

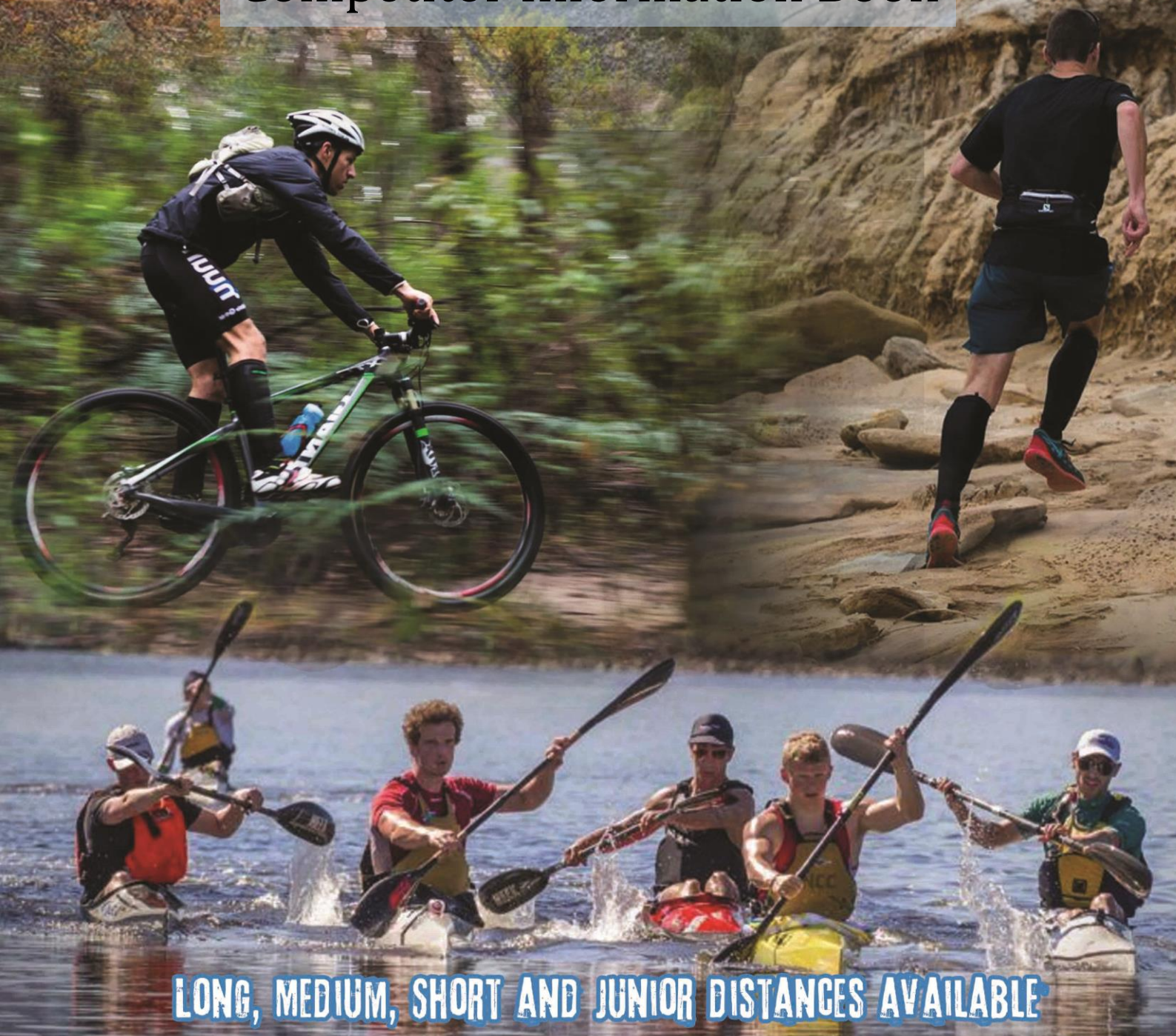
**ADVENTURETHON**

**East Gippsland**

**3 STAGE RACE**

**MARCH 30 - 31**

## Competitor Information Book



**LONG, MEDIUM, SHORT AND JUNIOR DISTANCES AVAILABLE**



## COMPETITOR INFORMATION

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# EVENTS

Adventurethon DEMOLISH has finally arrived in East Gippsland. Adventurethon Demolish incorporates 3 stand-alone events over one weekend to provide competitors, their friends and families, with some breathtaking experiences both on and off course in a family friendly and positive atmosphere. The stage race format allows athletes to participate in one, two, or all three of their favourite discipline/s, or to form teams and have fun with their mates.

