



THE ORIGIN 2023

24 & 25 June

Berwick Forest, Otago



SRSDC is looking forward to hosting The Origin I & II events at Berwick Forest.

The event consists of two individual sanctioned races run over 2 days

Sanctioned Events: (NZFSS Sanctioning Applied For)

Rig Race: 2, 3, 4 & 6 Dog Sprint
Distance to be 7.5km approx. per race

Scooter Race: Single Dog
Two Dog Scooter
Distance approx. 4.4km per race

Non-Sanctioned Events:

Bike-joring - Distance approx. 4.4km per race

Non-Sanctioned Events Saturday Only:

Canicross - Distance: TBC

Veteran Single Dog Race - Distance approx. 1.0km

Dogs must be 8 years of age or older to enter and not have entered any of the sanctioned events on that same day.

Junior/PeeWee - Distance approx. 1.0km

An adult (over 16 years) must accompany each Junior around the course.

Trail Description:

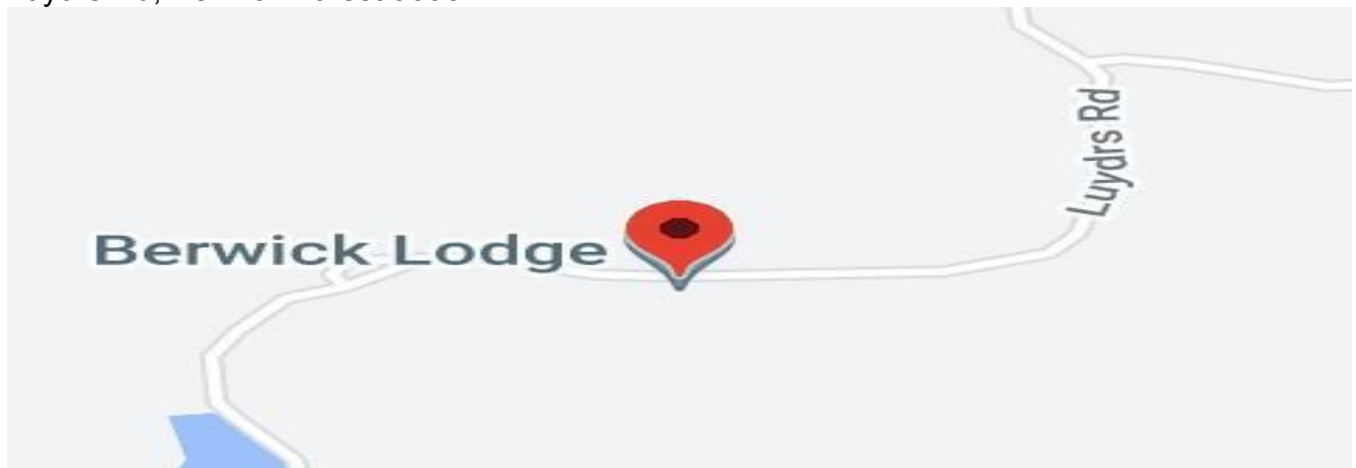
The tracks are typical forestry roads of a shingle base with some sections of grass. The trails are pukepuke in sections. Final course selection and distances are subject to conditions and availability on the day.

Race Headquarters

The race headquarters this year are at:

Berwick Forest Lodge

Luydrs Rd, Berwick Forest 9093



Accommodation:

Berwick Forest Lodge has been secured for this weekend event

Berwick Lodge - \$80 per adult for the weekend, \$40 per child staying in Lodge

Campervan on site - \$25 per person

There is a spacious, modern kitchen with electric stoves, microwave, multiple toaster, and an instant hot water dispenser. All cooking equipment, utensils, crockery and cutlery are supplied.

Hospitality:

On Saturday & Sunday mornings a complimentary light morning tea/brunch will be provided after returning from the races.

Saturday Evening - A 2 course meal is being offered by the Southern Region Sled Dog Club at the cost of \$20 per adult, \$10 per child, catered by *Shirley's Pantri*.

Menu

Main: Lasagne, or Creamy Chicken

Sides: Potato Bake, Corn Roulade, Vegetables, Salad

Dessert: Fruit Salad & Ice Cream

BYOB - Note that whatever bottles/cans are brought in, you must take out with you.

