



# Sprint Series Adventure Race



## EVENT PROGRAM



6 October

Lysterfield



ADVENTURE  
JUNKIE





# WELCOME



Hello, Awesome Adventurers,

Welcome to the Sprint Series at Lysterfield, a place that holds a special piece of our hearts (and quite a few tire marks!).

We're absolutely thrilled to be back, not just because of the incredible trails and the race vibes, but because this is our home turf. We lived here for over 10 years, tearing up these trails, making memories, and—fun fact—this is where we had our first child and first started to feel like real Aussies!

Lysterfield is part of our journey, our homeland, and we're so excited to share it with you.

So, buckle up your adventure belts and get ready to have an epic day out on the trails. The hills may challenge you, but trust us, the views (and the stories you'll tell after) are worth every pedal stroke and step!

Let's do this together—see you out there!



**ADVENTURE  
JUNKIE**

Serge and Maria, your Race Directors

# SCHEDULE



**The schedule is slightly changed**

7:15 – Registration opens at the race HQ

(North Hallam Rd entrance to Lysterfield park)

**8:45 – Race starts for the Classic course teams**

**9:15 – Race starts for the Novice course teams**

13:30 – Presentation



**Sprint**  **Series**  
**Adventure Race**



# LOCATION



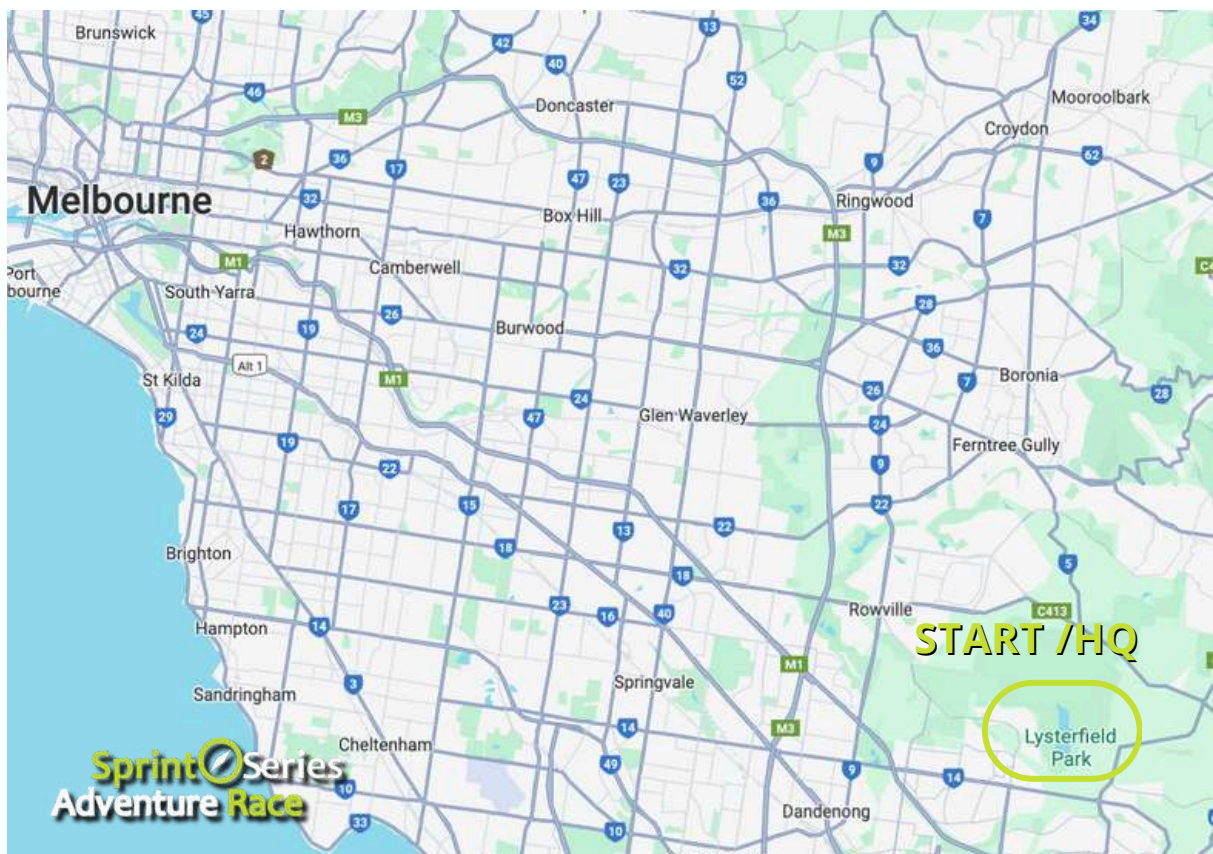
**The race HQ is MTB entrance to Lysterfield park, Hallam North road entrance**