## For the fun-loving adventurer:

Juniors, and beginners to these awesome off-road sports, we have you covered. You can challenge yourself on shorter and technically easier courses by undertaking either the Junior or adult Taste option. Select from a single stage race, e.g. trail run, or combine 2 or 3 events to suit your personal challenges.

## For the off-road specialist:








Those athletes that specialise in just one or two disciplines can opt to undertake just one or two stages of the event. As this event is divided into discrete stages we welcome you to come and enjoy your favourite event/s and take home one of the truly magnificent medallions to add to your collections of bling.

## Invite your friends and get social:

Why not make it easier on yourself? Gather your friends to take on the stage/s that you don't want to attempt; that's what friends are for isn't it? Encourage teamwork and designate roles by forming a team to tackle an Adventurethon distance of your choice across all three stages. Alternately why not challenge a friend to compete alongside you and compete as a pair; remember a challenged shared can be more enjoyable than one tackled solo.

## The ultimate Adventurer:

If you are an ultimate adventurer then **Ultimate Demolish** and its associated bragging rights are definitely the option for you! The Ultimate Demolish includes ALL 3 stages (paddle, mountain bike, trail run) with a benefit being that you can rest in between each stage and have more time to strategise. There are two lengths to choose from: Ultra (long) and Enduro (short) in each stage.

<b>Saturday 30<sup>th</sup> March 2019</b>	<b>Mitchell River Meander</b>	<b>Mt Taylor MTB</b>
ULTRA	 19 kilometres	 35 kilometres
ENDURO	 9 kilometres	 17.5 kilometres
TASTE / JUNIOR	 2 kilometres	 8.5 kilometres
<b>Sunday 31<sup>st</sup> March 2019</b>	<b>East Gippsland Adventure Run</b>	
ULTRA	 20 kilometres	
ENDURO	 10 kilometres	
TASTE / JUNIOR	 6 kilometres	

Distances are a guide only and may be subject to change dependent on course conditions. Courses will be kept as close as possible to published maps however Adventurethon organisers reserve the right to alter courses to ensure the safety of all competitors should the need arise.

## LOCATION

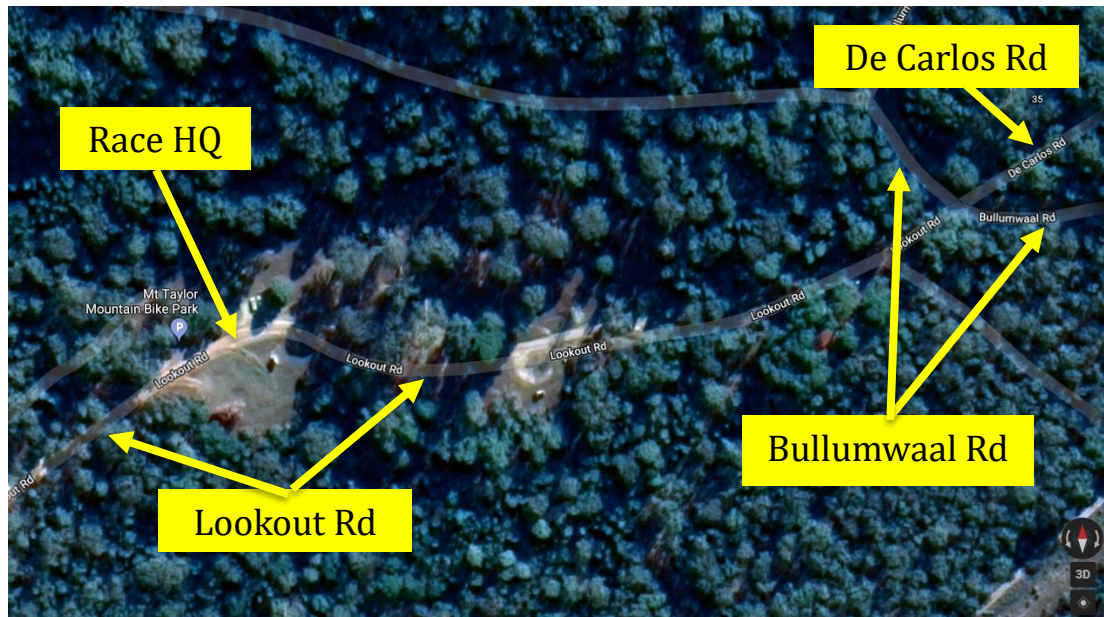
Adventurethon is conducting this multi stage event over two days and in three locations to ensure we provide you with the best possible experience in off-road sport and adventure. On the morning of Saturday 30<sup>th</sup> March Adventurethon DEMOLISH Stage 1, the Mt Taylor MTB, will start your fabulous weekend of adventure. On Saturday afternoon Stage 2, the Mitchell River Meander, will take you on a scenic out and back journey along the river, starting and finishing in Bairnsdale. The final stage, the Mitchell River Adventure run, will be held on Sunday morning (31<sup>st</sup> March) at Echo Bend, adjacent to the Mitchell River National Park.

