

# Sprint Series Adventure Race

Anglesea  
21<sup>st</sup> October 2018  
[adventuresprint.com.au](http://adventuresprint.com.au)

## Event Program

New Location

Novice Course  
1.5-3hrs

Classic Course  
2.5-5hrs



Anglesea Family  
Caravan Park





# WELCOME TO Anglesea

We are excited to add a new location to the sprint series with the inaugural Anglesea Sprint Series Adventure Race.

The location provides everything the most scrupulous adventure racers could wish for:

- Exciting mountain bike trails
- Safe paddling waterways
- Great views with recently updated maps
- A variety of sleeping and eating options



## WELCOME From

Serge and Maria would like to welcome all spectators, volunteers and participants to Anglesea for this the second race in the sprint series.

If you are looking for more action then be sure to check out the following events:

- Women Only Adventure Race
- Adventure Cup Multisport Series
- Alpine Quest & X-Marathon
- [www.adventurejunkie.com.au](http://www.adventurejunkie.com.au)



Serge: 0455570487

Maria: 0466968184



## THE RACES

### Novice

- Run – 3 km
- MTB – 10 km
- Kayak– 2 km

### Classic

- Run – 7 km
- MTB – 20 km
- Kayak– 3 km

# BEFORE YOU Arrive

Thank you for registering for the event and we are looking forward to seeing you on Sunday the 21st of October 2018.

Every event is unique and Anglesea is no exception so please take note of the following before you arrive:

- Tuesday 16/10/18 is the deadline for bike hire which you can request via email or mobile. Bikes will be delivered to TA on the morning of the race.
- Wednesday 17/10/18 is the deadline for compasses and mapboards hire and sales which you can request via email or mobile.
- Wednesday 17/10/18 is the deadline for PFD and paddle hire. Competitors can supply their own in which case no correspondence is required. Again use email or phone to request PFD and paddle hire.
- Kayaks are supplied as a part of your entry.
- Please put our phone numbers into your mobiles to allow you to contact us during the event:  
info@adventurejunkie.com.au  
Serge 0455570487  
Maria 0466968184

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## WHERE CAN I Stay?

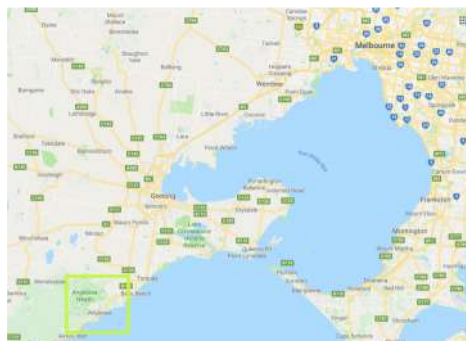


The race is supported by Anglesea Caravan park, who are offering 10% off for all event participants. It's a great spot on the water and close to the start line.

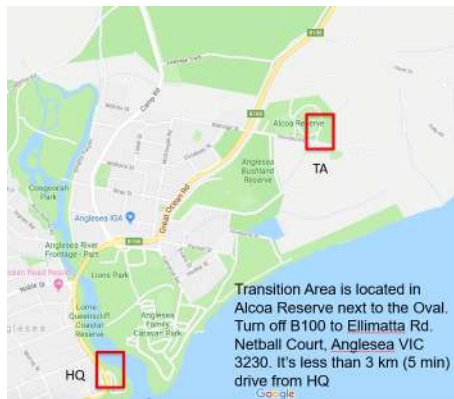
Ph: (03) 5295 1990



## WHERE IS Anglesea?



# RACE DAY LOGISTICS



## TA



- The event will have a race headquarters (HQ) and separate transition area (TA).
- TA will open at 7:30am for bike drop off (you should do this before you go to the race HQ).
- Both bike number plates and hired bikes will be at TA when you arrive.
- Check your team number, pick up your bike number plates, set up your bike gear and drive to HQ for the registration and start.

# Schedule



- 7:10 - Kayaks ready to unload at HQ
- 7:30 - HQ open
- 7:30 – TA open
- 8:50 - Registration closed
- 8:55 - Race briefing on start line
- 9:00 - Race start
- 11:30 - First teams expected to finish
- 12:30 - Kayak loading
- 13:00 - All teams expected to finish
- 13:00 - Presentation and lucky draw
- 13:30 - Race closed

## HQ



- Kayaks can be unloaded from 7:10am with each team being required to unload one double kayak before they register (not applicable for family teams).
- HQ will open at 7:30am for registration.
- Registration involves signing a waiver form, completing registration and receiving your race bag.
- Pre-booked compass and map boards will be available at HQ.
- First aid kits are available for purchase for \$15 at HQ.



