

# THE LAST EDITION



ADVENTURE  
CUP 2019-2020

## EVENT PROGRAM

30 November -1 December 2019 Lakes Entrance





# WELCOME

It is nearly the time to head off to Lakes Entrance for the exciting adventure weekend.

Please check out the program of the event and don't hesitate to contact us if any other details are required.

We're looking forward to see you Saturday morning.

Travel safe and see you soon.

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# ACCOMMODATION



If you have not arranged a place to stay yet plenty of options are available from caravan parks to luxury holiday escapes.

The most convenient is to stay at Lakes Entrance.

<https://www.lakesentrance.com>

Lakes Entrance Recreational Reserve offers a great camping sites and they're also a transition area from run to paddle

<http://www.lakesrecreserve.com.au/>





# SCHEDULE

## Saturday, 30th of November

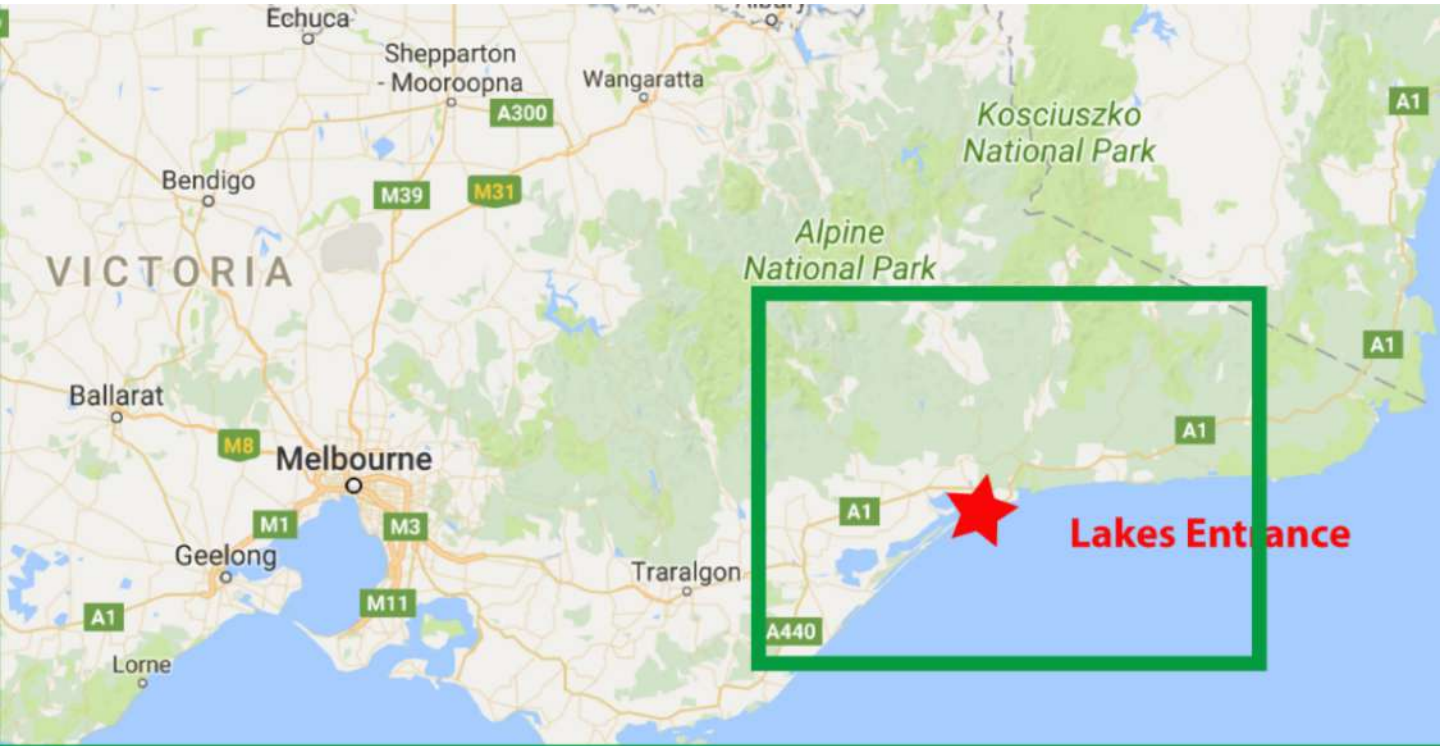
- 6:30 – Registration at HQ, near the Foot Bridge
- 7:00 – TA 1 open
- 7:30 – Deadline for gear drop off for TA1
- 7:45 – Check In
- 7:50 – Last minute briefing
- 8:00 – Start
- 11:40 – Finish of leaders
- 14:30 – Kids Race registration
- 15:30 – Finish closed
- 15:30 – Kids Race Start
- 17:00 – Multisport presentation

