

Merino Muster Race Handbook

Last Revised :30th August

Event Date: 3rd September 2022



Race week daily update:

Updates at 7 am daily during race week.

Snow Farm Snow report

Looking good today the course is groomed and we are waiting for you

Haven't had an official course report

Light wind and 1C temp

Live results on the Website _ www.merinomuster.com get the link to your friends

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- [Tipping.](#)

Generally tipping is not expected in New Zealand. However if you feel you have had good service then a tip is really appreciated. Some restaurants add a tip section on their tab. It is up to you to determine if you want to pay for this.
- [Driving](#)
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Please email merinomuster@gmail.com for us to include questions and answers we may have missed.

Important Covid19 Information (24th August 2022) <https://www.health.govt.nz>

If you need Rapid Antigen Tests we can provide them for you Free of Charge

Should you test positive please go online and to

<https://covid19.govt.nz/testing-and-tracing/covid-19-testing/report-your-rat-with-my-covid-record/>.

There are instructions of how to report your results. You will need to make an account etc.

Why is it important to report the results if positive?

The local medical team will be advised and will contact you by phone re your symptoms and assess if you need to be seen by their team. They respond quickly but if you are concerned call after reporting your details on the Ministry of Health website, phone the Medical Center and tell them your concern.

If you become seriously ill phone 111 the emergency ambulance service and be sure to tell them you have covid.

Please notify Mary and her team will make sure you have food and supplies. Stay in your room.

Introduction

The Merino Muster is New Zealand's premier long distance cross country ski race, and an associate member of the prestigious Worldloppet series of international cross country ski events. Worldloppet is a union of the most famous cross country ski races in the world attracting over 120,000 skiers annually.

Worldloppet passports stamped for Gold master 42km race and Silver master 21km passports are available for purchase - We are not yet eligible for Global masters recognition until we become a full member which we are planning as soon as we recover from the Covid set back.

Event date:

Saturday September 3rd 2022, Sunday September 4th 2022 is the reserve day if the weather is too inclement to run a race. We have not had to use this day in prior years but keep in mind we are in a mountain environment and nee dto protect your safety and the volunteers safety

Event Distances

The Merino Muster is divided into five race distances, including a Mini Muster for the under 10s in the afternoon:

- 42km Merino Muster
- 21km Snow Rake
- 14km Race -Double fleece
- 7km Straggle Muster
- 1km Mini Muster under 10

Start Times:

• 42km Merino Muster	10:00 am
• 21km Snow Rake	10:00 am
• 14km Double fleece	10:05am
• 7km Straggle Muster	10:05am
• 1km Mini Muster	TBC

There will be a verbal race briefing only if there is a course change

Please read the race briefing.

Racers into the corral area 9:45

All racers must have bib numbers noted by marshals before the race

42km Merino Muster

21km Snow Rake

14 km Double Fleece

7 km Straggle Muster

Mini Muster after the finish of the 7 km approx 1 pm

Warm up area on Highlander or other trails away from the start area.

Race Technique

All events are freestyle technique, with classic tracks provided for classic skiers.

Event Details - see map

Note

7km Straggle Muster Course Loop 1

14km Race 2x Loop 1

21 km Snow Rake Course Loop 1 & 2

42km Merino Muster Course Loop 1, 2 & 3

7KM Straggle Muster

Follows the ever-popular Mary's trail and then into the Merino Glen trail system finishing with the Highlander trail. This is the perfect event for beginners, families and younger skiers to join in this world class event.

14KM Double Fleece

2x the 7km loop.

21KM Snow Rake

Designed as a stepping stone to the Merino Muster. The distance is very achievable for the novice to intermediate skier. Follows the same course as the Straggle Muster before heading North through the River Run up Tranquillity on to Toms track and then back on the Loop, into Highlander through to the Finish.

42KM Merino Muster

As challenging as it is beautiful the Merino Muster is for the more experienced cross country skier or the fit competitive cross training athlete. This course does the Straggle Muster and Snow Rake Courses before heading out on Hanging Valley across Musterers flat, River Run Tranquility & Toms trail on to the Loop and finish as the 21km Snow Rake.

Mini Muster

For the 9 yrs and under. , the perfect event to get the Little ones out on the snow. 1km course around Mary's trail. Enter on the day. The event is run by the Snow Farm Ski School

All Finishers in the five events receive a medal and Age Group place getters are awarded a pin.

