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## Winter 2011 July

Another fantastic snowfall over the last two days with a clear day today. Winter in Queenstown at it's best with fantastic skiing on all the mountains. It appears now that we will have a good conditions for all legs of the Peak to Peak.

### The North Face Peak to Peak

A race for individuals trying to set very quick times, or beat their previous year's result, or for teams of friends or work colleagues keen to compete together in what has become one of New Zealand's most high profile winter adventure races.

The teams section is always hotly contested. We find the traditional friendly rivalry between local business house teams a particularly exciting feature of the race!

### The Stages

Stage 1: Ski/Board 2km High on the Remarkables Ski Area. A mass start - run down to skis.

Stage 2: Mtn Bike 17km Down Remarkables road to Frankton Beach

Stage 3: Paddle 7km Frankton Beach to Queenstown Bay

Stage 4: Run 9km From Queenstown Beach, through town and out to Coronet Alpine Hotel

Stage 5: Bike 9km From Coronet Alpine Hotel to the finish at the Coronet Peak Ski Area base

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## Practising

Homeward Bound is currently looking great for the race, so we fully expect that we will once again have this great run to start the event.

The access road to Remarkables was riding great last week, and the lake has mostly been quite calm. (although I am not guaranteeing that on the day)

Parts of the run course will probably be a bit slick as some of these areas do not see to much sun. As will the change over at the Coronet Peak Hotel. I stopped in their yesterday and the car park was well covered with snow.

I know that a few people have been out practising on their road bikes on Coronet Peak over the last week or so and the riding has been reported as - fine for road biking. But right now: it could be a bit tricky even on a mountain bike. However we are still have sometime for that to change, although more snow is forecast.



## The Gradients

It has been great watching the Tour de France during the last few weeks and it is interesting to compare the gradients that we ride here compared to the large mountains of Europe.

Some information on the gradients of the local hills, especially Coronet Peak compared against the 'giants of the alps' and the climbs in the Tour de France.

Stage 18 the climb that finished on Galibier  
The last 8.5 kilometres above Col du Lautaret averages 7.1%.

Coronet Peak Road The climb is 8 km. Average Gradient 9% but gets up to 11.5% at times.



## Enter online

The entries are coming in steadily, but I know many who are going to race that have not entered.

The online entries are open and just a click away.

[Online Entry](#)

### Divisions for:

Individuals: Men / Women - Open, Junior or Vet

Teams: Open / Female / Mixed / Business House / Vet / School

**Please note:** Prizes for all 1st place getters, 2nd place getters (when field of more than 7 in category) and third (when field of more than 10 in category), and spot prizes.

Trophies for 1st Individual Male, 1st Individual Female, 1st Vet Male, 1st Open Team, and 1st Vet Team.

### Entry fee

Individual: \$60 (\$70 entry on the day)

Team: \$120 (\$140 entry on the day)

To enter a team online follow the link above, and then with a little patience, and some knowledge of your team mates it is the same process as for the individuals.

If you have any problems with team entries click [here](#) for details on entering process.

Alternatively, the downloadable 2011 entry form is also available.

Click on the [2011 Entry form on this page](#)

### Registration / Race Briefing / Prize Giving

Registration at R & R Queenstown from 6.00pm Friday 5th for bib collection and race pack.

For those from out of town it is also available at Remarkables Ski Area from 10.30am on the 6th August.

Race briefing at 11.15am at the Remarkables Ski Area on the 6th August also.

Prize giving at Coronet Peak after the race.

**Race video at Dux de Lux from 8.00**

## Competitors Briefing Sheets and the Rules

The [rules and briefing sheets](#) for the Peak to Peak are available online and for racers are compulsory to read. They also serve very well as a guideline for your race for the day.

Other information that is valuable and available online.

[Peak to Peak tips from One2Onemultisport.co.nz](#)

[Homeward Bound Map](#)

[Course Map](#)

[Run notes](#)

[Runners Map](#)



## Questions and Answers

A few Q and A...

Q. Just wondering about the rules for the ski leg? Is it necessary to use skis or a snowboard or are other modes of transport acceptable, eg. a sled etc??