## Sunday, 1<sup>st</sup> of December

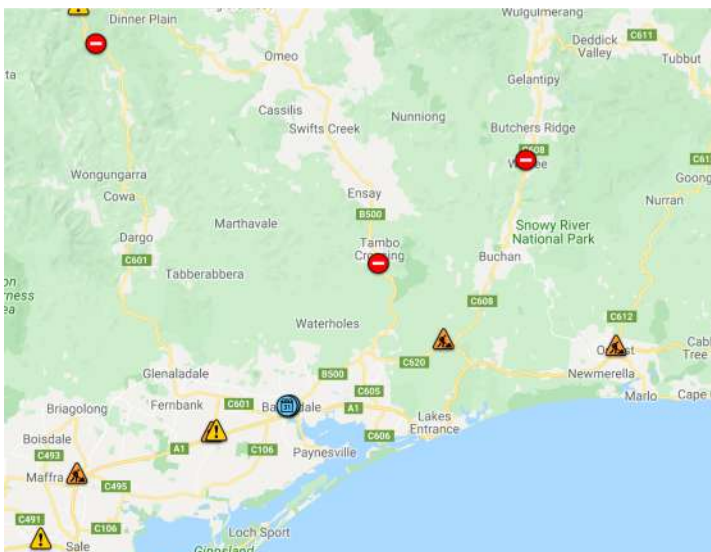
- 7:00 – Start of late registration (Colquhoun Forestech)
- 7:00 – TA open
- 7:45 – Check In
- 7:55 – Last minute briefing
- 8:00 – Start
- 10:00 – Leaders expected to finish
- 11:30 – Finish closed
- 11:45 – Presentation , BBQ



# LOCATION



If you're travelling from Melbourne, it's about 3,5h drive via A1.



If you are travelling from the North check out the road situation, there are a number of road closures which might affect your route.

- <http://alerts.vicroads.vic.gov.au/>



# LOCATION

HQ: Lakes Entrance footbridge: -37.8795884 147.9949600

TA 1 *Forestech*: -37.8392770 147.9261443

TA 2 Recreational Reserve: -37.8767356 147.9882874



# RACE DAY MULTISPORT

Please place your running gear to the TA (Forestec) if you do not have a support crew. TA is 12 minutes drive one way from the HQ.

Put your kayaking gear to the TA at the Recreational reserve, it's a short drive from the HQ.

Arrive to the HQ not later than 7:45 for the last minute briefing. Line up for the start under the arch ready to ride.

## Leg 1 MTB

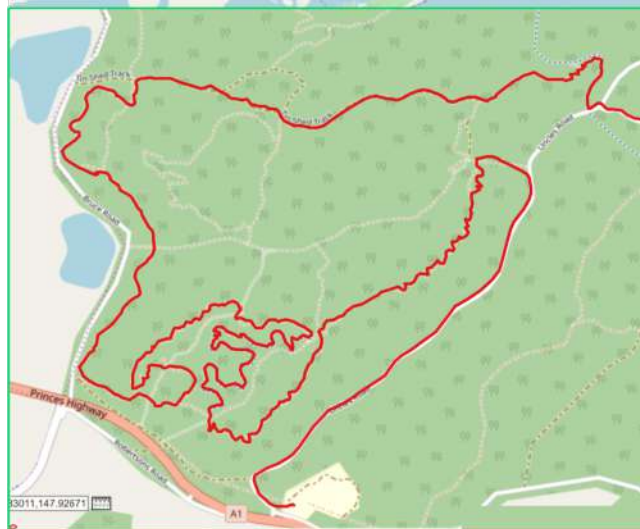
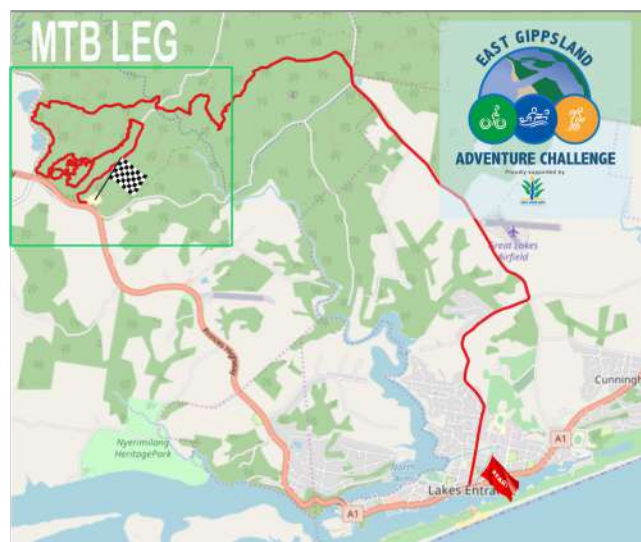
It will be a non-competitive start behind the officials vehicle. We will ride as a bunch until the start of the climb just outside the town, where the race director will give a signal for the start of the competition.

