

The Mizone 7in1 Challenge

Event date: Sunday 18 October, 2009

1 INTRO / BACKGROUND

By now you will probably have heard about the [7 in 7 Challenge](#) - my rather audacious (some would say daft) plan to run the 7 mainland Great Walks in just 7 days. The ultimate goal of this venture is to raise \$50,000 for the [Leukaemia & Blood Foundation](#).

The 7in1 is a prologue to the 7in7, and we decided to organise in response to the overwhelming reaction of people on hearing about it. A huge number of you have expressed interest in taking part in this mammoth fundraising effort, but unfortunately places on the 7in7 are strictly limited. So I wanted to organise something that anyone could participate in. Something that would be FUN, that builds on the Big Idea that is 7in7, and which will further help our fundraising efforts. In short, a unique FUNdraising event.

So here it is - with help from the team at total sport, who will produce the event – we bring to you, The Mizone 7in1 Challenge. It's an event like no other; a trail run, non-profit event that will donate all proceeds to the Leukaemia & Blood Foundation - an event for everybody to enjoy.

Cheers from Mal – come and join us on the 18th of October!

2 EVENT

OK, so what exactly is the Mizone 7in1 Challenge then? As Mal has already outlined, he is an absolute nutter and has decided to knock off 360km of trail running in 7 consecutive days – good idea Mal. So the 7in1 is an event that gives individuals and teams alike the chance to (a) come and run on some awesome off-road trails on a brilliant piece of land (thanks Rob Garden, you bloody legend!), and (b) contribute to Mal's efforts in raising \$50,000 for the Leukaemia & Blood Foundation in a very real and tangible way.

Event description / format

In short, the 7in1 is a mini version of the 7in7. We have created 7 individual courses, all of which will be named after each of the great walks Mal will knock off later in the year (eg. Lake Waikaremoana, Abel Tasman, Routeburn etc).

Each of the courses will be between the 3 / 4km – 7 / 8km distance, and each will start and finish from the same place at the event base.

So, what do you do then? Well, you come along to the 7in1 (either as an individual, or as a team) with the intention to complete all 7 stunning courses – the total distance of all courses will be approx 25 – 30km so there's a fair chunk of territory to cover as an individual (which is why the team option isn't a bad idea!!)

Individuals

So if you're participating as an individual, you'll knock off the 7 courses and will come back to base after each course (which is where each course ends, and each new one starts), have a quick slurp then head off to knock another one off – repeat until there are no more courses left to do!

Teams

If you're keen on the team option, then only one of your team heads into the wilderness at a time. The rest of you hang about and drink coffee until your team mate comes back, at which point the next team member laces up and hits the next course – repeat until there are no more courses left to do!

And just to make sure that you don't just disappear into the horizon, never to return to your family, we will have a 5 hour time limit placed on the proceedings ie. if you or your team isn't back in 5 hours we pretend we've never known you and deny all knowledge that you were at the event when the police come knocking!

On each of the courses, there will be a token of some sort that you need to collect and bring back to base, which proves to us that you've been there – not that we would ever imagine you'd even consider taking the odd short cut.

Event options

- Individual 25 – 30km trail run
- Team relay 25 – 30km trail run (teams of between 2 – 4 people, non gender specific teams for this one)

Event course description

- All 7 of the individual courses will start and finish from the central event base, which will be right next to where you park your vehicle. Each of the 7 individual courses will be somewhere between 3 – 8km and will all be entirely off-road on superb trails through pine forest, native bush and rolling hills and farmland – really awesome stuff!

Event prices

- Individuals \$50
- Teams \$35 / team member

Event start times

- All individuals and team members will start at 09.30am
- Everyone needs to back at the event base by 2.30pm (ie. 5 hour time limit)

Aid station info

- There will be one massive aid station at the event base

Course maps & profiles

<http://www.totalsport.co.nz/events/7in7/index.php>

Directions to the start (and event base)

- Head to the end of the north western motorway, turn left at the lights then right at the big roundabout. Head through Kumeu and Huapai (on state highway 16). Continue past the entrance to Woodhill and keep going. When you get to the roundabout at the end of state highway 16, make a left and head past the Parakai hot pools. Stay on this road (which will become South Head Rd) for another 5 minutes and we'll have some very clear event signage which will have you turning left off South Head Rd and into our event base. Driving time from central Auckland is 40 minutes (and so worth the drive!!)

Special information (cut off times etc)

- There will be a 5 hour time limit for both individuals and teams

Pre event registration information

- All event registration will happen on the day at the event base

Post event happenings

- There will be a very informal prize giving happening around 3pm
- Throughout the event there will be coffee and food available for purchase

3 ENTER

- Individuals \$50
- Teams \$35 / team member

Event entry options

<http://www.totalsport.co.nz/events/7in7/index.php>

5 RESULT

http://www.totalsport.co.nz/results/results_2009.php

6 CONTACT

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