

Sprint Series Adventure Race

A male cyclist is shown in profile, riding a mountain bike on a dirt trail. He is wearing a blue long-sleeved shirt, black cycling pants with green accents and the word 'SUBARU' on the side, a white helmet, and a red backpack. The background features a lush green forest with rolling hills under a cloudy sky.

Race
information

Lysterfield lake park
15th of May 2016

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Schedule & Equipment

8.00 - Registration open
8.00 - Transition area open
8.45 - Registration close
8.50 - Race briefing
9.00 - Race start
12.00 - First teams expected to finish
12.45 - All teams expected to finish
13.15 - Presentation and lucky draw.
13.30 - Race closed

Sprint Series Adventure Race

All time Compulsory equipment:

- First aid kit: 2 crepe (snake) bandages, min 5 cm width, 6 wound closure strips, 1 triangular bandage, 2 non stick wound dressing pads. - per team
- Mobile phone - one per team
- Minimum total 0,5 l of water per team at the start of each leg
- Timing chip per person locked on your wrist (provided by organisers)
- Race bib (provided by organisers)

MTB legs only:

- Mountain bike with race bib attached.
- Helmet per person
- Minimal repair kit per team

Kayaking leg only (all provided by organisers but you can use your own)

- PFD per person
- Kayak per team
- Double-ended paddle per person

Recommended items:

- Waterproof pouch for the race information
- Compass (navigation is easy but might be handy).
- Map board for the bike.
- Off-road running shoes
- Nutrition for the entire event- some snacks and/or gels, electrolytes



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Location

Event will be held at Lysterfield park famous for its mountain bike trails, beautiful lake and fantastic views to enjoy.

This is without any doubts the best Melbourne's adventure playground.

HQ is accessible via main entrance to the park from Horswood road

[Google maps link](#)

Sprint Series Adventure Race



Lysterfield lake is located 40 km South – East of Melbourne CBD (40 min drive via M1).



