

Metropol **Rangiora** and North Canterbury

# Get outdoors this spring

**D**ust off the bike, grab those running shoes from out of the bottom of your wardrobe... it's time to set a goal for your fitness!

Get your training underway now for these great multisport, mountain biking, running and walking events that are being held throughout the Waimakariri district, just north of Christchurch this Spring 2011.

How about mountain biking in the remote backcountry, a fun run or walk at Pegasus and in the new Tuhaitara Coastal Park, half marathons in the Ashley Forest and near Oxford's foothills, running and biking in Kaiapoi and kayaking on the Kaiapoi River? A great day out in the country, and just a short drive from Christchurch

For more details of these events visit [www.visitwaimakariri.co.nz](http://www.visitwaimakariri.co.nz).

#### **Sunday 4 September**

North Loburn School Half Marathon and 10km run/walk - A unique journey through the forestry roads of Ashley Forest.

#### **Sunday 18 September**

Oxford Country Classic - Half Marathon, 12km and 7km run / walk.

#### **Sunday 9 October**

Pegasus Fun Run - A great day out for the whole family run / walk tracks of 2.5km, 5km and 10km.

#### **Sunday 16 October**

Clarkville Classic Duathlon & MTB Race (to be confirmed) - 7.7km run and/or 21km cycle along Waimakariri River Regional Park.

#### **Sunday 5 November**

Lees Valley Challenge MTB Race - 80km MTB endurance race through remote North Canterbury.

#### **Sunday 20 November**

Kaiapoi Classic Multisport Race and Duathlon - 8km run, 5.5km kayak, 20km MTB.

For more details on all these events visit [www.visitwaimakariri.co.nz](http://www.visitwaimakariri.co.nz), email [events@visitwaimakariri.co.nz](mailto:events@visitwaimakariri.co.nz), or join Visit Waimakariri on Facebook.



*Pegasus Fun Run / Walk, Sunday 9 October 2011.*