# HEAD QUARTERS (HQ)

Separate headquarters will be set up for each of the races. This is where everything you need to know will be located including race pack pickup on race day and competitor check in.

## **Mt Taylor Mountain Bike Park – HQ for Mt Taylor MTB**

Lookout Rd, parking area.



**Howitt Park** – HQ for Mitchell River Meander.

Beside the Princes Hwy on the north-eastern side of Bairnsdale Bridge.





**Echo Bend Bark Hut – HQ for The Mitchell River Adventure Run**

345 Dunbars Rd, Iguana Creek



## Security

**Competitors** participating in multiple event stages **need to be responsible** for the **security of their own equipment**. There will not be secure storage areas at any venue, so we suggest you pack equipment appropriate for securing your bikes and/or skis, e.g. strong bike locks and lockable straps for your boats.

## RACE PACK PICKUP

Race packs contain your race number, timing chip etc., and can be collected between 5:30pm and 8:30 pm Friday 29<sup>th</sup> March at **Bairnsdale Bikes**, 132 Main St, Bairnsdale. Join us there for **pizza, a chat, catch up with friends** and of course to **top up on spares and nutrition** ahead of the race. If you cannot attend on Friday evening you must collect your race pack **at least 30 mins prior to race briefings** at the race start headquarters for each of the stages. Maps will be displayed, and the event director will be available to answer questions.

Athletes are also **required to check in** immediately prior to each stage they attempt.

**NOTE:** You must **attend in person** to collect your race pack and pre-ordered shirts (\$20 if ordered prior to 28<sup>th</sup> FEB; RRP\$35) and **sign indemnity forms**. There are **no registrations on race day**. Those who want to compete must **register online before Wednesday the 27<sup>th</sup> March**. This is to ensure all correct paper work is completed and filed.

There will be a **logistics briefing** at 7:30pm at Bairnsdale Bikes (not mandatory to attend) and there will be **MANDATORY race briefings for competitors before each race**. However, if you have any questions, Friday evening will be the best time to ask.

## Teams and Pairs

Each competitor in a team will have the same race number and this number will be passed between team members for their individual events. Teams don't have to pick up their race packs together. **However, each team member will have to sign an indemnity form**. To compete as a pair you must remain together



throughout the race and cross finish lines together. Failure to do so will end in disqualification.

### Competitor Check In:

**IF YOU PICK UP YOUR REGISTRATION PACK ON THE DAYS PRIOR TO YOUR EVENT YOU STILL NEED TO SEE RACE HQ ON THE DAY OF YOUR EVENT TO INFORM THEM THAT YOU HAVE ARRIVED.**

### DINNER

Friday night pizza at Bairnsdale Bikes (small per plate fee), or just come along, collect your race pack and enjoy the atmosphere. A great opportunity to have a pre-event catch up with old friends and develop new friendships as you talk strategy about the upcoming events. Friday evening is also the best opportunity to have any questions answered by Adventurethon staff. Your Race Director will be on hand to help, allay any fears you may have, and provide advice.

