portal is Live! Scan the QR or there's a link on the NZOA homepage. Flexibility & mobility are cornerstones of the Relay – so if you are only able to join for part of this epic journey, please email josiesin@xtra.co.nz - we'll make it work!

Wishbone Relay

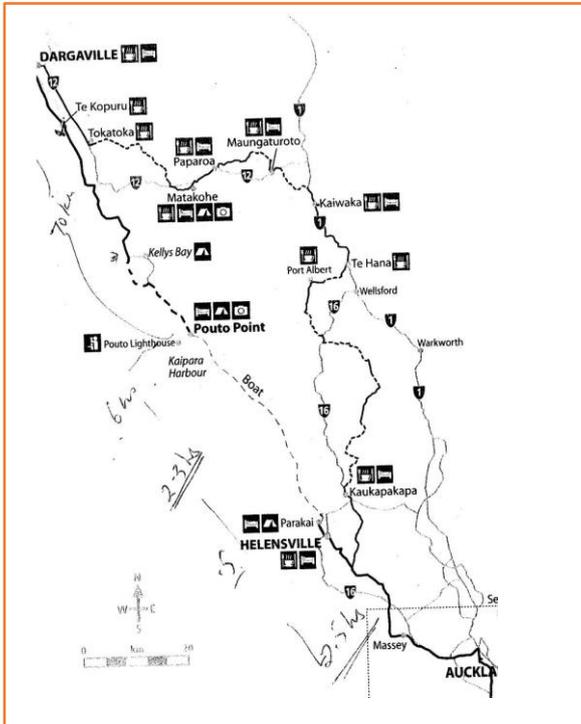
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Links

Accommodation 5 & 6 March – Ahipara Holiday Park have cabins, motels, self-contained & a 20 bed lodge we can book if numbers allow. <https://ahiparaholidaypark.co.nz/>

Accommodation 7 March – Opononi Hotel have harbour view rooms & self-contained units – please see attached PDF & contact them directly. <https://www.opononihotel.com/>

Accommodation 8 March – Dargaville Holiday Park has cabins & studio options – please see attached PDF & contact them directly. <https://www.dargavilleholiday.co.nz/>

Accommodation 9 March – Helensville <https://www.helensville.co.nz/accommodation.htm>

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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 journey they pass the baton to **local host Helen Rawlinson & group leader Josie Sinclair**. For any questions about the trip, please contact Josie directly: josiesin@xtra.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

Fundraising

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

The participant donation of \$500pp will go directly into the Wishbone Foundation 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 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 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.