Racers info Please click on the [Racers Info](#) and fill out the form please. Help our announcers they love to be able to give the correct information as you ski past.

Skiing at the Snow Farm

Trail Passes

The event is hosted at the Snow Farm. The Snow Farm is operated by the Pisa Alpine Charitable Trust who incur the costs of the ski trail grooming and all associated fees. Please understand that you will be required to pay trail fees on the days leading up to the race.
(All days need trail passes except race day)

Check out the Snow Farm [Trail Map](#) NB Out of Bounds Area

Alongside the ski area is an Automotive Testing Ground. Please do not ski in this area. Access to the ski trails is through the Lodge.

Ski Hire

Snow Farm Ski Hire

Race and recreation skis available at Snow Farm
Book in advance and pay when you pick up the skis
Bring your own boots as we have both Profil and NNN skis available for hire as well as suitable poles.
[Ski Hire](#)

Race Results and entrant lists will be available online close to the event.

Bib Collection

Bib Collection lake Wanaka Centre 4pm to 6pm 1st September and Snow Farm 8am on race day September 3rd from 8am

Event Updates and Communications

Event updates and pre-race information will be sent to you by **email** closer to the event. It will also be updated in this handbook as notes at the 8am each day leading up to the race. It is your responsibility to read and understand the information. Please notify us of any changes to your email address so we can notify you of special offers, course changes, pre and post race functions, links to results and photos.

Worldloppet Passports

Passports can be purchased at the Merino Muster welcome and information desk at the Snow Farm Lodge and at Bib Pick up. Bring or send a passport photo to be affixed to your new passport. Stamping Passports after the race at the Merino Muster welcome and information desk in the Lodge.

For information about [Worldloppet](#) and how to become a Worldloppet Master check out the [Worldloppet website](#)

Gear Bags

ONE RACER, ONE BAG FOR ALL WORLDLOPPET RACES

Worldloppet is introducing Green Practise to support the 'Saving Snow' Climate change initiatives. Leave your Musterers bag at the start in our secure area.

Merino Muster Sustainability program

Musterers Bags reusable and accepted at other Worldloppet races, replacing the large plastic bags for gear at race starts, they will be available for purchase at bib collection and prior at the Snow Farm Shop.

Musterers drybag backpacks are multipurpose and will serve as the cabin bags, gear bags, tramping, skiing, water sports plus many other uses. They have been well tested. Race entrants fee for the bag is \$65NZ. There will be an area at the race start fenced off for Musterers bags only. The lodge is rather congested and we recommend you store your gear safely at the designated area.

Questions Email: merinomuster@gmail.com or phone: 021766910

Race Office hours

To be Advised



MUSTERER'S BAG SUPPORTING WORLDLOPPET GREEN INITIATIVES



Worldloppet races phase out plastic bags

One racer, one bag used at every race, saving snow.



The Musterers Bag

This lightweight multipurpose Musterers Bag has been designed for: Dry bag uses, Skiing & Tramping, Cabin Bag, Supermarket shopping, Water sports and many more.



Instructions for the best practices.

Main bag storage

Leave in or lift out the base that is attached with Velcro.

Add your gear

Roll or fold down the top of the bag. Attach the clip from the bottom of the bag on either side when wearing on you back.

For storage ie race day click together to form a handle.

Adjust shoulder straps to fit.

Clip chest strap.

Clear window for race number

Zip outer pocket. Take the zipper head to the very top under the protective cover for maximum protection.

Clip on your drink bottle or extra clothing.

Designed in NZ by Daisy Designs. Manufactured in China.



\$50 for competitors with the entry form

Waxing Service

Snow Farm offers a race waxing service. Please book at the Snow Farm

Pre & Post Race Social Events & Activities

International Skiers dinner - Thursday 1st September Wanaka Town Centre

Bookings essential

Prizes Giving on the Snow

Informal relaxing dinner at the Lakeview Seafood Chinese restaurant

Feed Stations & Skier Safety

The Merino Muster race organisers insist you take responsibility for your own safety while on the course.

- Wear layers of warm clothing and take a small backpack to shed the layers if needed.
- If you need a special sports drink take it with you. We supply water at the feed stations.
- Any medical problems it is important that you let us know prior to the race.
- Study the race course maps to ensure you know where the feed stations are located
- Let a course official know if you are not feeling well, or notice anyone in distress or other incidents or accidents on the course.