# COMPULSARY EQUIPMENT

## All Times Team

- First Aid Kit (2 crepe bandages, min width 5cm, 6 wound closure strips, 1 triangular bandage, 2 non stick wound dressing pads)
- Mobile phone
- At least 500ml of water at start of leg

## All Times Personal

- Timing chip
- Race bib as outermost garment (backpack and PFD excluded)

## MTB Personal

- Mountain or commuter bike with number plate (Road bikes not recommended)
- Helmet

## MTB Team

- Tube, tyre levers and pump or CO2
- Chain breaker and link

## Kayak Personal

- PFD & Double ended paddle

## HIRE & BUY

- First Aid Kits available at HQ for \$15
- Bike and helmets available for hire but must be pre-booked by Tuesday 16/10/18, cost \$79.
- PFD & Paddles available for hire but must be pre-booked by Wednesday 17/10/18, cost \$5 per item.
- Compass and Mapboard available for hire but must be pre-booked by Wednesday 17/10/18.

# RECOMMENDED EQUIPMENT

- Waterproof pouch for race information
- Compass
- Mapboard for the bike
- Nutrition, snacks, gels, electrolytes
- Spare warm clothes such as a buff, waterproof jacket and a thermal top.
- Sun protection, slip, slop, slap, wrap.
- Bike, trail and paddling footwear.
- Gaiters.

## Race Bag Contents

- Timing tags
- Race bibs
- Boat sticker for Novice course only
- Maps, race description

Timing station



Timing chips.



## Race Timing

- Timing tags are supplied to each participant, fastened with wrist band.
- Timing stations will be located at each checkpoint.
- The first few checkpoints will be equipped with 2-3 stations.
- 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.

# CLASSIC COURSE

## Before the Start

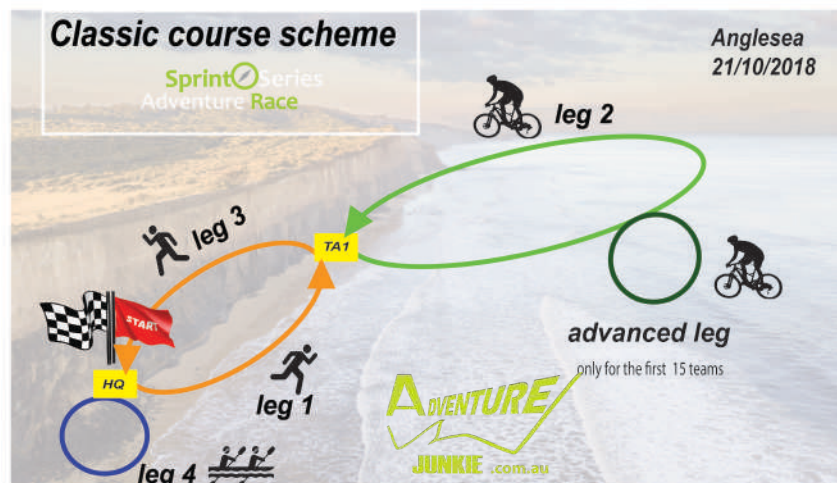
- Check maps and instructions carefully and ask questions at the registration if required.
- Carry notes while on the course for reference.
- Pay particular attention to the order of checkpoints which may differ depending on the leg (any order or a particular order).
- Checkpoints can only be collected from the leg you are currently on (you can not take checkpoints from leg 3 during leg 1).
- Missing a checkpoint is a 2hr time penalty.
- Please line up under the start arch and be ready by 8.50am for any final instructions.

## The Race

- Leg 1 – Run leg that will take you from the HQ to the TA.
- TA – Get bikes ready for leg 2.
- Leg 2 – MTB leg that starts and finishes at TA. At one of the MTB checkpoints the first 15 teams or those teams who are within cut off time will receive an additional map for the advanced MTB leg.
- TA – Rack bikes and get ready for leg 3.
- Leg 3 - Run leg that will take you from TA to HQ.
- Leg 4 – Paddle leg that starts and finishes at HQ. Adjust steering and make sure it is working before you start your paddle leg.
- The finish is under the Adventure Junkie arch. Do not forget to punch the finish checkpoint and hand over your timing chip.

## After the Race

- Please collect your bikes from TA after the finish. Your racing bib is your “ticket” to get your bike.
- Enjoy a BBQ lunch (provided as a part of your entry) and hang around for the presentation (should start after most of participants have finished).
- Trophies, discounts from Adventure Junkie and products from Brubeck Australia/NZ, Shotz Sport Nutrition will be given out to category place getters plus randomly to participants.