### Friday Schedule

Location: Bairnsdale Bikes, 132 Main St, Bairnsdale

5:30 pm: Race Pack Pickup opens

6:30 pm: Guest Speaker

7:30 pm: Logistics Briefing

8:30 finish

## Start Times

Refer to individual race information for briefing times

Event	Start location	Finish location	Start time
Mt Taylor MTB – Saturday 30 <sup>th</sup> March			
Ultra (long course) 35 km Enduro 17.5 km Taste 8.5 km Junior 8.5 km	All races start and finish at race HQ, Mt Taylor Mountain Bike Park		7:30 am 8:00 am 9:00 am 9:00 am
Mitchell River Meander paddle – Saturday 30 <sup>th</sup> March			
Ultra (long course) 19 km Enduro 9 km Taste 2 km Junior 2 km	All events start and finish at race HQ, Howitt Park, Bairnsdale		2:30 pm 3:30 pm 4:00 pm 4:00 pm
Mitchell River Adventure Run – Sunday 31 <sup>st</sup> March			
Ultra (long course) 20 km Enduro 10 km Taste 6 km Junior 6 km	All events start and finish at race HQ, Echo Bend Bark Hut, Dunbars Rd, Iguana Creek		7:30 am 8:00 am 9:00 am 9:00 am

## Outside Support

This race is a self-supported race, therefore it is required that you carry your own water and nutrition etc. Competitors receiving outside support (this includes their own drops of water/nutrition on the course prior to the race) from anyone other than race officials will incur a penalty resulting in them being unable to place 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in their nominated category. This excludes mechanical, first aid support, or your nominated helper (with wristband) to enter dedicated aid areas to restock your drink/food.



## Camping

Camping is available Saturday night at Echo Bend for those wanting to be in place for the Mitchell River Adventure run on Sunday morning. If you are going to camp please book directly with the Echo Bend Caravan Park on 03 51576317.

Powered sites \$38 per 2 people

Unpowered sites \$28 per 2 people

On-site Vans \$60-\$70 per 2 people can accommodate extra adults \$8 per head.

## Food and Drink

Food and drink will be available at all race HQ's.

## Race Numbering

Each competitor is required to wear his or her race number at all times during the event. Each team/pair will be provided with a single number which must



be worn by one member at all times (they can be picked up individually or all together, **MUST SIGN INDEMNITY FORM**)

If you withdraw from your race for any reason please ensure that you inform the timing tent (near the finish line) as soon as possible. If you do not inform us that you have pulled out of the race we cannot remove volunteers from the course until you are accounted for and will have to deploy emergency services at your cost.

## First Aid

First Aid will be available at Race HQ. Checkpoints along the course will also have First Aid kits if you require first aid. Ultra, Enduro and Taste/Junior competitors are required to carry with them a minimum of **2 x compression bandages** on the ride and run courses. Bandages can be purchased at Race HQ. (please bring cash for purchases)

It is also recommended that competitors carry their mobile phone where possible with the emergency number **0447 496 489** programmed in. (run has limited mobile signal but SMS is possible in many key areas).



## Medical Conditions

If you have a medical condition it is your responsibility to reduce any risk to yourself. You must carry on you any medications that you may require. Please detail on the back of your race bib any notes regarding your condition in the event of an emergency. If you have any other special requirements, please email our Event Director at [info@adventurethon.com.au](mailto:info@adventurethon.com.au) with sufficient time before the event.

**PLEASE DETAIL ON THE BACK OF YOUR RACE BIB ANY NOTES REGARDING YOUR CONDITION IN CASE OF EMERGENCY**

## Amenities

There will be toilets and or porta-loos at each Race HQ. There are various toilets at / close to each HQ.

# ENVIRONMENTAL POLICY

## Clean Gear

It is important to protect the environment we play in so that we, and our children, can continue to play there into the future. **Weeds brought in from other areas have the potential to harm the natural balance of the area.** Ensure all gear and equipment is clean before arriving at the event.

## Plastic

Adventurethon Australia has a policy on plastic, they aim to reduce, reuse and recycle. Adventurethon Australia is proud of the country we live in and are committed to keeping our environment as clean as possible. For this reason we won't provide plastic cups, plastic water bottles or plastic bags etc. at our

event. We ask our athletes to look at the positives of being green and support us by not bringing plastic to our event.