Feed stations Please note food stations are under review due to covid protocols

Stadium Lodge	Meadow Hut 10.5 kms & 31.5 kms
<ul style="list-style-type: none">• Jelly Sweets• Sports drink• Water• Cookies• Bananas• FINISH• Goodies	<ul style="list-style-type: none">• Jelly Sweets• Sports drink• Water• Cookies• Bananas• Fruit cake
The Loop 17 kms & 38 kms	Hanging Valley 27 kms
<ul style="list-style-type: none">• Jelly Sweets• Sports drink	<ul style="list-style-type: none">• Jelly Sweets• Sports drink

<ul style="list-style-type: none"> • Water • Cookies • Bananas • Fruit cake <p>Merino Glen 3 kms</p> <ul style="list-style-type: none"> • Jelly beans & Sweets • Water & cookies 	<ul style="list-style-type: none"> • Water • Cookies • Bananas • Fruit cake
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Fruit cake ingredients: Flour, mixed dried fruit, crushed pineapple, orange juice, eggs, brown sugar. Ask if there is a GF options

Hydration at the Drink stations

Water is provided. You will be given a sports drink sachet at Bib Pick up so please fill you and carry your own hydration.

Medical Aid Stations

Snow Farm Office – 03 443 7542 or Emergencies 111

Lodge: Backcountry Medical Unit – SNFZ medical team Doctor on site.

All feed stations have communication capability. If you have a cell phone and there is an emergency call 111 and then notify the Snow Farm office +64 3 443 7542 Please put these numbers in your cell phone now !!!

Emergency procedure

What to do if you or a fellow skier have a problem away from a feed station:

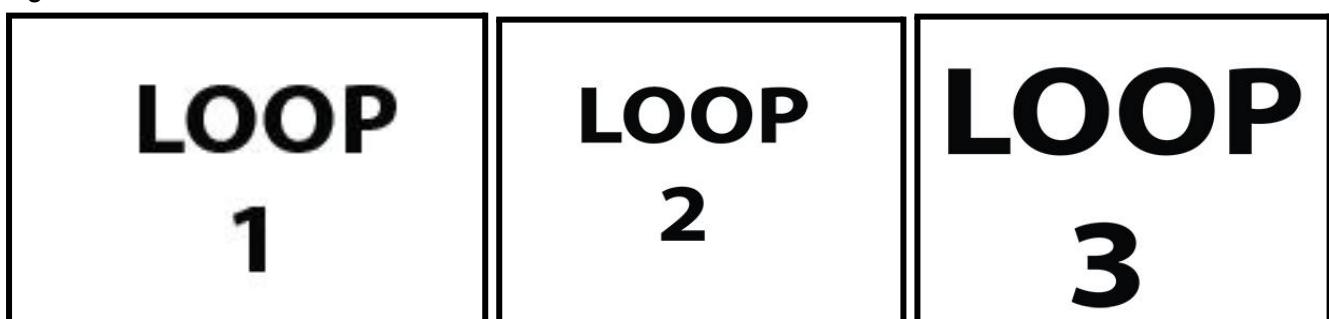
- Stop before you have a problem
- Inform a passing skier to ask for help.
- Call 111 for an emergency or
- Snow Farm +64 3 443 7542
- **Set these numbers in your phone before race day.**
- Put on any extra clothing to keep warm
- Eat or drink if you have food with you.

If you feel unwell out on the course don't continue. Tell someone i.e. another competitor or a Marshall at the Feed Station. There is a Paramedic at the Lodge and a paramedic on the course. The remote feed stations have radio's & phones for emergency contact

We have Emergency services at the Lodge and a First Aid patrol with a Skidoo. The Otago rescue helicopter service is available 24/7 and by calling 111 they will determine if it is necessary to be despatched with full medical support from Dunedin or Queenstown.

Course Marking.

Signs



The course is marked and is the most recently groomed trail.

NB There is a combination of Loops ensuring the distance for your race on the signage. Ropes and V - Boards will direct you while on the course.

Don't ski through v-boards or under ropes.

Straggle Muster	7km Loop1
Double Fleece.	14km 2x Loop 1
Snow Rake	21km Loop 1 & Loop 2
Merino Muster	42 km Loop 1 & Loop 2 & Loop 3

Bib Colours are not necessarily related to the Course marking colours

Race Briefing - Verbal only if a course change.