# NOVICE COURSE

## Before the Start

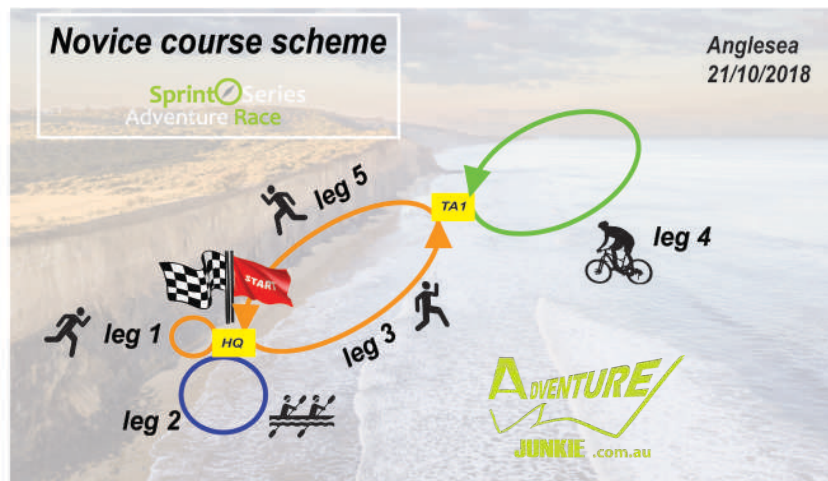
- Check maps and instructions carefully and ask questions at the registration if required.
- Carry notes while on the course for reference.
- Pay particular attention to the order of checkpoints which may differ depending on the leg (any order or a particular order).
- Checkpoints can only be collected from the leg you are currently on (you can not take checkpoints from leg 3 during leg 1).
- Missing a checkpoint is a 2hr time penalty.
- Bring enough warm gear and dress according, it is very easy to get cold on the bike after the paddle.
- Prior the start make sure you adjust your boat and put a sticker on it. When you get a boat check that there is no sticker on it (so you did not re-adjust someone's boat).
- Please line up under the start arch and be ready by 8.50am for any final instructions.

## The Race

- Leg 1 – Run leg that starts and finishes at the race HQ.
- Leg 2 – Paddle leg that starts and finishes at HQ, ensure you take the boat with your sticker.
- Leg 3 – Run leg that will take you from the HQ to the TA.
- Leg 4 – MTB leg that starts and finishes at TA.
- Leg 5 - Run leg that will take you from TA to HQ.
- The finish is under the Adventure Junkie arch. Do not forget to punch the finish checkpoint and hand over your timing chip.

## After the Race

- Please collect your bikes from TA after the finish. Your racing bib is your “ticket” to get your bike.
- Enjoy a BBQ lunch (provided as a part of your entry) and hang around for the presentation (should start after most of participants have finished).
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**1-2 December  
2018**

## **Multisport**

**Classic multisport:**

**31 km MTB**

**16 km run**

**15 km paddle**

## **O-Duathlon**

**Navigation based:**

**5 km run**

**20 km MTB**

## **Kids Challenge**

**1 km run**

**Orienteering**

**Obstacles, paddle**

**ADVENTURE  
JUNKIE**  
com.au

**eastgippslandchallenge.com.au**





# ALPINE QUEST

## FULLY SUPPORTED ADVENTURE RACE

**25-28 January 2019**



**2 courses:**

**Expedition:** 36 hours non-stop

**Half:** 6+6 hours (overnight rest)

**Linear course:** kayaking, MTB,  
trekking, navigation

**HQ:** Falls Creek Alpine resort  
Enter online [alpinequest.com.au](http://alpinequest.com.au)

**Teams of 4:** Premier Mixed  
Male, Female categories



# shotz

SPORTS NUTRITION

## ENERGY GEL



## ENERGY BAR



## PROTEIN BAR



## ELECTROLYTE TABLET



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### ELECTROLYTE TABLET



Portable sugar/calorie free electrolyte replacement. Customise your hydration to suit your needs. Rehydration at its very best. GLUTEN FREE - NO FRUCTOSE

### ENERGY BAR



Low in fat, low in refined sugar, high in complex carbohydrate. An energy bar that tastes like real food. Moist texture that is easy to consume even at high intensity.

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20 grams of protein, the Shotz Protein bar is a recovery alternative to refined, processed powders. This is a seriously great tasting bar. GLUTEN FREE





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