



Sprint Series Adventure Race



EVENT PROGRAM



27 October



PORT STEPHENS
COUNCIL

WELCOME



Dear Participants,

It is with immense excitement and anticipation that we warmly welcome all participants to the Sprint Series Adventure Race in Fingal Bay on October 27th!

Serge and I are thrilled to have you join us for what promises to be an action-packed day filled with challenges, team spirit, and lasting memories. The breathtaking scenery of Fingal Bay sets the stage for this incredible adventure, and we can't wait to watch you all test your limits and achieve amazing things. Prepare for an unforgettable experience, and let's make October 27th a day none of us will forget!

See you at the starting line!
Serge and Maria, your Race Directors

SCHEDULE



7:00 – Kayaks are ready to be unloaded at the HQ

7:00 – The transition area is open (next to the HQ)

7:15 – Registration opens at the race HQ

9:00 – Race starts

11:30 – Winners of the expected to finish

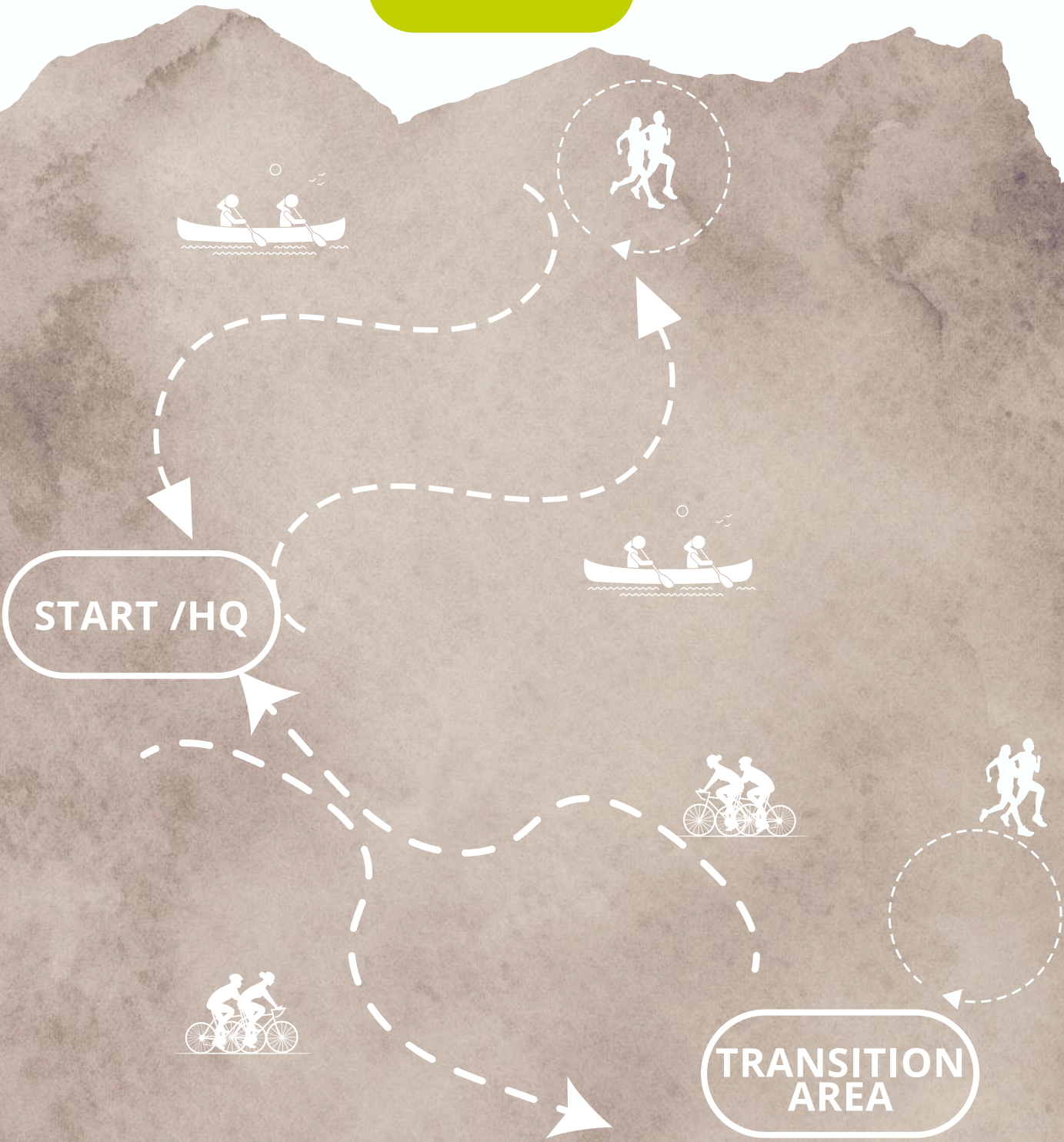
12:00- Presentation Novice

13:00 – Presentation Classic

EVENT LOGISTICS



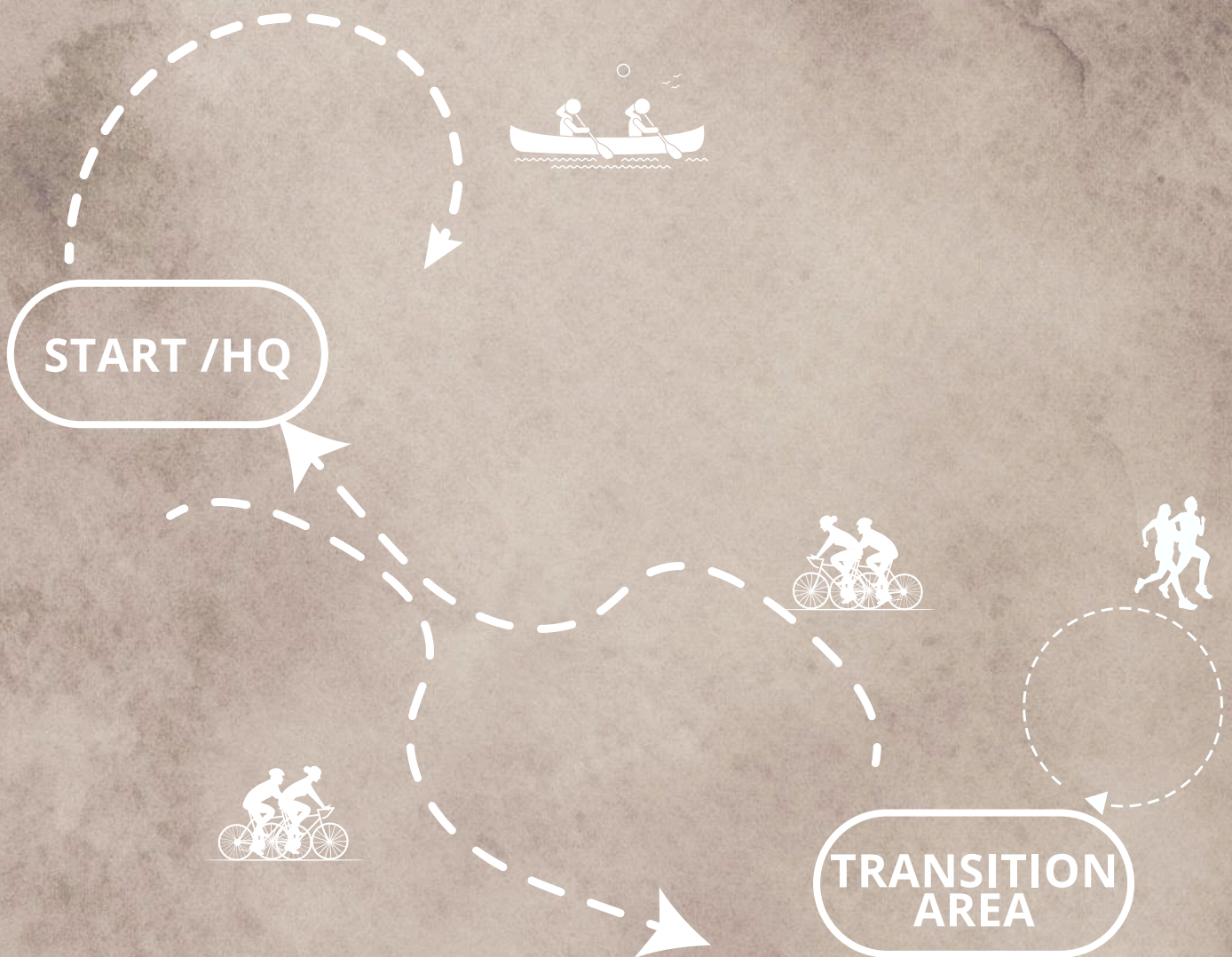
CLASSIC



EVENT LOGISTICS



NOVICE



Sprint  Series
Adventure Race

EVENT LOGISTICS



CLASSIC

LEG 1 PADDLE



LEG 2 TREK



LEG 3 PADDLE



LEG 4 MTB



LEG 5 TREK



LEG 6 MTB



NOVICE

LEG 1 MTB



LEG 2 RUN



LEG 3 MTB



LEG 4 PADDLE



THE HQ



The race HQ is Fingaly Bay boat ramp
62 Marine Dr, Fingal Bay NSW 2315
[Google Maps link>>](#)