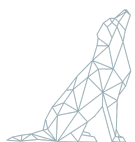
NZFSS Insurance Cover

In order for participants to be covered by the NZFSS insurance they must be a financial member of a Sled Dog Club recognised by the NZFSS or become a temporary member for the event weekend. A declaration to this effect has been added to the entry form.

Dog Welfare:

The Origin I & II races are being held under the SRSDC code of conduct.

- It is expected that mushers will always consider their dogs' welfare. The use of good judgement regarding the conditioning of yourself and your dogs' when choosing to race is expected. Please make sure you are both in reasonable shape to compete.
- The use of good judgement in assessing your (or your family members) capabilities when choosing the number of races to enter, the number of dogs to race or conditions to race on is expected.
- Please do not leave your dogs out of your vehicle and unattended at any time at the race venue or race headquarters.
- Please do not bring any dog to the event that has been exposed to a contagious disease (e.g. kennel cough)



BALANCED CANINE
HEALTH & WELLNESS

Balanced Canine

This year, we have Balanced Canine joining us at Berwick Lodge, Alyssa will be able to provide both pre and post event laser therapy, at a special rate of 15 minutes for \$20 - see more details below, or on her website

www.balancedcanine.co.nz



Vets

The on call vet for the weekend is

Murrays Veterinary Clinic; Phone (03) 489 5540

Should you require the use of the on call vet all costs must be covered by the entrant and are not the responsibility of SRSDC.

Photographer

This year, we have Brya joining us for photos, \$15 for a social media quality and \$20 for high resolution (perfect for printing to canvas or to paper for a wall print). She will also be available for "mini shoots" \$150 for 15 minutes and 15 Photos. Pre-book direct via Brya's Facebook or Instagram @bryaingramphotography



TIMETABLE OF EVENTS

Thursday 8 June, 6pm Entries Close

Sunday 18 June, 6pm Late Entry Cut Off

Friday 23 June

7.00pm Mushers Meeting and Bib Draw for The Origin at Race HQ – *Berwick Forest Lodge*

**Saturday 24 June – The Origin
(Sanctioning Applied For)**

6.30am

Convoy will leave Berwick Lodge and meet at the locked gate in Berwick Forest
Don't be late, as gate will be locked once convey has gone through

7.30am Forest

6, 4, 3, 2 Rig Races
Last Musher Home from Rig followed by
15 minute break
Followed by
Single Dog Scooter
Two Dog Scooter
Bikejor

Early Afternoon Lodge

Veterans
Canicross
Junior/PeeWee

At completion of ***Forest Racing***, we will return via convoy to the Lodge, for Canicross, Veterans and Juniors/PeeWee, following completion of racing results will be posted at the Berwick Lodge with morning tea/brunch, tea & coffee available.

The Origin I Prize Giving followed by Bib Draw for Origin II races on Sunday

6.30pm Saturday Night Dinner

Sunday 25 June - Origin II (Sanctioning Applied For)

6.30am

Convoy will leave Berwick Lodge and meet at the locked gate in Berwick Forest
Don't be late, as gate will be locked once convey has gone through

7.30am Forest

Rig Races
Last Musher Home from Rig followed by
15 minute break
Followed by
Two Dog Scooter
Single Dog Scooter
Bikejor

Approx 11am Lodge

Morning Tea/Brunch and Prize-giving at Berwick Forest Lodge Camp

Please note between each class there will be a minimum of 15 minute gap once the last musher is home before the start of the next class.