## LIVE RESULTS

For love ones and friends who can't make it out support, or want to know your results, live results (where possible) will be provided on the link below:  
<http://results.durt.com.au/events/adveg2019>

## Spectators

For all you need to know about where the best spots to spectate you can do ask Adventurethon staff at the events and they will assist.

## Photographs

If you have a loved one who wants to take photos we can arrange to put them in the best spots, just let us know. We try to get as many photos of competitors as possible so if any spectators take photos or videos that they are happy for us to use they can take them to Race HQ and we can copy them onto a computer (they will need to have photos on an SD card or have a USB cable for camera). Alternatively, email [admin@adventurethon.com.au](mailto:admin@adventurethon.com.au). If you have a Go Pro or similar we would love to have some footage of the course. We welcome **drone pilots** at our events but please talk to the event organisers at race HQ before deploying your craft.



## Social Media

Make sure you check out our social media pages. Since we are in a rural destination live updates will be harder than usual, though this doesn't stop you from commenting your support to love ones and uploading photos to our wall. Be sure to use our hashtags.

Facebook: [www.facebook.com/adventurethonaustralia](http://www.facebook.com/adventurethonaustralia)

Twitter: [www.twitter.com/adventurethon](http://www.twitter.com/adventurethon)

Instagram: <http://www.instagram.com/adventurethon>

**Hashtag away using the following #'s**

#ADVENTURETHON      #loveeastgippsland

#DEMOLISH            @loveeastgippsland

#ADVENTURETHONDEMOLISH

# Mt Taylor MTB

**30<sup>th</sup> March 2019**

The first stage of Adventurethon Demolish is the mountain bike leg. Athletes have the option of a 35 km (Ultra) or a 17.5 km ride (Enduro). Juniors and Taste competitors tackle a 8.5 km ride. You will be winding through the breathtaking Mt Taylor Forest tracks. Those taking the Ultra will find some jumps along the way. This is the perfect beginning to an adrenaline filled day.

## Race Pack Pickup

If you can't make it to race pack pickup on Friday 29<sup>th</sup> March, you must collect your pack from race HQ (Mt Taylor Mountain Bike Park) **at least 30 mins before** event briefing begins. Be aware that there will be busy periods prior to event start time.

## Race Check In

Before starting your race you **must check in with race HQ**. This is to ensure we know precisely how many competitors are on course. You can do this any time up to 5 mins prior to race start.

## TIMES

Event	Briefing time	Briefing location	Start time
Ultra (long course) 35 km	8:15 am	Race HQ at Mt Taylor Mountain Bike Park	8:30:00 am
Enduro 17.5 km	8:45 am		9:00 am
Taste 8.5 km	9:45 am		9:45 am
Junior 8.5 km	9:45 am		9:45 am

**Notes:** The two-lap **Ultra** course can be completed in 2 hours by faster riders but there will be a cut-off time of **2hrs for one lap**. If your first lap is longer than that time you will not be allowed to start your second lap and will be recorded as an Enduro distance competitor.

Most Enduro competitors should complete their course from 50 minutes to one hour 30 mins.

The Taste/Junior course is suggested to be finished in 1 hour although it will depend on your skill / fitness .

## MAPS

Both Ultra and Enduro will be using the same track; Ultra athletes will be doing 2 laps of both loops shown on map. Taste/Junior athletes will tackle the easier southern loop only.



## Download maps here

[Ultra/Long & Enduro/Medium courses](#); [Taste/Junior course](#)

## PARKING

There will be a designated parking area, please look for signs and stick within these parking zones.

## AMENITIES

Toilets/ Porta-loos will be available at Mt Taylor MTB HQ . A coffee van will be presented for drinks and snack purchases. (Please bring cash for purchases)

## PRESENTATIONS

Ride presentations will be on site at Race HQ and will start at **11:30 am**. Competitors that finish 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each distance and age category will be awarded medals, and all those that complete the course will be awarded a finishers medallion.

## RUBBISH

In order to keep these tracks in pristine condition, do not leave rubbish along the way. Carry your rubbish with you and offload it at a checkpoint or put it in the bin at the finish area.