-32.74795866170936, 152.1704481603083



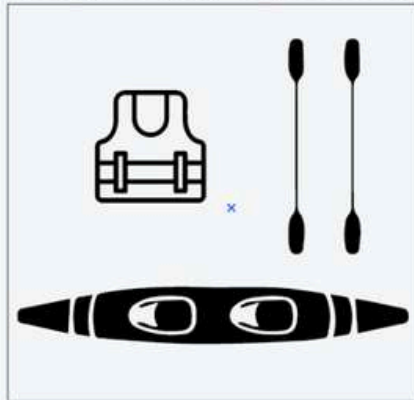
EQUIPMENT



mtb legs gear



kayaking gear (supplied by organisers)



all time gear



All legs:

- Water at least 0.7 for the start of each leg per person (more is recommended for a hot day);
- Race bib (provided) per person;
- Mobile phone- per team;
- First aid kit – per team;
- Timing tag- per team, provided;

MTB leg:

- A mountain bike;
- Helmet;
- Repair kit;
- MTB number plate- provided;

Kayaking leg:

- Paddles (provided)
- Double or two single kayaks (double sit-on-top boat is provided);
- PFD (provided), if you are racing with a kid, please BYO if you have one;
- Footwear.

EQUIPMENT



Additional recommended items:

- Compass, map board for the mtb leg;
- Sufficient nutrition for the race (snacks, gels, electrolytes);
- Spare dry clothes;
- Waterproof/windproof jacket;
- Sun protection, slip, slop, slap, wrap;
- Bike, trail running and paddling footwear;
- Gaiters.

What to wear:

- Off-road shoes or any shoes you're comfortable running on rocks, sand and trails;
- Triathlon shorts, or any shorts;
- Cap/hat for the run and paddle;
- Cycling jersey or any jersey you're comfortable in if it gets wet after the kayaking leg.

What to put into the transition area:

The gear you plan to use on the MTB leg includes a helmet, mountain bike, extra water bottle, nutrition, and bike shoes (if you're using them).

Extra food and water for the MTB leg and for the kayaking leg.

THE COURSE



The course is not marked.

The control points determine the course, marked with pink circles **on the map**.

The order of the legs is mandatory.

The order of checkpoints within a leg could be either mandatory (numerical order) or optional (any order).

It will be provided in the race description you receive on the morning of the event what the order of the checkpoints within each leg is.

Most checkpoints are mandatory to visit (if you miss one of those checkpoints, you will on get a penalty, indicated in the course description).

BONUS CPs:

A few checkpoints will be bonus checkpoints. It will be indicated in the race description which checkpoints are bonus checkpoints and how much time you receive if you visit these checkpoints.



THE TIMING SYSTEM



Each checkpoint is equipped with a timing station and orienteering flag (except for some in public places, there will be a station, which will be indicated in the race description).

To register at the checkpoint, you must push on the timing station with your timing chip. Put the timing chip on the red button on the station and push with your finger.

The station will beep and flash if you register successfully.

Demos will be given at the briefing. Please make sure you tried how the timing system works.

One timing tag is supplied for a team. The timing tag can be fastened with a wristband (provided).

The timing tag is used to 'register' at each checkpoint.

Both members of a team must visit all checkpoints. You should maintain a maximum 50m distance from one another.

There is a timing station under the finish arch. Once you 'register' at that station, the racing time stops.

After the finish

Please return the timing chip once you have finished.

We need to get your timing chip to provide your result.

TIMING STATION



TIMING TAG



CP FLAG



GENERAL EVENT INFO



Event day check-in

Register before the event and collect your race bib and timing tag at the race HQ. Call your names, sign in a waiver form or bring a printed one and receive your event bag.

Hired MTB:

Will be at the start line.

Event results

Preliminary results will be available on the day; detailed results will be published on the event website and Facebook page in the evening of the event.

Event Photography

Our photographer will do his best to capture all participants, but unfortunately, it is not always possible. The photos will be published on the FB page

<https://www.facebook.com/aventurejunkie.com.au>

The race course

It is open to traffic and other public. Please be mindful and respectful to other residents and tourists.



TRAINING SESSION



If you're new to the sport we strongly recommend attending our training session at 5 PM Saturday at the race HQ. It can be pre-booked along with your registration.

When: Saturday, 26 October From 5 till 6 pm.

Where: Race HQ, next to the Fingal Bay boat ramp

Additional booking can be arranged via email, the cost is \$49 per team.





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trail running



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