Please note the following important information:

- ☐ Head light & tail light are mandatory equipment for the Rig Races & advisable for Scooter races.
 - ☐ Draw for all classes will be in class order.
 - ☐ As a requirement of our Safety Plan and Forest Permit, Helmets are Compulsory for all races (except canicross).
 - ☐ Dog Class Changes will only be accepted up until half an hour before the Mushers Meeting i.e., 6.00pm Friday 23 June for The Origin
These can be made **on site to Sarah Bartlett, srsdc.otago@gmail.com, 0278851629**
 - ☐ Proxies: If you are unable to attend the Mushers Meeting on Friday, you must appoint a proxy to draw your bib.
 - ☐ **Proxies must be notified to Sarah Bartlett, srsdc.otago@gmail.com, or 0278851629 by Thursday 22 June**
 - ☐ All vehicles entering the forest must carry a first aid kit and 1kg dry powder fire extinguisher.
 - ☐ All vehicles and trailers entering the forest must have a current WOF and registration.
 - ☐ Start intervals will be 1 minute for rig, 30 seconds for scooter and bike-jor classes.
 - ☐ Entry into the Berwick Forest is via convoy to the forest gates, vehicles may only go where directed to race start areas.
 - ☐ **Smoking/Vaping is not permitted at any time in the forest at any time.**
You will be asked to leave the forest immediately if caught smoking or vaping.
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ABOUT BERWICK

In 1986 the club organised its first dryland race for NZ. This was at Berwick forest in Dunedin and is now commemorated every year as the “*The Origin*” race.

BERWICK MAP



THE ORIGIN I & ORIGIN II DECLARATION

Please Note: In signing this entry you accept the following:

- I have read and agree to abide by all the conditions
- SRSDC will not tolerate any non-sportsman-like behaviour; any noncompliance of this may result in disqualification or future banning of that musher at any SRSDC events.
- If any past conduct by a musher is considered by the organisation to be detrimental to the sport an entry may be refused.
- The SRSDC Committee reserves the right to refuse an entry.
- The SRSDC will not be held responsible for any personal injury or damage to musher, dogs, or equipment/property.
- I give SRSDC permission to use any photographs or video footage taken at the event for use or promotion of the event in media and press releases.
Strike out the above if you do not give permission.
- This event is run under the NZFSS Speed Race Rules, and I acknowledge that I am familiar with these rules, and will abide by them.
- I will accept all decisions made on the day by the Race Marshall, and where it doesn't pertain to the race itself, to the RGO' Committee.
- I understand that participating in the activities of the Southern Regions Sled Dog Club carries with it the inherent risk of physical injury, including serious injury such as permanent disability, paralysis and even death. In consideration of being allowed to participate in the activities of the club which includes training for and racing in competitions, I hereby agree to release and hold harmless the Southern Regions Sled Dog Club in the event of my injury.
- I have read and fully understand this waiver and agree to release the Southern Regions Sled Dog Club from liability for any injury or other losses I incur, including the clubs acts of negligence to the fullest extent permitted by law
- Vehicles coming to this race are only allowed to go directly to the designated race area and are not permitted in any other areas of the forest.
- Whilst in the forest, please keep dogs on a leash/restrained at all times, all holes to be filled and poos disposed of by owners.
- Please remove all your rubbish from the forest.
- Under our Risk Management Plan all dogs must have a **current vaccination certificate**.
- That you are a current financial member of a club recognised by the NZFSS (or alternatively have paid for a temporary membership to the SRSDC for the Origin weekend)

Signature/s: _____ Date: _____

_____ Date: _____

_____ Date: _____

Name: _____

Mailing Address: _____

Phone: _____ E-mail: _____

Are you a financial member of SRSDC? _____

If NO, which NZFSS affiliated Club are you a member of? _____

Health and Safety Waiver

1. I acknowledge that I am participating in the recreational activity organised by the Club voluntarily. I understand that my participation in the activity partly takes place on land owned by Wenita Forest Products Limited and that land is a working forest.
2. I agree to follow all safety procedures notified to me by the Event organiser, including those which have been specified by Wenita.
3. I will leave the Event area promptly following the Event, taking all rubbish with me. I will not enter into those areas of the forest, which are not specifically notified to me as comprising the Event area.
4. I assume and accept all risks involved in participating in the voluntary activity and acknowledge that the activity may carry inherent risks to my health and safety. Careless actions or accidents within the activity may carry the risk of serious injury or death as well as damage to property.
5. I confirm I am physically capable of participating in the activity and am not impaired or suffering from any condition that would make it unsafe or contrary to medical advice for me to participate in the activity.
6. I waive and release Wenita from any liability of any kind arising from my participation in the Event to the extent permitted by law.

