

Wishbone Relay

Kenepuru To South Coast

Join the Journey - Support Orthopaedic Innovation



Trip Highlights

- Bike from Kenepuru Hospital/Porirua via Colonial Knob, Skyline Walkway, Makara Mountain Bike Park, Wrights Hill to the South Coast
- Stunning panoramic views over Wellington
- Transport back to Wellington/Kenepuru
- Black & White Charity Ball in Wellington that evening at 6.30pm

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: Saturday 17 February 2024

Start: 9.30am Kenepuru Hospital Carpark - 16 Hospital Drive, Tōtara Kenepuru, Porirua

Finish: Approx 3pm @ South Coast Visitors Centre/road end. If unable to complete the whole track, there are options to exit earlier at various points along the way. Transport back to Wellington/Kenepuru & other locations by arrangement

Grade: 3 (See table & links lower)

Activities: Mountain Biking

Accommodation: Self organised in Wellington/The Hutt, Pukerua Bay or Paekakariki (Kapiti Coast)

Cost: Wishbone donation: Surgeons+industry \$100pp/\$250 family. Non-surgeons+ hospital employees \$25/\$50pp plus \$20pp contribution towards transport back to Wellington/Porirua. Self-organise lunch/snacks & drinks for on the ride.

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

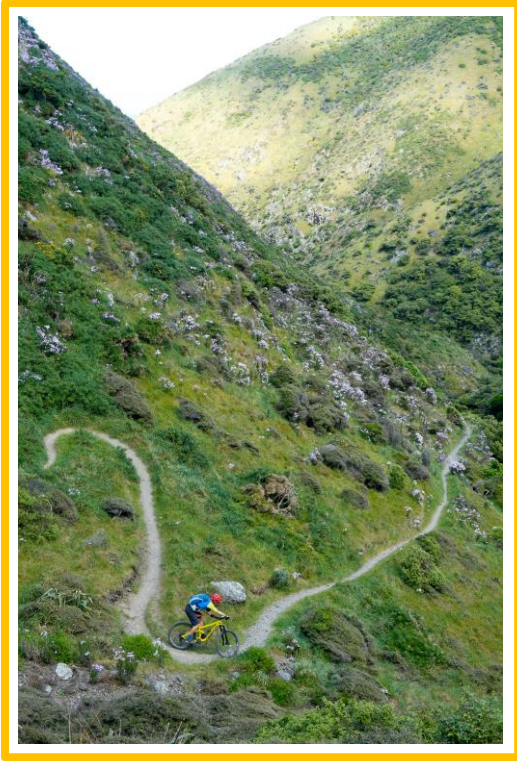
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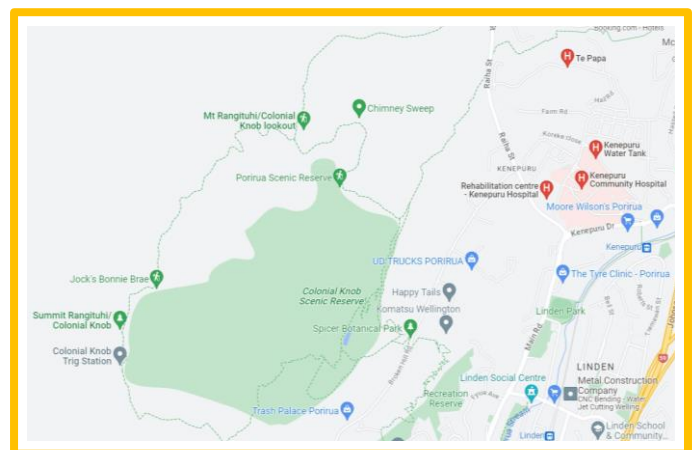


All funds raised support the Wishbone Foundation



Links

- <https://www.trailforks.com/region/wrights-hill/?activitytype=1&z=13.1&lat=-41.33421&lon=174.72396>
- <https://www.myguidewellington.com/travel-articles/best-wellington-bike-trails>
- <https://www.wildernessmag.co.nz/magic-carpet-ride/>
- <https://www.wmtbc.org.nz/where-to-ride>
- <https://www.metlink.org.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 **local hosts Hamish Leslie, Tim Gregg & Roy Craig**.

For any questions about the day/route, please contact them directly:

hleslie@boulcotthospital.co.nz tim.gregg@ccdhb.org.nz rcraig@boulcotthospital.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 Surgeons+industry \$100pp/\$250 family, non-surgeons+ hospital employees \$25/\$50pp 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.

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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