The race briefing will be posted on the information boards in the lodge the week prior to the race and updated in this handbook. Please check it for any changes to the briefing relating to weather and conditions.

Start Time s0:00 am 42 Km,10:00am 21km,10:05 am 7km + 14km

Check the start list situated on the official notice boards at the Lodge to ensure you are in the correct age group and event. The recorder on your bib is your timing chip - look after it and finish through the finish towers to ensure your time is recorded. Please ensure your timing chip is on the front of your bib so it can be read as you go over the finish line.

Get to your race start on Main Street in plenty of time and well before your start time (we recommend 15 mins}. Don't forget to warm up.

- Kilometre signs are approximate, enjoy following them.
- All skiers receive a medal and a year pin.

Cut off for Merino Muster

Cut off for the Hanging Valley section (Loop 3) of the 42km Merino Muster is 12:00pm (Assuming a 9:00 am start). This is at the end of the second Loop as you leave the stadium for the second time to ski Hanging Valley (the third loop). It is designed to give skiers six hours to complete the Merino Muster. We will be flexible with this time depending on weather conditions and apparent health of the skier. Our mission is to support skiers to complete the course.

Should a skier not complete the 42 km course due to failing to make the cut off time for whatever reason we will allocate a 21km time but not a podium finish and will have a special category.

Planned Course Description 2022

Please note the Race Jury reserves the right to change the course for skier safety or adverse weather conditions. Any changes will be posted on the notice boards at the Lodge.

Please note carefully our signage. We try our best to mark the course so you all understand the signs. Note the loops that you do.

7km 1x Loop one 14km 2x Loop one 21km Loop one & two 42km Loop one, two & three

You must do the loops in ascending numerical order.

Please note this is a sample of the signs only.

Course

Loop 1: Straggle Muster and 14km Race

Note all skiers ski Loop 1. The first sign above shows all four races 42km, 21km, 14km and 7 km that must do this Loop.

From the start proceed down Main Street in front of the Lodge and onto Mary's trail, around Mary's and down Merino Glen. In this Loop everyone goes down Merino Glen. Marshalled point.

Follow Merino Glen until you return to the base area, 5km enter Highlander and continue around Highlander to the finish area. Feed Station at 3.5 km.

At the finish make sure your bib number has been recorded and collect your medal & pin before leaving the area.

Loop 2 Snow Rake & Merino Muster : After completing Loop 1

21km and 42km ski this course.

Through the stadium Loop lane **not the finish lane** where there is a feed station 50 metres further on. Around Mary's trail again and down Merino Glen to the Snow Bar express. Down Snow Bar express (the right hand trail on the biathlon range side) out on the River Run for the 21km & 42km'ers. Toilet at Meadow Hut and feed station at 12 km, continue round the Loop to Tranquility - up tranquility Toms track then on the loop. then hard right onto the Merino Glen on the right hand side (groomed for the race) to the fence & up the short steep hill into Highlander and enter the finish chute after completing Highlander.

Loop 3 Merino Muster After competing Loop 1 + Loop 2

42km ski this very special section of the Snow Farm trails

Through the Loop lane and feed station.

Finishers

Food & Drink is available at the finish.

All finishers receive a medal and a pin at the finish line. Your bib is your souvenir.

The place getters Award flower ceremony will be on the snow after the 42 km lead finishers are home between 1 pm depending on weather and snow conditions.

Prize Giving Mini Merino's Race and the under 18's award ceremony & prizes will be on the Snow after the 7km has ended or in the Snow Farm Lodge lounge if weather makes that necessary.- we will determine whether we continue the other events prize giving on the snow after most competitors have finished. It was successful in 2020.

Worldloppet passports will be stamped at the table in the Merino Muster welcome and information centre or other designated position - check at the Lodge..

Enjoy the event. Look after yourself on the course and report anyone in distress.

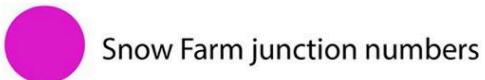
Social occasion to follow in Wanaka if the Covid rules allow - Meet the volunteers

Please note the 21km and 42 km course map.



Merino Muster 42 km

Loop 1- Green + Loop 2 Blue + Loop 1- Red



42km Merino Muster Directions

Ski Loop 1.