Full name of participant

Signature

Date

Guardian waiver for Minor (under 18 years of age)

The undersigned parent or guardian consents to the child's participation in the activity and has agreed on behalf of the child to the terms of the above waiver and release of liability.

Full name of Child

Signature of parent/guardian

Date



Race Entry Fees

THE ORIGIN - SATURDAY			
Class	Number of Races	Fee Per Race	Amount
Rig Race		\$25	\$
2 Dog Scooter		\$15	\$
Single Dog Scooter		\$15	\$
Bikejor		\$10	\$
Canicross		\$10	\$
Veterans/Juniors		Free	-

ORIGIN II - SUNDAY			
Class	Number of Races	Fee Per Race	Amount
Rig Race		\$25	\$
2 Dog Scooter		\$15	\$
Single Dog Scooter		\$15	\$
Bikejor		\$10	\$
ADDITIONAL COSTS			
Temporary Membership to SRSDC (if required)		\$10 per person	\$
Accommodation in Lodge	<i>Bring your own bedding</i>	\$80 per adult \$40 per child	\$
Campervan on Site		\$25 per person	\$
Saturday Dinner	# of Adults: # of Children:	\$20 per adult \$10 per child Under 6 - Free	\$
Please advise of any dietary requirements:			
WEEKEND ENTRY TOTAL:			\$

For payments by direct credit, please deposit into the following bank account

Southern Regions Sled Dog Club 03-1355-0621636-00 and return the entry form by email to srsdc.otago@gmail.com ensure you include your name and "Origin 2023" on direct credit details

Send Entry Forms (and payment if not by direct credit) to:

SRSDC Secretary
31 Douglas Street
Timaru 7910

Entries must be returned by 6pm Thursday 08 June 2023

Final cut off for all sanctioned event entries is Sunday 18 June 2023.

No entries for the events that sanctioning has been applied for will be accepted after this time.

PLEASE NOTE: An entry is not deemed to be received until payment of the entry fee is received.

THE ORIGIN 2023 ENTRY FORM

RIG RACE (2, 3, 4 & 6 Dog Sprint)

Musher: _____ Class Entered _____

NZFSS Number: _____ Dogs to be Run: _____

Musher: _____ Class Entered _____

NZFSS Number: _____ Dogs to be Run: _____

SINGLE DOG

Musher: _____ Class Entered _____

NZFSS Number: _____ Dogs to be Run: _____

Musher: _____ Class Entered _____

NZFSS Number: _____ Dogs to be Run: _____

TWO DOG SCOOTER:

Musher: _____

NZFSS Number: _____ Dogs to be Run: _____

Musher: _____

NZFSS Number: _____ Dogs to be Run: _____

BIKE-JORING : (Non-Sanctioned)

Musher: _____ Class Entered _____

Dogs to be Run: _____

Musher: _____ Class Entered _____

Dogs to be Run: _____

CANICROSS: (Non-Sanctioned)

Musher: _____ Class Entered _____

Dogs to be Run: _____

Musher: _____ Class Entered _____

Dogs to be Run: _____

JUNIORS RACE: (Non-Sanctioned)

Musher: _____ Junior Musher Class:

Dogs to be Run: _____ Junior Musher Age:

Musher: _____ Junior Musher Class:

Dogs to be Run: _____ Junior Musher Age:

VETERANS: (Non-Sanctioned)

Musher: _____

Dogs to be Run:

Musher: _____

Dogs to be Run:

Please list dog(s) details on the dog detail page

DOG(S) DETAILS:

A

Dogs Name:

NZFSS Number:

DOB:

B

Dogs Name:

NZFSS Number:

DOB:

C

Dogs Name:

NZFSS Number:

DOB:

D

Dogs Name:

NZFSS Number:

DOB:

E

Dogs Name:

NZFSS Number:

DOB:

F

Dogs Name:

NZFSS Number:

DOB:

G

Dogs Name:

NZFSS Number:

DOB:

H

Dogs Name:

NZFSS Number:

DOB:

I

Dogs Name:

NZFSS Number:

DOB:

J

Dogs Name:

NZFSS Number:

DOB:

K

Dogs Name:

NZFSS Number:

DOB:

L

Dogs Name:

NZFSS Number:

DOB:

M

Dogs Name:

NZFSS Number:

DOB:

N

Dogs Name:

NZFSS Number:

DOB:



BALANCED CANINE
HEALTH & WELLNESS



Treatments

- **Pre-event conditioning laser treatment** (approx 15 min, \$20)
 - This treatment is done on specific points of the body that will be in overuse or extended. I can also laser any areas that are known to the guardian as problem areas. Ideally, this is within 4 hours of the event.
- **Post-event feel-good laser treatment** (approx 15 min, \$20)
 - This treatment is the same as the above. I target areas that have had high usage during the race and can also treat areas that may now be tight or sore.
 - Add on relaxation massage (approx 30 min total, \$30)

What is laser therapy?

Laser therapy, also known as low-level laser therapy (LLLT), or cold laser therapy, is a non-invasive treatment method that uses laser light to promote healing and alleviate pain.

During a laser therapy session, the laser device is applied directly to the targeted area or areas of the body. The laser light penetrates the tissues and is absorbed by the cells. This interaction between the laser light and the cells stimulates various cellular processes, such as increased circulation, improved cellular function, and the release of certain biochemical substances that aid in the healing process.

Why is it beneficial pre-race?

1. **Enhanced Performance:** Laser therapy can help optimize performance by promoting blood circulation, which increases oxygen and nutrient supply to the muscles. This can improve muscle function and overall athletic performance.
2. **Injury Prevention:** By stimulating cellular activity and promoting tissue repair, laser therapy can help prevent injuries in canine athletes. It aids in reducing inflammation, increasing flexibility, and promoting overall tissue health, thereby minimizing the risk of strains, sprains, and other athletic injuries.
3. **Pain Management:** Laser therapy can help manage pain and discomfort associated with strenuous exercise or pre-existing conditions. It can alleviate muscle soreness, reduce inflammation, and stimulate the release of endorphins, which are natural pain-relieving substances.

4. **Faster Recovery:** If a canine athlete has a minor injury or muscle strain before an event, laser therapy can accelerate the healing process. By increasing cellular metabolism and promoting tissue regeneration, it can help the dog recover more quickly, allowing them to perform at their best during the event.
5. **Relaxation and Stress Reduction:** Laser therapy can have a calming effect, helping to reduce stress and anxiety before a competition or event. This can contribute to better focus and performance during the event.

Why is it beneficial post-race?

1. **Accelerated Recovery:** After intense physical activity, dogs may experience muscle fatigue, inflammation, and micro-injuries. Laser therapy can help speed up the recovery process by promoting cellular repair, reducing inflammation, and improving circulation. This can help the dog recover more quickly and be ready for subsequent events or training sessions.
2. **Pain Relief:** Laser therapy can provide effective pain management after a race or event. It helps reduce discomfort associated with muscle soreness, strains, or other athletic injuries. By stimulating the release of endorphins, which are natural pain-relieving substances, laser therapy can help alleviate post-event pain and support overall well-being.
3. **Reduction of Swelling and Inflammation:** Intense physical activity can lead to swelling and inflammation in the muscles and joints. Laser therapy helps reduce swelling by increasing lymphatic drainage and improving circulation. By targeting the affected areas with laser light, it can aid in reducing post-event swelling and inflammation, allowing for faster recovery.
4. **Muscle Relaxation:** Laser therapy can help relax tense muscles and alleviate muscle spasms that may occur after a race or event. It promotes muscle relaxation by increasing blood flow and releasing muscle tension, which can contribute to overall comfort and recovery.
5. **Maintenance and Injury Prevention:** Regular laser therapy sessions after races or events can help maintain overall musculoskeletal health. By promoting tissue repair, reducing inflammation, and managing pain, laser therapy can aid in preventing chronic issues, minimizing the risk of future injuries, and supporting long-term athletic performance.

Why use massage + laser together?

Laser therapy and massage have distinct but complementary mechanisms of action. Laser therapy primarily works at the cellular level by stimulating cellular activity and promoting tissue healing, while massage works on a mechanical level by manipulating the muscles and soft tissues. When used together, they can have synergistic effects, enhancing the overall therapeutic outcome.