



Sprint Series Adventure Race



EVENT PROGRAM



22 October



PORT STEPHENS
COUNCIL



WELCOME



Dear Adventurers,

It is with boundless enthusiasm and anticipation that we extend our warmest greetings to all the participants of the Sprint Series Adventure race in Fingal Bay on October 22nd.

Serge and I are genuinely excited to welcome every one of you to this exhilarating event that promises a day filled with challenges, camaraderie, and unforgettable memories.

Fingal Bay's stunning landscapes are the perfect backdrop for this thrilling adventure, and we can't wait to see you all push your limits and achieve incredible feats. Get ready to embark on an unforgettable journey with us, and together, let's make October 22nd a day to remember!

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



SCHEDULE



The schedule is slightly changed to accommodate the vast field of participants.

6:45 – Kayaks are ready to be unloaded at the TA

6:45 – The transition area is open for the MTB gear drop-off

7:00 – Registration opens at the race HQ

8:30 – Race starts for the Novice course teams

9:30 – Race starts for the Classic course teams

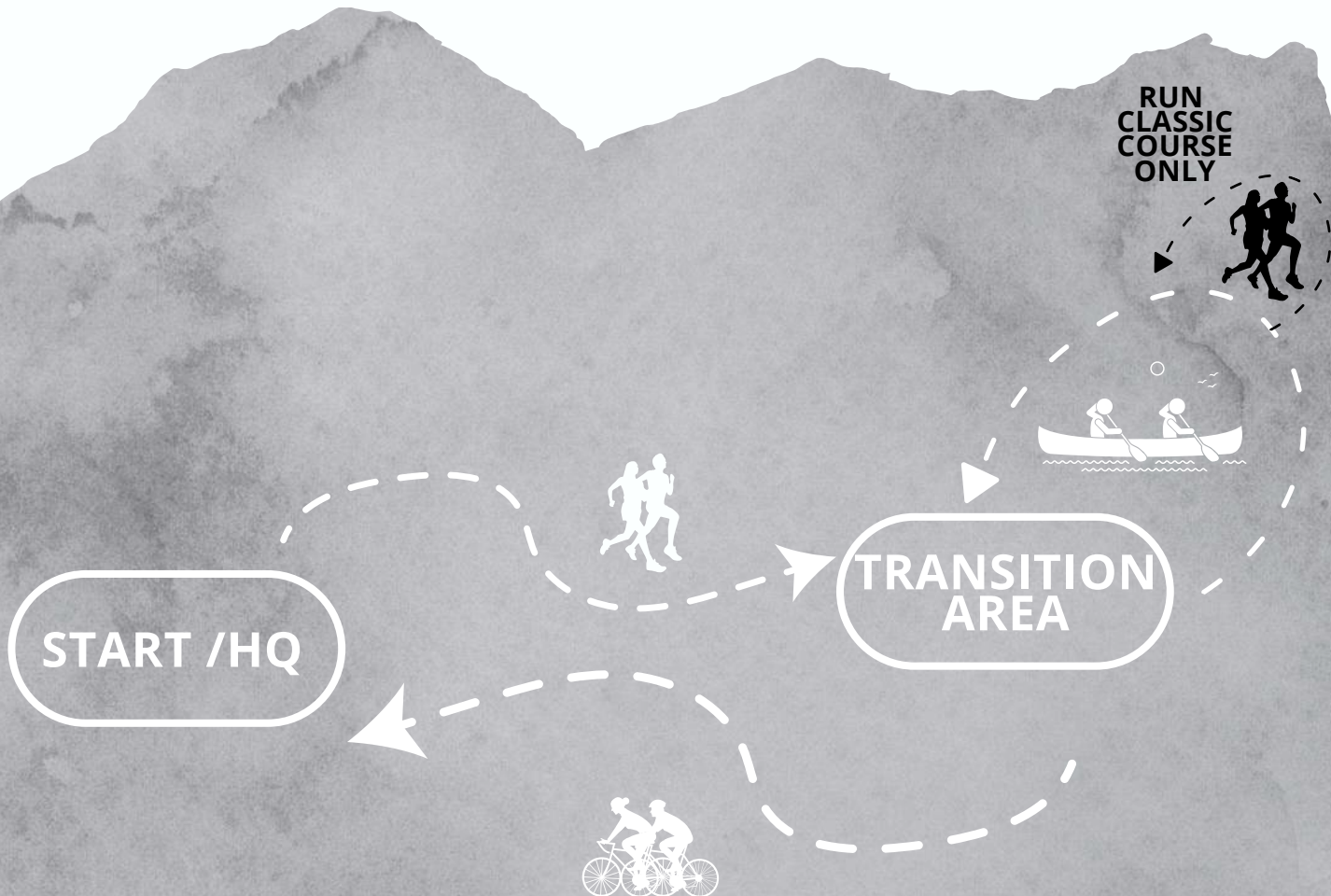
11:30 – Winners are expected to finish

12:30– Presentation Novice

13:30 – Presentation Classic



EVENT LOGISTICS



The mountain bike leg starts in the Transition area. This is a different place from the race HQ. It's about 3 km away.

Drop your bikes before the race starts.

The MTB gear can be dropped at the Transition Area before you arrive at the race HQ. MTB bibs will be at the TA.