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Location

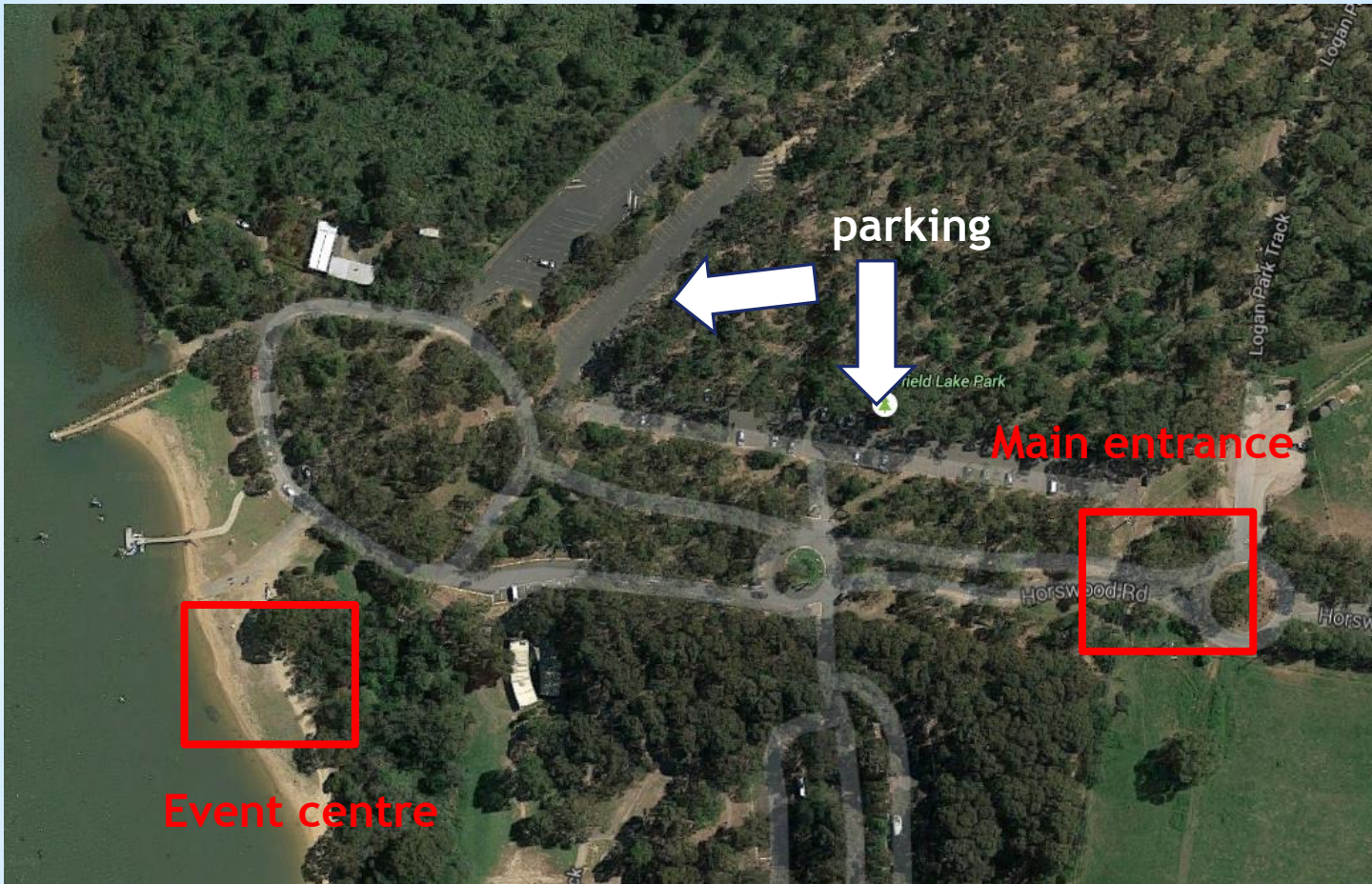
Sprint Series
Adventure Race



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Location

Sprint Series Adventure Race



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Distance

The Sprint Series Adventure Race consists of about 23 km total distance (without advanced leg):

- Running/trekking about 5 km
- Cycling (mountain biking) about 18 km
- Kayaking 3 km

Teams will be randomly split into the 2 groups for the first two legs.

Group one starts from the paddle and then does the run. Group two starts from the run and then does the paddle.

Stage 1 or 2 Run 4 km

This is a loop run you will return to the start/finish area.

Stage 1 or 2 Kayak 3 km

This is a loop on the lake. Kayaks are located next to the start.

Stage 3: Cycle/mountain bike 9 km

If you are using contact pedals you need to take your runners with you. Finish of this leg is TA1

Most of the course follows gravel paths and single tracks.

Stage 4 Run/trek 1,5 km

Use the run map and find a few checkpoints.