A. any sliding equipment is accepted.

Q. For the kayak, is it ok to use a surf ski? or are there any restrictions on the type of kayak used?

A. No restrictions on kayaks

Q. Can I have any number of athletes in a team?

A. Between two and five members make up a team.



Q. Just wondering if there are any rules on using iPods or Mp3 players in any of the P2P legs?

A. The rules do not specifically address this - but the answer is No iPods or MP3 players allowed

Q. Do you have to buy a ski pass for the day to get to the start line or do you have an agreement that allows competitors access to the start line.

A. The bib allows competitors one lift on the chair to get to the start line

## The Sponsors

A special mention to [Coronet Alpine Hotel](#) for letting us use their grounds at the last transition before the ride up to Coronet Peak.

Finally, we can only thank our sponsors yet again for their generosity and support:

### [The North Face,](#)

Home of technically advanced, innovative, footwear, and gear that inspires athletes to Never Stop Exploring'. Available in these shops

#### **North Island**

The Northface Store - Queen St Auckland  
 Bivouac Outdoor - Queens Street / Newmarket / Hamilton / Wellington  
 Pack'n'Pedal - Albany and Botany Downs  
 R&R Sports K RD Auckland  
 Outdoorsman Rotorua  
 Taupo Great Outdoors  
 Gordons Wellington

#### **South Island**

Racers Edge Wanaka  
 Base Wanaka  
 Element Frankton  
 R&R Sports Queenstown / Ashburton / Dunedin / Nelson  
 Bivouac Dunedin  
 Note: also in Outside Sports Queenstown

### [Coronet Peak and the Remarkables,](#)

Epic skiing & riding in the spectacular heart of New Zealand's southern alps.

### [R&R Sport,](#)

NZ's leading outdoor adventure retailer

### [Dux de Lux,](#)

Queenstown's home of New Zealand's finest live music and an icon institution in the music scene,

### [Export 33](#)

### [Queenstown Gym,](#)

Queenstown Gym is the ultimate workout location

### [Smith Optics,](#)

Authentic Eyewear

### [K2 Skis,](#)

Skis for all applications; Adventure, All-Mountain, Twin-Tips, Youth and Women's.

### [Zoot,](#)

Zoot Sports, focused on providing the athlete with the ultimate in performance apparel, footwear and accessories.

### [The Rock FM](#)

New Zealand's Top Rock Music Station

### [Kawarau Jet,](#)

Unforgettable Jet boat experience

### [Peak Projects](#)

Specialist design, development, construction and project management

## Southern Traverse Events Calendar and Other Events

The North Face Peak to Peak Saturday 6th August 2011  
 Patagonia 8hrs@Jack's Saturday 22nd Oct 2011  
 Fresh Choice Womens Bike Run Tri 3rd March 2012  
 Outside Sports Super D 31st March 2012  
 New World Tour de Wakatipu 7th April 2012

Corona DirtMasters Downhill 6-7-8th April 2012  
Queenstown Bike Festival 31st March - 9th April 2012

### Other Event Information

#### Lake Hayes Kayak race

Lake Hayes Kayak race next day 7th Aug 10 am at Lake Hayes Rowing Clubrooms handicapped 1 or 2 laps enter on the day \$10 non club members, \$5 club members. Run by Central Otago Multisport Club

#### 100% Pure New Zealand Winter Games 2011

The Winter Games NZ is an international elite winter sports competition featuring alpine skiing, snowboarding, figure skating, short track speed skating, ice hockey, curling, cross country skiing, winter triathlon and freestyle skiing that takes place over a 16 day period from 13–28 August 2011. Events occur at various locations throughout the Otago and Canterbury regions in New Zealand's South Island.

#### Winter Triathlon

Saturday 27th August

The New Zealand National Winter Triathlon Championships.

Venue: Snow Farm

No entry Fees

1. Run—6.8km 2. Mountain Bike—12km 3. Cross Country Ski—9.5km

Enter Online at [www.wintergamesnz.com](http://www.wintergamesnz.com)



### Patagonia 8hrs@Jack's

The 8hrs@Jack's enters its 3rd year. This event is set in the environments of Jacks Point, and it takes place on a glorious circuit that is now called the "Straggler's loop".

**Event:** A multi lap relay mountain bike event for individuals and teams. At the front of the field there will be intense competition as elite athletes race to finish each lap in a time of around 25mins, while the recreational athletes will finish each in about 40-45mins.

The track circles through the temporary 'tent village' created, before departing through the rocky valleys and terrain on the northern side of the development. Single track, 4\*4 and gravel roads will lead for 7kms before returning.

Entries open soon.

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Southern Traverse

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