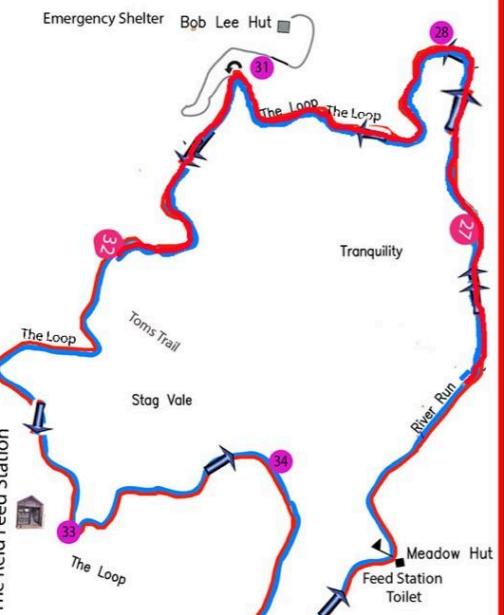
Pass through the Loop Lane
continue on to Marys trail, down Merino Glen
to River Run around the Loop back to the Stadium

Loop 2.

Back through the stadium, then

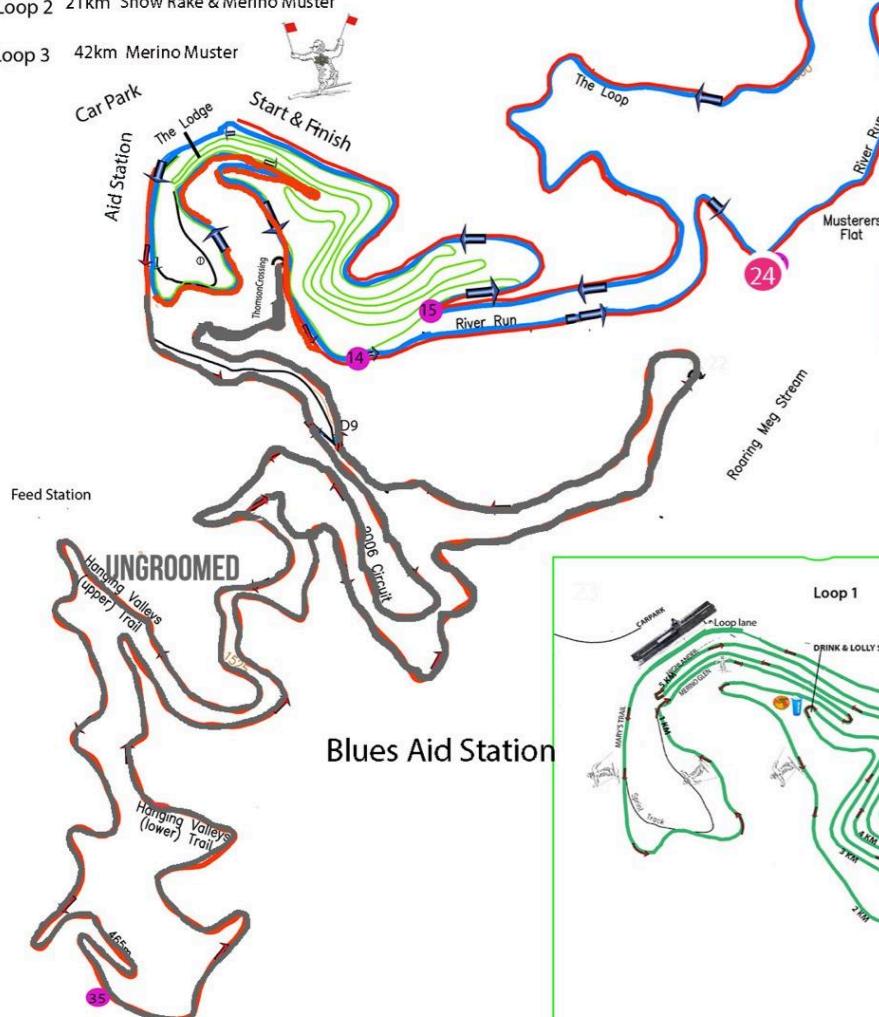
Loop 3

Around Marys Trail, Down Merino Glen to the River run and around the Loop
Back to the Finish

