

RACE INFORMATION

30 APRIL 2023



Sprint  **Series**
Adventure Race

WELCOME



It is an absolute privilege for us to return to Anglesea and greet again all the amazing teams who are up for an exciting adventure we have prepared for you.

Anglesea is a true adventure racing paradise with unlimited paddling, trail running and mountain biking options.

Thank you to all participants, volunteers, and event stakeholders for supporting the event.

We can't wait to see your smiles of satisfaction as you roll under the finish line at the end of your adventure racing journey.

Welcome to all, the elites fighting hard for the podium, the family teams, and those just hoping to finish the course.

Serge & Maria,
AJ Team
info@adventurejunkie.com.au



SCHEDULE



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

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

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

7:00 – Registration opens at the race HQ

8:45 – Race briefing for the Classic course at the HQ

9:00 – Race starts for the Classic course teams

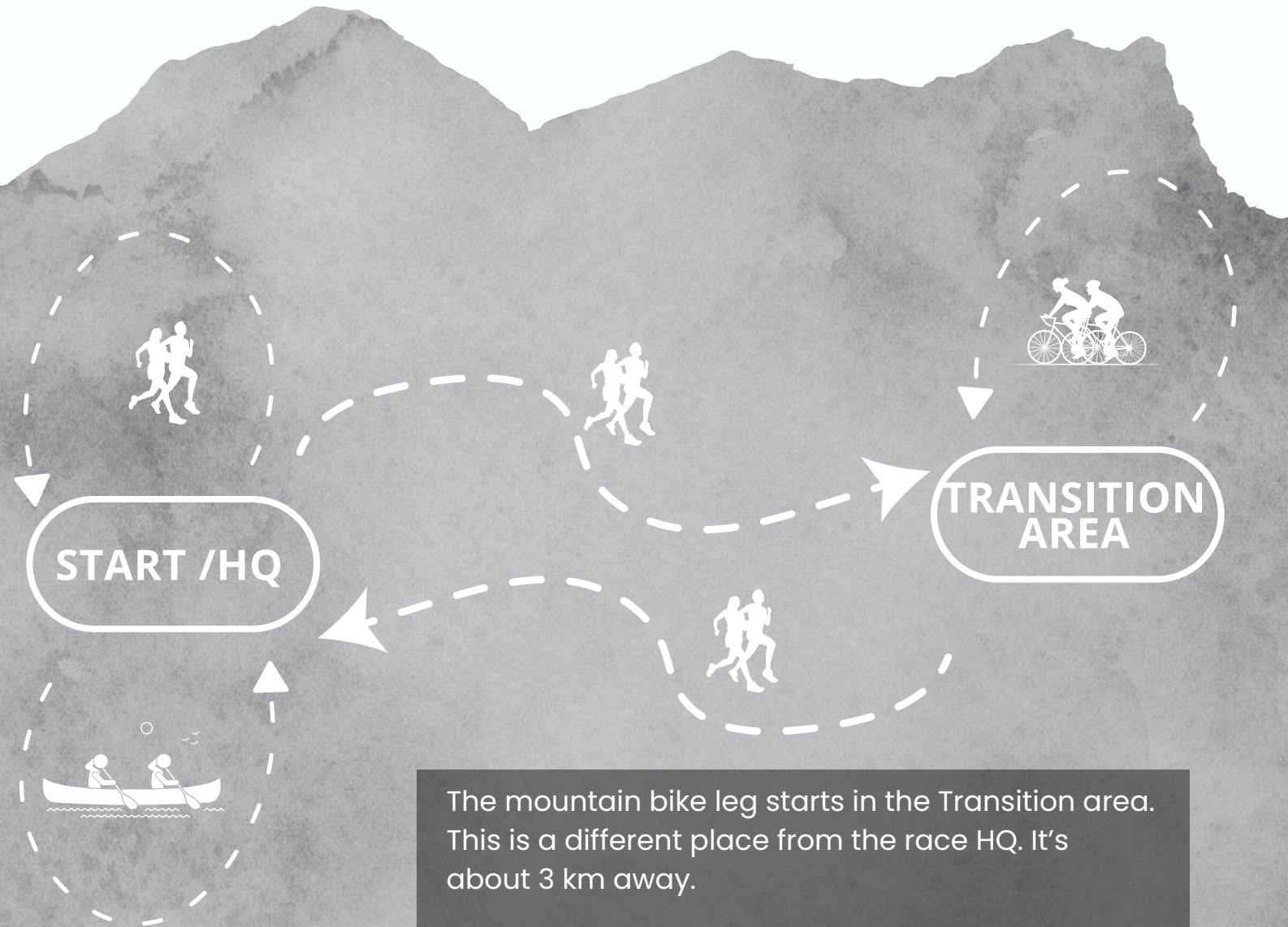
9:45 – Race briefing for the Novice course at the HQ