Sprint  **Series**
Adventure Race

EVENT LOGISTICS



CLASSIC

LEG 1 RUN



LEG 2 KAYAK



LEG 3 RUN



LEG 4 KAYAK



LEG 5 MTB



NOVICE

LEG 1 RUN



LEG 2 KAYAK



LEG 3 MTB



EVENT LOCATIONS



**The race HQ is Fingaly Bay Foreshore reserve
3 Marine Dr, Fingal Bay NSW 2315**

-32.74296710011568, 152.17056202568398

**The Transition area for MTB gear drop is at the boat ramp
1C Shoal Bay Rd, Shoal Bay NSW 2315**

-32.71958760013721, 152.179974867691



THE HQ



The race HQ is Fingaly Bay Foreshore reserve
3 Marine Dr, Fingal Bay NSW 2315

-32.74296710011568, 152.17056202568398



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THE TA



The Transition area for MTB gear drop is at the boat ramp
1C Shoal Bay Rd, Shoal Bay NSW 2315

32°43'10.8"S 152°10'47.9"E

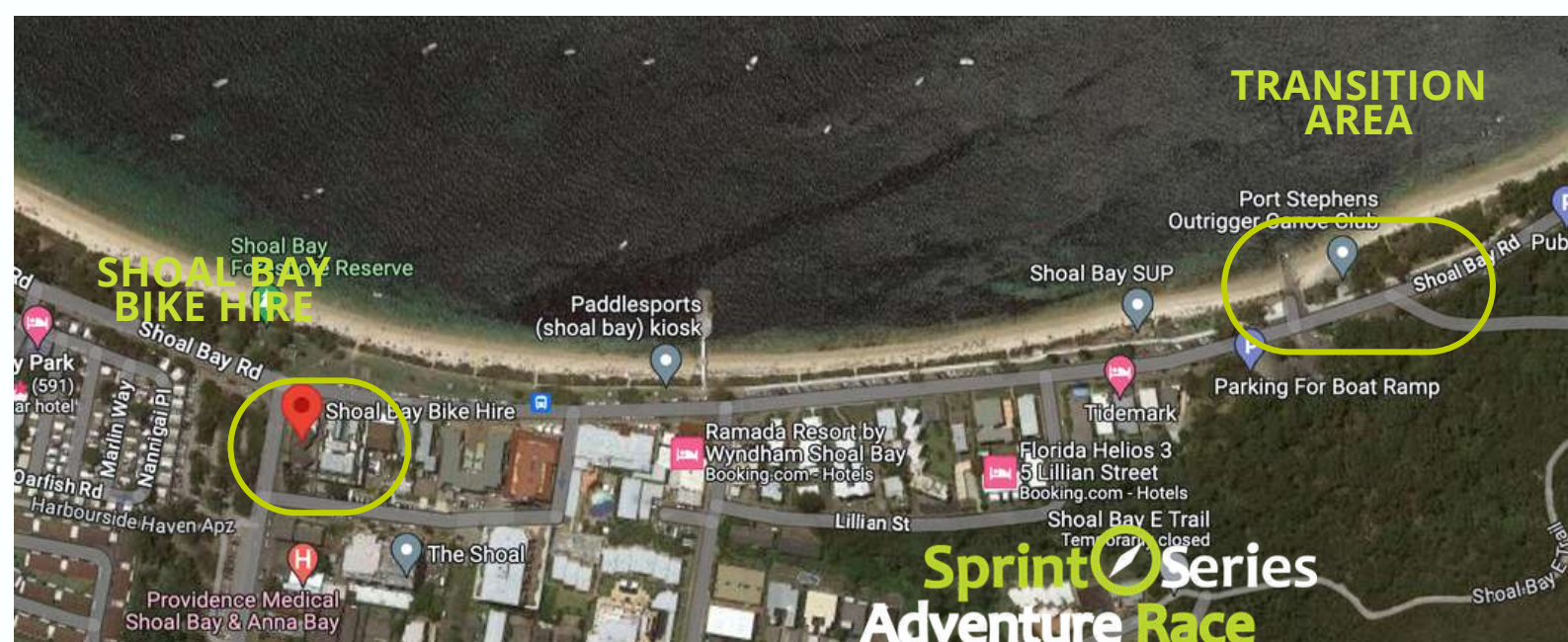


HIRED BIKES COLLECTION

If you have rented a mountain bike during online registration, please collect it at the Shoal Bay Bike shop, approximately 650 meters west of the transition area. The bike shop will be open from 6:45 am.

Following the race, please return your bike to the designated bike rack adjacent to the finish line and ensure it is registered with one of our event officials.

The address for the bike shop is
Shop 3/63 Shoal Bay Rd, Shoal Bay NSW 2315



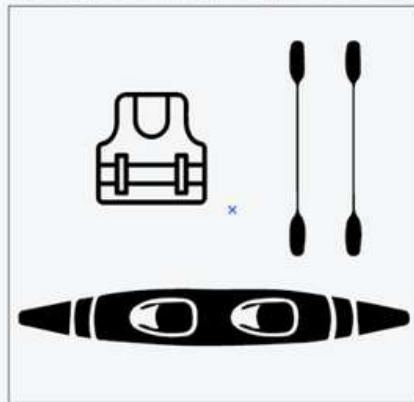
EQUIPMENT



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 get a penalty, indicated in the course description).

The Novice course starts at 8:30 am.

The Classic course starts at 9:30 am

BONUS CPs:

Only on the Classic course 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 only one station, which will be indicated in the race description).

The first few checkpoints will be equipped with 2-3 stations.

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 chips.



Checkpoint



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.

The MTB number plates will be at the Transition area, allowing you to drop your bikes first and then register.

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/adventurejunkie.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, 21 October From 5 till 6 pm.

Where: Race HQ, next to the Fingal Bay Surf Lifesaving Club

Additional booking can be arranged via email



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ADVENTURE
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3 March 2024



Sprint Series Adventure Race

Join us for an unforgettable day of adventure in the charming seaside paradise – where every challenge is matched by the stunning natural beauty that surrounds you.



kayaking



trail running



mountain
biking



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