## CLEAN GEAR

It is important to protect the environment we play in so that we, and our children, can continue to play there into the future. **Weeds brought in from other areas have the potential to harm the natural balance of the area.** Ensure all gear and equipment is clean before arriving at the event and cleaned before you ride your local tracks after competing here.

## HIRE

### Don't own a mountain bike? No Problem:

The lovely people from Ventureout in Lakes Entrance have you covered. Not only will they sort you out with an appropriate size bike, you have a choice of 27" or 29" wheels on some models. Even better, they will deliver to race HQ if you would like them to. How good is that!

You can contact Ventureout on 0427731441 or at [info@ventureout.com.au](mailto:info@ventureout.com.au) and they'll look after you. Cost is just \$29 if you pick up or \$40 delivered, **bargain!**



# EQUIPMENT LIST

## Ride

**It is mandatory that at all Adventurethon Events athletes carry water on them**

- Mountain Bike **Mandatory** (aim for at least front suspension)
- Australian Standards Bike Helmet **Mandatory**
- 2 Compression Bandages **Mandatory**
- Water **Mandatory** (a hydration pack is recommended as the handling is safer when riding)

### **Highly recommended**

- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS or as a liquid in a hydration pack
- Mountain bike shoes
- Mountain bike gloves
- Hand pump for MTB or a canister or 2 of CO2 for faster inflation
- 2 or more spare tubes (dependant on course and bike style) (Look at a tubeless conversion kit or some slime to reduce puncture likelihood)
- Chain breaker and multi tool (for MTB repairs on the go)
- Spare chain link
- Cycle top or endurance tri top with room for nutrition storage
- Tri shorts or cycle shorts ([Available to purchase online – http://www.adventurethon.com.au/store](http://www.adventurethon.com.au/store))
- Sunglasses
- Sun protection/sunscreen

**Competitors without the mandatory equipment will be immediately disqualified and not allowed to continue.**

**Phone with emergency HQ contact 0447496489 is recommended**

# Mitchell River Meander paddle

**30<sup>th</sup> March 2019**

Finishing off day 1 of your weekend of fun and adventure is the paddle stage of Adventurethon Demolish. Athletes have the option of a 19 km paddle (Ultra) or a 9 km paddle (Enduro). Juniors and Taste competitors tackle a 2 km paddle course.



Whichever course you choose to tackle you will be bombarded with beautiful scenery as you glide along the river.

## Race Pack Pickup

If you can't make it to race pack pickup on Friday 29<sup>th</sup> March, you must collect your pack

from race HQ **at least 30-60 mins before** event briefing begins. Be aware that there will be busy periods prior to event start times.

## Race Check In

Before starting your race you **must check in** with race HQ. This is to ensure we know precisely how many competitors are on course. You can do this any time up to 5 mins prior to race start.

## Times

Event	Briefing time	Briefing location	Start time
Ultra (long) 19 km	2:15 pm	All races:	2:30 pm
Enduro (medium) 9 km	3:15 pm	Race HQ, Howitt Park, Bairnsdale	3:30 pm
Taste (short) 2 km	3:45 pm		4:00 pm
Junior 2 km	3:45 pm		4:00 pm

## Maps

All three distance races start and finish at Race HQ in Howitt Park.

**Download maps here:**

[Ultra/Long course](#); [Enduro/Medium course](#); [Taste/Junior course](#)

## PARKING

There will be a designated parking area at each location, please look for signs and stick within these parking zones.

## AMENITIES

Public toilets are located close to race HQ in Howitt Park

## PRESENTATION

Paddle presentations will be held at race HQ at the finish line, at **6:00 pm**. Competitors that finish 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each distance and age category will be awarded medals, and all those that complete the course will be awarded a finishers medal.

There is going to be an exciting atmosphere, with food and drinks available, perfect for Saturday dinner before heading to Echo Bend to camp for the night.

## HIRE

Kayaks both individual and double are available for hire through Adventurethon and Peak Adventure Kayaks. Click [here](#) and select your kayak, then choose whether to add a paddle and/or pfd. If you don't see what you are after in this list, please email Joel at [info@adventurethon.com.au](mailto:info@adventurethon.com.au) along with your particular kayak requirements so we can endeavor to locate an appropriate craft for you.