10:00 – Race begins for the Novice course teams

11:30 – Winners are expected to finish

13:30 – Presentation

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.

The MTB gear should be dropped at the Transition Area before you arrive at the race HQ.

Please drive directly to the TA, and receive your mountain bike number plate from the race official. If you have booked a mountain bike board, you will receive it at the TA.

Leave your MTB gear at the TA and proceed to the HQ.

Hired mountain bikes will be delivered and picked up at the Transition area.

EVENT LOCATIONS



The race HQ is Lorne - Queenscliff Coastal Reserve

Great Ocean Rd, Anglesea VIC 3230

-38.41192368272863, 144.18882712817214

The Transition area for MTB gear drop is at the parking located at the Ellimatta Reserve, Anglesea Football Club
25-27 Ellimatta Rd, Anglesea VIC 3230



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THE HQ



Lorne – Queenscliff Coastal Reserve

-38.41192368272863, 144.18882712817214



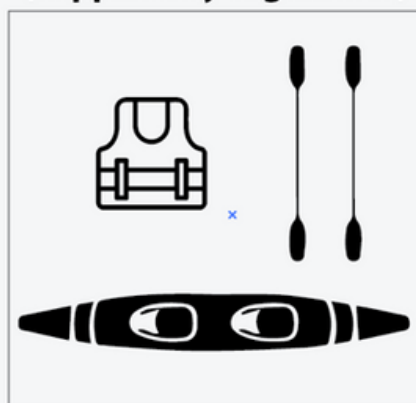
EQUIPMENT



mtb legs gear



kayaking gear (supplied by organisers)



all time gear



All legs:

- Water at least 0.5l for the start of each leg per person;
- Race bib (provided) per person;
- Mobile phone- per team;
- First aid kit – per team;

MTB leg:

- A mountain bike;
- Helmet;
- Repair kit;

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:

- Triathlon race belt
(if you do not have it, you can use the safety pins provided);
- Waterproof pouch for race information and maps or contact;
- Compass, map board for the mtb leg;
- Sufficient nutrition for the race (snacks, gels, electrolytes);
- Spare dry clothes;
- Waterproof 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, or 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).

THE COURSE



The course is not marked.

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

There will be a few legs: 1 kayaking, three running and one mountain biking.

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 20 minutes penalty).

The Novice course starts at 10 am.

The Classic course starts at 9 am

We will randomly divide all the teams into two groups.

You will receive your group allocation at the onsite check-in on the morning of the event.

Groups will have a different order of legs within the course.

Ultimately both groups will complete the same distance.

Bonus checkpoints for the Classic course teams

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.

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.

Timing tags are supplied to each participant. The timing tag has to be fastened with a wristband (provided).

The timing tags are used to 'register' at each checkpoint.

Both members of a team must register at each checkpoint.

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 have pre-booked Navigation and/or Kayaking sessions, we are excited to see you at the race HQ at 5 pm.

When: Saturday, 29 April From 5 till 6 pm.

Where: Race HQ, Lorne-Queenscliffe reserve

Additional booking can be arranged via email





established 2011

ADVENTURE RACE

6-7 MAY 2023 LAKES ENTRANCE



ADVENTURE
JUNKIE

Join us for an
exciting
adventure
weekend



6-7 May, Victoria, Lakes Entrance



FULL 24h, Half 12h, Mini 4h courses



Trekking, paddle, MTB, navigation



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