

WELCOME



Hello, Awesome Adventurers,

Welcome to the Sprint Series at Lysterfield—a place that's etched into our story (and marked with plenty of tyre tracks too!).

We couldn't be happier to return here, not just for the fantastic trails and the buzzing race atmosphere, but because this truly is our backyard. For more than a decade, we called Lysterfield home, exploring every corner, building memories, and—fun fact—it's where we welcomed our first child and first began to feel like true Aussies.

Lysterfield isn't just a race venue for us; it's part of our history, and we're thrilled to share it with you.

So tighten those adventure straps and get ready for a day that's as epic as it is challenging. The climbs will test you, but the views—and the stories you'll carry with you—make every stride and pedal worth it.

Let's make it unforgettable—see you on the trails!

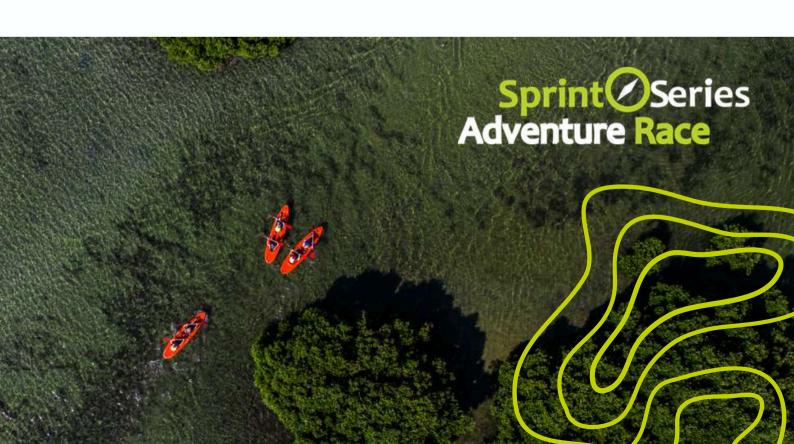


SCHEDULE

7:15 – Registration opens at the race HQ (North Hallam Rd entrance to Lysterfield park)

9:00 - Race starts for the Classic course teams

13:30 - Presentation



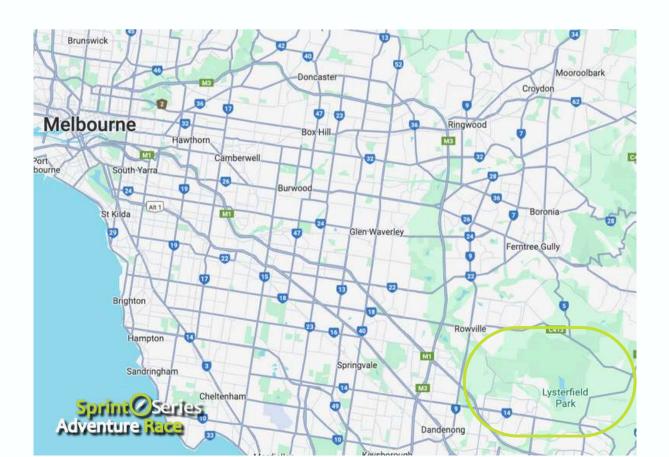
LOCATION

The race HQ is MTB entrance to Lysterfield park, Hallam North road entrance

37°57'14.6"\$ 145°17'01.0"E <u>Google link>></u>

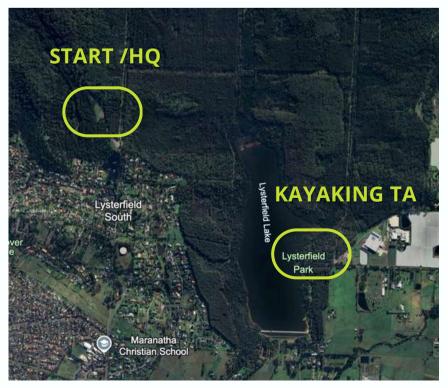
Address: Hallam North Road Carpark (Lysterfield Park)

The Transition area for MTB gear is at the same location. The kayaking TA is near the boat ramp. If you plan to use your own paddles, please drop them near the trailer and collect them as soon as possible after the race. While our crew is with the boats, they do not take formal responsibility for the gear left at the ramp.



