

"GOAT PASS GUIDES"



GUIDED COAST TO COAST MOUNTAIN RUN TRAINING WITH FORMER RECORD HOLDER CHRIS COX

From competing in 1983's inaugural Coast to Coast, to having podium finishers in the open teams and winning veteran team titles, to holding the run record for four years, to being the oldest person to break the magic 3-hour barrier, no one has more experience on the Speight's Coast to Coast's mountain run than Chris Cox.

Having run the gruelling Goat Pass route every year since 1983, Chris has covered the 34k course more than 100 times. Having organised group recce's since 1996, he is multi-sport's most experienced Goat Pass guide. As an avid trumper, climber, runner since before the Coast to Coast was born, and as an industrial safety expert by profession, he is also the most qualified Goat Pass guide.

Chris' guided groups have included past winners, including legends of the sport such as Keith Murray, the record-holder of the Longest Day, and new Race Director and multi-winner Richard Ussher, in the early days of their careers. Chris and his group of guides specialise in helping Coast to Coasters of all age and ability to develop the route knowledge, confidence and skills to conquer New Zealand's challenge of choice.

Chris' clients receive instruction on route choice, river crossings, boulder hopping, downhill running, training, and up-to-date route notes. On every recce Chris provides assistant leaders so that every client or any ability will get the attention and assistance they deserve. Chris is assisted by an experienced group of guides supported by Scott Wilder, Sia Svendsen and Charlie Murray, all very experienced competitors and guides in their own right.

Look for us on www.goatpassguides.co.nz for more information and booking details.

Dates for this Season:

**3 December 2016, Saturday 10 December 2016, Saturday 7 January 2017,
Saturday 14 January 2017, and Saturday 28 January 2017**

Fee: \$350.00 per person (incl GST).

(Fee includes route notes, shuttle transport between start and finish of run, assistance with transport to and from Christchurch if required, along with follow-up advice and assistance with your mountain running training).

Other dates may be available by special arrangement (special fees apply). One-on-one recce's for individuals or small groups, including "women only" trips, are also available. To arrange a booking, contact Chris on:

Phone: (03) 219-1414

Mobile: 027 293 8309

Email: chris@chriscox.co.nz