## RUBBISH

In order to keep this river in the same condition you find it, do not leave rubbish along the way. Carry your rubbish with you and offload it at a checkpoint or put it in the bin at the finish area.

## CLEAN GEAR

It is important to protect the environment we play in so that we, and our children, can continue to play there into the future. **Weeds brought in from other areas have the potential to harm the natural balance of the area.** Ensure all gear and equipment is clean before arriving at the event and cleaned before you paddle your local waterways after competing here.



## EQUIPMENT LIST

### Paddle

**It is mandatory that at all Adventurethon Events athletes carry water on them.**

- Kayak, surf ski, canoe, Sup, Outrigger **Mandatory** – any type of rudder will be fine (underslung or trailing rudder) *Hiring Available – [www.peakadventure.com.au](http://www.peakadventure.com.au)*
- Paddle **Mandatory**
- Personal flotation device (PFD) **Mandatory. Must be L50 or Type 2 (or above)– INFLATABLE PFDs ARE NOT ACCEPTABLE. A Small range is available for purchase at Race HQ**
- Whistle **Mandatory** (Ultra/Long course only)
- Water/Hydration **Mandatory**

### Highly recommended

- May need warm clothing (have it packed) in case it's cold
- Handy to have spare string and cable ties just in case you need running repairs
- Sunglasses, sun protection and sunscreen
- High visibility clothing
- Phone in waterproof case

**Competitors without the mandatory equipment will be immediately disqualified and not allowed to continue.**

**Phone with emergency HQ contact 0447496489 is recommended**

# Mitchell River Adventure Run

**31<sup>st</sup> March 2019**

The final Stage of this adventure packed weekend is the Mitchell River Adventure run. This off-road trail run will let you see the beautiful Mitchell River from the best viewpoints. You will be running, climbing and crossing a river completely immersed in a different atmosphere to the concrete cities we live in. Choose between 20 km (Ultra/long), 10 km (Enduro/medium) or the Taste / Junior run at 6 km. These race options test the skills of athletes and excite their senses as they run (and get wet) on some of the best trails in the region. Yes, there will be river crossings for all competitors.

## Race Pack Pickup

If you can't make it to race pack pickup on Friday 29<sup>th</sup> March, you must collect your pack from race HQ (Echo Bend) **at least 30-60 mins before** event briefing begins. Be aware that there will be busy periods prior to event start time.



## Race Check In

Before starting your race **you must check in with race HQ**. This is to ensure we know precisely how many competitors are on course. You can do this any time up to 5 mins prior to race start.

## TIMES

Event	Briefing time	Briefing location	Start time
Ultra (long) 20 km	7:15 am	All races:	7:30 am
Enduro (medium) 10 km	7:45 am	Race HQ,	8:00 am
Taste (short) 6 km	8:45 am	Echo Bend	9:00 am
Junior 6 km	8:45 am		9:00 am

## MANDATORY GEAR

There will be a **check of mandatory gear** at some point out on course. If you are not carrying all mandatory gear **you will be disqualified** from the event, pulled off the course, and recorded as disqualified (DQ).

## MAPS

Be sure to read over the map. There are river crossing for all competitors. If river levels rise above the average this time of year, ropes may be used to assist crossing points. It is a good idea to consider how you will negotiate the river crossings carrying your mandatory gear which you probably want to keep dry. Here are some ideas that might help:

- put your gear in a dry bag/ click seal bags inside your pack – keeps gear dry and adds floatation
- Alternately, garbage bags (preferably heavy duty) for things you need to keep dry, can be utilised to look after your gear. The main thing is to have a plan for dealing with the river crossings/swims.

The courses will be marked but it's a good idea to view the map to get an indication of how the route flows.

### Download maps here

[Ultra/Long course](#); [Enduro/Medium course](#); [Taste/Junior course](#)

## PARKING

There will be a designated parking area at race HQ; please look for signs and stick within those parking zones.



## PRESENTATIONS

Presentations will be held at race HQ at Echo Bend at 11:30 am. Competitors that finish 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each distance and age category will be awarded medals, and all those that complete the course will be awarded a finishers medal.