The course is fully marked and no navigation is required, however, it's always a good idea to have a rough understanding of the course. There are multiple technical sections, if you're not a confident rider please be careful.

Finish of the section is in Forestech. Please rack your bike or hand it over to your support crew, pass timing chip to your team mate or put your running gear on and keep it up on foot.

## Leg 2 Run

This section of the course consists of 7 km of single tracks and rough 4wd trails with a number of punchy hills to negotiate. Once you're off the bush you will pretty much follow the main road back to the township. Again the course is fully marked. The finish of the leg is in the Recreational Reserve.





# RACE DAY MULTISPORT

## Leg 3 Paddle

- Put on kayaking gear or pass the timing chip to your team mate and proceed to the paddle- the final leg of the event. PFD is compulsory for the kayaking leg.
- The paddle course is a loop around Rigbys island with the finish next to the SLS club- opposite the HQ.
- To follow the course is your own responsibility, it's reasonably straight forward and easy to navigate. A waterproof map of the course will be provided to each Solo competitor/relay team and we strongly recommend to take it with you as well as the rest of compulsory equipment (such as phone, which you can use in case of difficulties).
- Extra attention is required when passing the Entrance as it can be a strong flow.
- Leave your boat at the foreshore and run across the foot bridge to the finish arch.
- Celebrate your finish line, you've made it, Congratulations.



# RACE DAY O-DUATHLON

## Prior the start

Please register at the event tent in the morning of the event to receive your event bag, set up your MTB number plate and leave your MTB at the TA next to HQ.

If you participated in the Multisport Race please keep your race bib and MTB number plate for the O-Duathlon race. However, you will need to receive a new timing chip in the morning of the event.

Line up under the arch ready to run with all time compulsory gear. You will receive your map at the start line.

## Race

Each participant will receive a map with the Checkpoints for the first running leg. The first leg is foot orienteering and checkpoints can be taken in any order.

Missing any checkpoint will result in 20 min penalty.

Once you have collected running checkpoints, you will receive the next map with mountain bike checkpoints. Collect MTB checkpoints in numerical order.

Return back to TA, rack your bike, receive a map of last running checkpoints and collect them in any order.

Run to the finish arch, punch the finish station and celebrate the finish line!

## After the finish:

There will be a BBQ for all O-Duathlon participants afterwards and presentation.





# COMPULSORY GEAR

## **Multisport and O-Duathlon- all time**

*Timing tag* (provided)

*Race bib* (provided), has to be your outermost garment

*First aid kit:* 2x 1.5 m long (unstretched) roll of 5 cm wide crepe bandage

*Emergency blanket*

*Mobile phone in waterproof bag* (Telstra 3G)

## **MTB leg**

In additional to the all time compulsory equipment list:

*MTB number plate* in the front of the bike (provided)

*MTB*, cyclocross is not recommended.

*Pump, repair kit, spare tube/tubular*

*Helmet* Australian standards Approved

## **Paddle leg**

In additional to the all time compulsory equipment list:

*Kayak sticker* (provided by race organisers)

*Kayak* (provided for AR Duo only)

*Paddle* (provided for AR Duo only)

*PFD* (provided for AR Duo only)

*Whistle* attached to PFD

For kayaks: spray skirt is highly recommended.

## **Run legs**

In additional to the all time compulsory equipment list:

*Drinking system* (at least 1 litre capacity).

# TIMING SYSTEM

Timing tags are supplied to each participant, fastened with wrist band.

Timing stations will be located at the **finish line** of all events, each checkpoint for O-Duathlon and each entrance (IN) and exit (OUT) from TA for Multisport race.

At each checkpoint you need to push on the timing station with your timing chip.

The station will beep and flash if you register successfully.

Demos will be given at the briefing.

Return timing chip once you finish.

No chip, no race timing unfortunately.

Timing station



Timing chips.





 **ADVENTURE  
CUP 2018-2019**  
UNIQUE SERIES OF MULTISPORT EVENTS

**BAW BAW**

**EXTREME**

**17-19 APRIL 2019**

**RUN 5 KM  
PADDLE 14 KM  
MTB 50 KM  
RUN 20 KM**

**BAWBAWEXTREME.COM.AU**

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**DESTINATION GIPPSLAND**







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