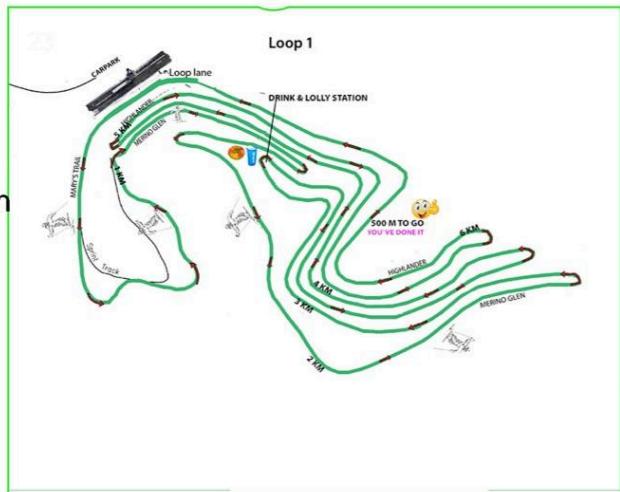


42 km km Loop 1 + 2 + 3

- Loop 1 7km Straggle Muster, Double Fleece, Snow Rake & Merino Muster
- Loop 2 21km Snow Rake & Merino Muster
- Loop 3 42km Merino Muster



**MERINO
MUSTER**
WANAKA NEW ZEALAND



Check out the course during the next week



**Each loop is marked with the signs below
to help you find your way**



Visiting New Zealand

Helpful information

Tipping.

Generally tipping is not expected in New Zealand. However if you feel you have had good service then a tip is really appreciated. Some restaurants add a tip section on their tab. It is up to you to determine if you want to pay for this.

Transport

Driving

We drive on the left side of the road. Do join us on that side.

[NZ Road Code \(English\)](#)

Driving to the Snow Farm

Renting a car gives you the freedom to ski and visit Wanaka tourist attractions as you wish.

Picking up your car:

Make sure it has a set of chains and the chains supplied fit and you know how to fit them. Please note carrying chains is compulsory for all vehicles transiting the Snow Farm road. There will be signs on the road if chains need to be fitted. There are 6 chain bays on the road and they have illuminated signs.

Transport to the Snow Farm for those without vehicles

You can book via the Snow Farm website

Accommodation

Packages have everything you need except race entries.

Cardrona Hotel



SHOPPING IN WANAKA

Wanaka has shopping for everyone.

Coffee is our culture from Kai Whaka Pai where you can sit outside to cosy indoor cafes.

Accommodation Advice

The Snow Farm ILodge is closed for accommodation 2021.

The next best option is to stay in Cardrona where there are several options from Holiday houses to the [Cardrona Hotel](#). The hotel fills up quickly once the Snow Farm Lodge is full. Beside the hotel are the Cardrona Villas. Cardrona Villas have a hot tub and freezing cold pool in winter. You can book a studio unit or a two or three bedroom apartment. Search [www.airbnb.com](#) (Cardrona Valley NZ) There is self catering or eat at the Cardrona Hotel 100m away. You can book units close to the Cardrona Hotel on [Airbnb](#) or [Holiday homes](#). You can find other places if you google Cardrona accommodation.

[Wanaka Hotel](#) is popular with the Worldloppet skiers. Very central in the township of Wanaka and reasonably priced. [Edgewater](#) is a special place by the Lake.

SUPPORT OUR SPONSORS

Cardrona

[The Cardrona Distillery](#). The Reid, Rose Rabbit and the Source. Visit the Distillery on your way to and from the mountain.

[Cardrona Hotel](#) the iconic stop over for a local beer, coffee, or a



meal.

[The Cardrona](#) - Horse trekking and 4WD motorbikes.

[Cardrona Alpine Resort](#)- Downhill skiing

[Peak Sports Chalet](#) - environmentally friendly accommodation, offering guests exclusive accommodation, very conveniently situated in a quiet area with great mountain views and a 5 minute walk to the lake.



Wanaka._{NZ}

[Wanaka](#) has an abundance of restaurants, coffee shops, vineyards, bars and more.

Our supporters:

Crombie Lockwood

Let Jackie and the team at Crombie Lockwood. The best deal for you for all your travel insurance needs.

[Snoworld - Solomon](#) - Designed for Freedom - Salomon was born in the heart of the French Alps in 1947. Since then, we've been creating innovative products to enhance the performance of athletes. Thank you Snoworld Wanaka.



[Maude Wines](#) -

Family-owned and operated wine company, producing hand crafted wines from their custom built. winery amidst the stunning backdrop of Lake Wanaka. Tours and tastings available.



[Mons Royale](#) - From Lake Wanaka New Zealand, Mons Royale creates versatile merino clothing designed to deliver both technical performance and style. We want to create clothes you want to wear every day, not just the days you're out on the hill.