37°57'14.6"S 145°17'01.0"E

[Google link](#)>>

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 are planning to use your own paddles, they should be dropped near the trailer and collected as soon as possible after the race. While there is Peak Adventure crew with the boats they do not take formal responsibility for the gear left at the ramp.



# LOCATION





# LOGISTICS



CLASSIC



# LOGISTICS



## CLASSIC GREEN COURSE

LEG 1 MTB



LEG 2 RUN



LEG 3 MTB



LEG 4 RUN



LEG 5 PADDLE



LEG 6 MTB



## CLASSIC BLUE COURSE

LEG 1 MTB



LEG 2 PADDLE



LEG 3 RUN



LEG 4 MTB



LEG 5 RUN



LEG 6 MTB









# LOGISTICS



NOVICE

LEG 1 MTB



LEG 2 PADDLE



LEG 3 RUN

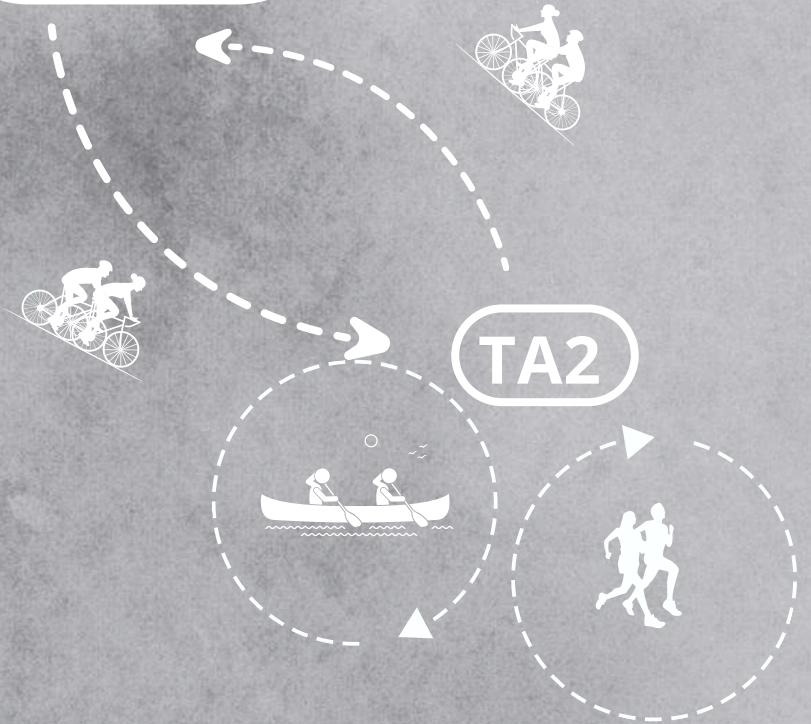


LEG 4 MTB

FINISH

START /HQ

TA2



Sprint Series  
Adventure Race

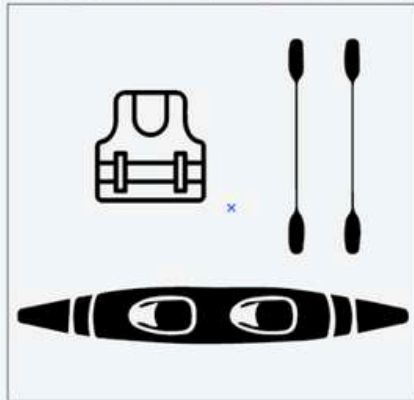


# EQUIPMENT

## 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 two days 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/adventurejunkie.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 to 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 the race description which checkpoints are bonus checkpoints and how much time bonus you receive if you visit these 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, 5 October from 5 till 6 pm.

**Where:** Race HQ

**COST:** \$39 pp

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







 ***Women only  
Adventure Race***

**10 NOVEMBER 2024, Lysterfield**

**[WOMENSADVENTURERACE.COM.AU](http://WOMENSADVENTURERACE.COM.AU)**





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