## CAMPING

Camping is available as mentioned earlier. Phone Echo Bend Camping Park (03 5157 6317 to book a site). Perfect location for athletes as it's near the start/finish line.



## AMENITIES

Echo Bend has toilets and a shower. These will be available for use. Tea and scones and drinks are available from Echo Bend Bark Hut and there will be food and coffee available at Race HQ.

## RUBBISH

In order to keep these tracks in pristine condition, do not leave rubbish along the way. Carry your rubbish with you and offload it at a checkpoint or put it in the bin at the finish area.

## CLEAN GEAR

It is important to protect the environment we play in so that we, and our children, can continue to play there into the future. **Weeds brought in from other areas have the potential to harm the natural balance of the area.** Ensure all gear and equipment is clean before arriving at the event and cleaned before you run your local tracks after competing here.



## EQUIPMENT LIST Run

**It is mandatory that at all Adventurethon Events athletes carry water on them.**

### **Mandatory Ultra/Long & Enduro/Medium Course**

- a. 2 Bandages
- b. Whistle
- c. Panadol or similar
- d. Dressing/Bandaids
- e. Triangular bandage
- f. Emergency blanket
  - o Water - Hydration pack or a race belt/ vest

### **Mandatory Taste/Junior Course**

- o 2 Compression Bandages
- o Water - Hydration pack or a race belt/ vest

### **Highly recommended (all courses)**

- o Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- o Running shoes/ Trail shoes
- o Socks (remember the river crossings so take suitable socks)
- o Hat
- o Sunglasses
- o Shin protection (gaiters or long socks in case of slipping on rocks)
- o Ankle strapping (if prone to rolling)
- o Rain Jacket or thermal under top (May change to mandatory based on weather)

**Competitors without the mandatory equipment will be immediately disqualified and not allowed to continue.**

**Phone with emergency HQ contact 0447496489 recommended**

# ULTIMATE Demolish

For the adventure enthusiast you will be able to be part of the Ultimate Demolish and have bragging rights as the ultimate athlete. The Ultimate Demolish includes ALL 3 stages, easier than you may initially think because you are able to rest and recover between each stage and have more time to refine your strategies.

## REGISTRATION

**Registration is on-line only**

## Race Pack Pickup

Race packs can be collected from 5:30pm Friday 29<sup>th</sup> of March at Bairnsdale Bikes, 132 Main St, Bairnsdale. Athletes can either choose to pick up the packs for the entire weekend or do so before each event.

## PRESENTATIONS

Our Adventurethon Demolish winners will be crowned **11:30 am at Echo Bend Race HQ**. Entertainment, food and beverages will be available. We encourage all athletes to come down, it will be a great way to end an adventure filled weekend.

## EQUIPMENT

Download equipment list for all disciplines [HERE](#)

# WEATHER ALTERED COURSES

All events can be affected by weather and will be modified if management feels necessary. Race organizers will inform all competitors with a briefing prior to the race of any course changes. We have the discretion to change things to protect the environment and competitors.

If you feel the weather conditions are beyond your abilities, you can change to an easier course by emailing [registrations@adventurethon.com.au](mailto:registrations@adventurethon.com.au) or see Race HQ.

## MERCHANDISE

Official Race Merchandise will be for sale at Race HQ for each event. You can secure your Merchandise order online to ensure your size is available. To order online (click [HERE](#)) otherwise, be sure to bring CASH for any payments.

## VOLUNTEERS

We use over 40 volunteers in the lead up and over the weekend to make this event safe and fun for everyone. If you are interested in volunteering for an

Adventurethon event contact our volunteer coordinator at [tamara@adventurethon.com.au](mailto:tamara@adventurethon.com.au) or register online at Volunteers and receive an entry equivalent to your volunteer status, e.g. marshal for the Mt Taylor MTB stage Saturday afternoon and gain entry to the Mitchell River Adventure run stage on Sunday as well as a Volunteer shirt.

Thank you to the people who have volunteered for Adventurethon throughout the year maintaining trails, marking tracks, setting up and packing away equipment and contributing during race weekend.



FRONT

## UPCOMING EVENTS

[Click here](#) or on the events below for more information