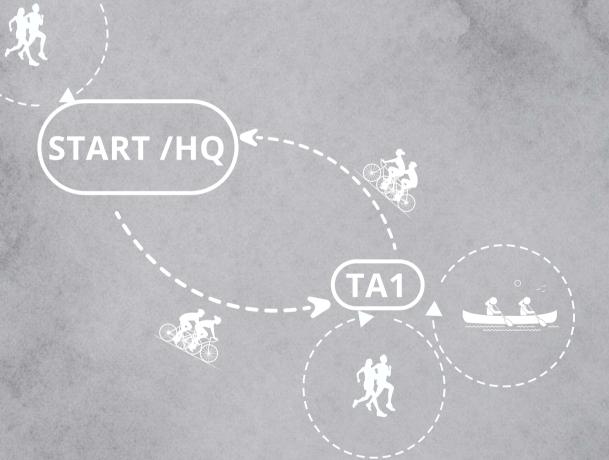
LOCATION





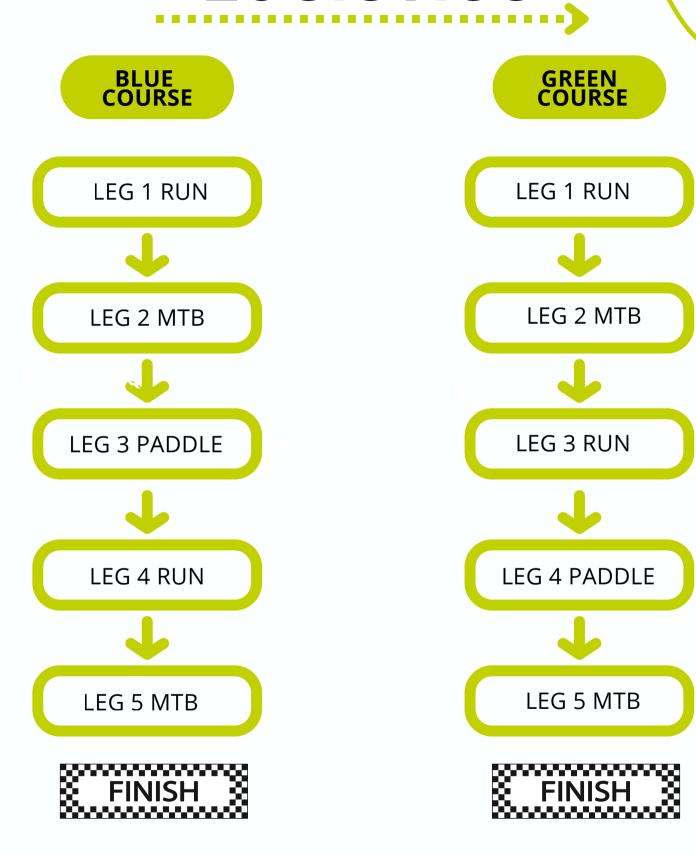
LOGISTICS

CLASSIC AND NOVICE





LOGISTICS



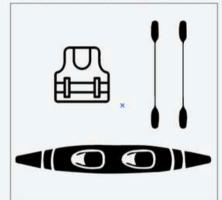
You will know your course at TA1

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);
- Mobile phone- per team;
- First aid kit per team;
- Timing tag-per team, provided;
- Orange race bib- should be the outermost garment.

MTB leg:

- 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 rough trails. You will need to carry runners if you're riding in cleats.
- 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).

GENERAL EVENT INFORMATION

Event day check-in

Register before the event and collect your race bibs and timing tag at the race HQ. There will be a team list published one day before the race.

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/adv enturejunkie.com.au

The race course

It is open to other park users.
Please be mindful and respectful
to other residents, athletes and
general public.

LAST MINUTE TEAM CHANGES

Please email us if there are changes in your team as soon as you know. We need to know who is not racing and a new teammate's name, DOB, email and mobile.

Changes are possible till the morning of the event.



COURSE

The course is not marked.

The course is designed to let your navigation skills shine!

You'll follow the map to find control points, which are highlighted with pink circles on your map. For each one, you'll have a clue to help you locate it, and these clues will be available on the race information sheet provided at registration.

The order of the legs is mandatory, the order of checkpoints within a leg could be numerical or any- this will be clearly outlined in the race information you'll receive on the morning of the event.

Most checkpoints are mandatory, so if you're aiming for a spot on the podium, make sure to visit them all! If you're here for the adventure and fun, feel free to skip a few checkpoints—just keep in mind there's a time penalty for each one missed, and you must cross the finish line to get your official result.

No matter your approach, it's all about challenging yourself, having fun, and enjoying the experience!

Please do not forget the return the timing tag after the finish.

BONUS CPs:

Only on the Classic course a few checkpoints will be bonus checkpoints. It will be indicated in description race which checkpoints are bonus checkpoints and how much time bonus you receive if visit these you checkpoints. The bonus time will be deducted from your racing time.



TIMING SYSTEM

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

To register at the checkpoint, you need to push on the timing station with your timing chip located next to the station (within 2 cm).

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



TRAINING SESSION

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

When: Saturday, 4 October from 5 till 6 pm.

Where: Lysterfield lake park entrance near the boat

ramp

COST: \$69 per team

Additional bookings can be arranged via email; you will be automatically charged using the same card you used during the event registration.