[Lake Bar Wanaka](#) - Friendly family sports bar on the lakefront.

[Rhyme & Reason](#) - Amazing local brewery with frequent food and live music events to compliment an incredible range of beers.



[Amigos Mexican Grill](#) - Fantastic food drinks and community spirit.

[The Cow Pizza and Spaghetti House](#) - The Cow's rustic ambience and delicious fresh food has been a favourite of locals and visitors in Queenstown and Wanaka alike for over 40 years.



[Red Star Burger Bar](#) - Serving gourmet homemade burgers with the best local and organic ingredients.

[Kai Whaka Pai](#) - Amazing local beers and great apres ski experience in the heart of Wanaka.



[Subway Wanaka](#) - Casual counter-serve chain for build-your-own sandwiches & salads right on the lakefront.



[New World Wanaka](#) - Supermarket in the heart of Wanaka and a huge supporter to donate ingredients for our famous Merino Muster Fruit Cake.



[Wanaka Four Square](#) - Wanaka's oldest supermarket supporting the Merino Muster Aid Stations with all your goodies. Thank you Cam, Julie and the friendly team.

[Patagonia Chocolates](#) - Located under the Lake Bar, creating a magical blend of chocolates, icecream, coffees and more.



[The Bottle-O Wine Shop](#) - Extensive range of beer, wines and spirit in the heart of Wanaka.



[Rubys Cinema](#) - Rubys offers the latest film releases, with some of the latest 3D technology and Art-House titles that include Independent productions and foreign movies. Also serve the best hotdogs in town!

[Base](#) - Base Streetwear, we are very proud to stock a huge range of New Zealand brands as well as many other premium street fashion brands from around the world. Chris, Daisy and Sam will see you right.



Outside Sports Wanaka- Adventure experts since 1995, Outside Sports offer a huge range of outdoor clothing, sports shoes, sports accessories, gear and sports equipment for your next biking, hiking, skiing or mountain adventure.

PlaceMakers Wanaka - Everything you will ever need you will find at PlacesMakers on Ballantyne Road.

GoVino - Your go anywhere glass, perfect for picnics in the snow or at the Beach.

Pure NZ Icecream - PURE New Zealand Ice Cream is a handmade artisan product, made with passion, pride, and a little kiwi love. All our flavours are intense and original, made using local products

Activities

Paddle Wanaka - Imagine surrounding yourself with crystal clear water & the impressive Southern Alps mountain range. Paddle Wanaka offers exclusive guided kayaking & Stand Up Paddle (SUP) board activities on the Lake Wanaka & the Clutha River.



Lakeland Wanaka - offering a wide range of water based outdoor activities to suit most travel budgets and all age groups. The range includes jet boating the Clutha River, touring Lake Wanaka by boat or exploring the lake and land at your own pace via bike, kayak or water toys.



Crossfire Wanaka - Enjoy a unique combination of targets to hit and ways to hit them. Fun for all ages and the thing to do in Wanaka. Go have a shot with Jamie Norman!



Puzzling World Wanaka - For over forty-five years Puzzling World has been messing with people's heads no matter what age, nationality or experience.

The Fit Collective - Fun & effective training options for all ages.



Skyline Queenstown - Gondola, amazing views, luge rides and more!



Health & Wellbeing

[Metamed](#) - MetaMed provides the Wanaka and wider community in Queenstown, Cromwell and Alexandra with Osteopathy treatments for ages. Go and visit Jin, Laura, Frederic and the team.



[Health 2000](#) - Nicky, Vicky and the team at Health 2000 on Helwick Street will ensure they have the right treats for you.



"The mind, when housed within a healthful body, possesses a glorious sense of power."

-Joseph Pilates

[ASB Bank](#) - For all your banking needs

[Dunedin Storage Box](#)

Dunedin Storage Box for all your storage solutions and household utilities. Easy parking

Storage Box Dunedin, 140D Cumberland Street, 9016 Dunedin, New Zealand Phone 03 479 0939.

[Order online](#)

Wanaka Paper Plus

for your holiday reading material. Buy your copy of the [Snow Farmer](#) at Wanaka Paper Plus.



SWIM THE RUBY - The Greatest Little Swim Race in the World. A swim race for all ages around the Jewel of Lake Wanaka - Ruby Island - - enter [ONLINE](#) now.