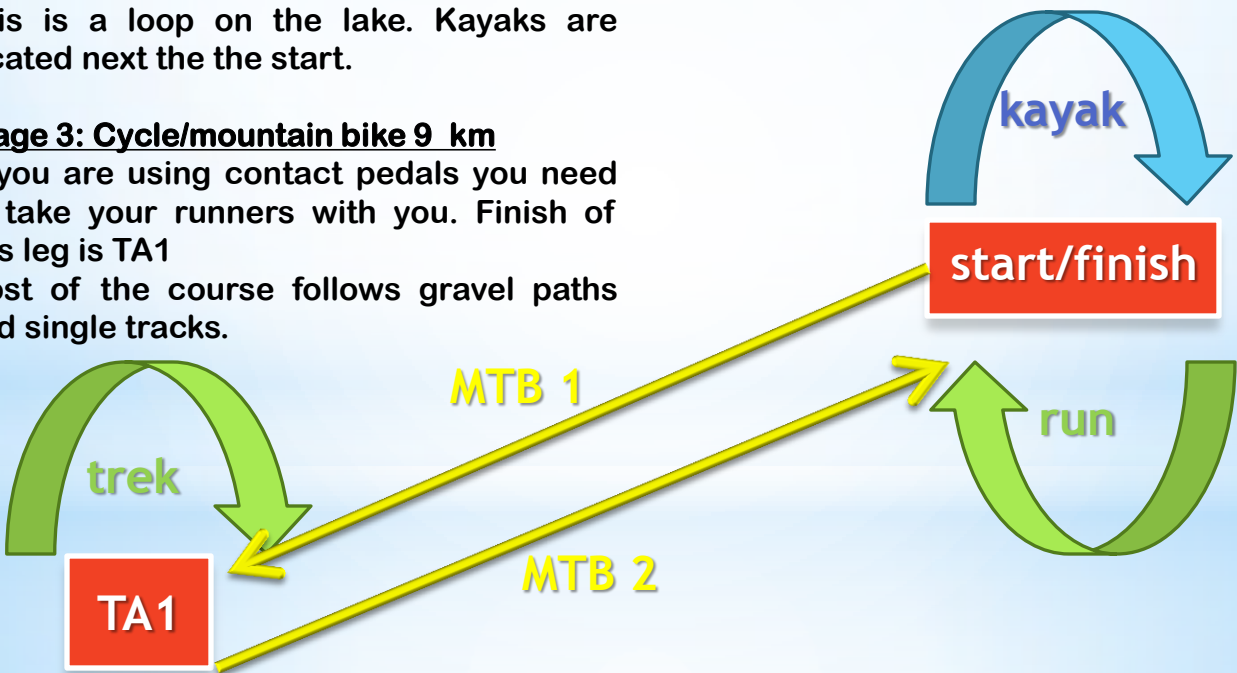
Advanced trekking leg

If you arrive to TA1 before certain time (provided in race information at the start) there will be few more CPs to collect. You will need to copy them from the Master map at the TA.

Stage 5: MTB 9 km.

Enjoy the trails and ride to the finish. Do not forget to punch in at the finish checkpoint.

Celebrate the finish line!



Race day

Sprint Series Adventure Race

Arrive early enough to assemble your bike and bring all your equipment to the transition area (which is located next to the start). There are plenty of parking spots Registration starts at 8.00

Go to the registration together with your team mate, tell officials your team name, sign the waiver form and receive your race pack consisting of race materials: event timing chip, event bib, bike bib. There are officials to answer all your questions.

Assemble your bike, set up a bike bib on it, put your bike and bike related items into transition area, at spots designated for your team.

Make sure you have some water bottles on your bike. There is no water on the course.

pack: if something is not clear, ask any of the officials.

Race:

Race starts at 9 AM from the event arch. You have to be there at the latest 8.50 AM ready to race for any last minutes instructions. Make sure you have your mandatory kit with you at all times (including kayaking leg).

Bring your family and supporters as it's a great day out for all. Enjoy the course and adventure. Even though clock is ticking it's first of all about experience.

First teams will be challenged even more with advanced trekking leg

Do not forget to punch the finish checkpoint under the arch and return your timing chip to organizers.

Post race:

Enjoy a post race glory, share your stories, some food will be available at the finish line. Pack your bike and other gear. Presentation and lucky draw will take place at 1.15 PM.

Results and photos will be published at the web-site shortly after the race.



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Timing

You will receive a little timing stick at the registration that you need to lock on your wrist with a wrist band provided along. At control points there are timing stations. You have to touch timing station with your timing stick, that will register the time when you 'punched in'. If you check in successfully you will hear a sound and light will flash. The only trick here- you have to remember to touch the station with your timing stick and return your timing stick at the finish. This will be explained again before the start.

Timing stick



Timing station



Coming events

GRAMPIANS CHALLENGE

MULTISPORT Race and trail run in the GRAMPIANS NP



Great day out with like-minded people



Social and friendly environment



Exciting course suitable for beginners



Kayaking equipment supplied for DUO category



Breathtaking scenery

18th September 2016

SOLO, relays and teams of 2

Trail run 11 km

Lake paddle 10 km

Mountain bike 24 km

Trail run 19 km

grampianschallenge.com.au

shotz

SPORTS NUTRITION

ENERGY GEL



ENERGY BAR



PROTEIN BAR



ELECTROLYTE TABLET



HELPING YOU PERFORM BETTER SINCE 1995

MADE FOR ATHLETES - SINCE 1995

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SPORTS NUTRITION

ENERGY GEL



Fast sustained fuel to keep the active muscles and brain energised. Smooth liquid/gel consistency that is easy to consume. GLUTEN FREE - NO FRUCTOSE

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.

PROTEIN BAR



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



*Enhancing our community's
health potential naturally.*



Chiropractic



Myotherapist



Naturopathy



Massage



Sports Podiatrist



Education



Mission Statement

Our mission at 360 Wellness is to have the greatest impact on the health of as many individuals as possible. We strive to maximize every persons potential for brilliance, happiness and success by empowering them with education on health and wellness. We aim to raise the spirit of the community by contributing back to the people within the region. We want to inspire change in everybody we touch and communicate our message with, and in turn positively impact the health status of the community, the city and consequently the globe.



<http://www.360wellness.com.au/>



CHOOSE YOUR OWN ADVENTURE

Trail running, mountain biking, kayaking & more.



DISCOVER YOUR DEEP END

Group fitness, personal training, skills clinics, adventure tours & expeditions.



GET YOUR GEAR FIX

The best paddling & AR gear from Epic, Fenn, Flow, Stellar, Vaikobi, Mocke & more



Peakadventure.com.au