

ADVENTURETHON

MTB XC 29th May

Adventure run
29th May

Downriver paddle
30th May

29 - 30 May 3 Stage Race
Clarence Valley

Competitor information Book 2021



Events 2021

Adventurethon Stage Racing returns to Clarence Valley. Adventurethon Stage races incorporate 3 stand-alone events over three days to provide competitors, their friends and families, with some breath-taking experiences both on and off course in a family friendly and positive atmosphere. Our stage race format provides the opportunity to participate in one, two, or all three discipline/s, or to form teams and have fun with your 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 **demolishing all three stages** for the associated bragging rights is definitely the option for you! To confirm you are an ultimate adventurer you need to complete ALL 3 stages (paddle, mountain bike, trail run). You can rest in between each stage providing time to recover and strategise. There are two Demolish distances to choose from: Ultra (long) and Enduro (medium) in each stage.

Saturday 29th May	Trail Run	Saturday 29th May	MTB	Sunday 30th May	Paddle
Ultra	18 km		Ultra	40 km	
Enduro	11 km		Enduro	20 km	
Taste/Junior	6 km		Taste/Junior	10 km	
				Ultra	20 km
				Enduro	9 km
				Taste/Junior	2 km

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.



Locations 2021

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 29th May Adventurethon Stage 1, the Trail run, will start your fabulous weekend of adventure. On Saturday afternoon Stage 2, the MTB XC, will continue your scenic journey around the spectacular Clarence Gorge and alongside the river. The final stage, the Clarence River Rush, will be held on Sunday morning (30th May) where you will through some awesome and unique scenery and possibly some adrenalin inducing rapids and gravel races.

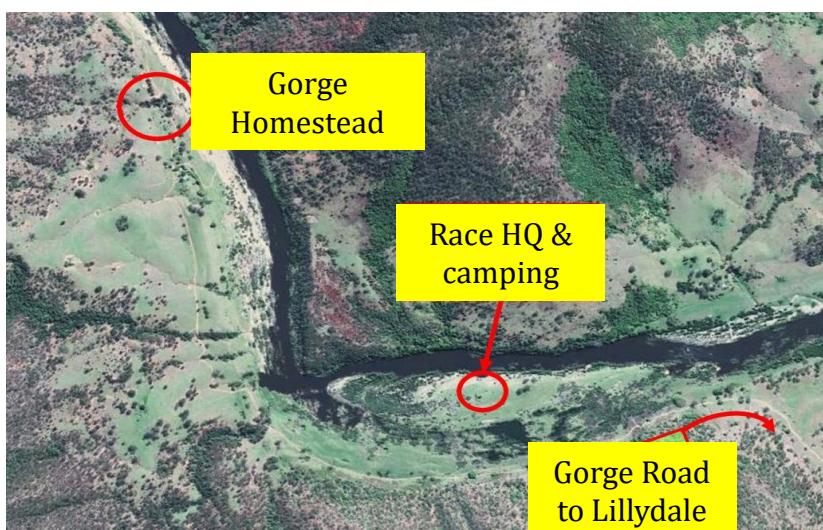
Race HQ

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 over the weekend and competitor check in.

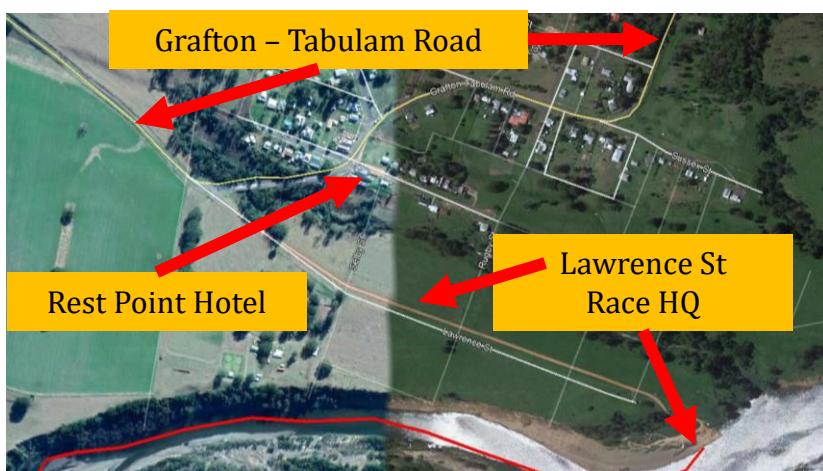
Friday 28th May: 5:30 – 9:00 pm @ The Gorge

Saturday 29th May: 6:30 am – 7:00 pm @ The Gorge.

Sunday 30th May: 6:00 – 12:00 pm @ Copmanhurst.



To get to the Adventure Run and MTB HQ at the Gorge head north west from Grafton to Copmanhurst, then on to Lillydale, across lillydale Bridge and on to Gorge Rd. Continue along Gorge Rd and to will arrive at the Gorge camping area where we will be waiting for you.



The paddle HQ is at the end of Lawrence St Copmanhurst, on the river flats behind the Rest Point Hotel

Race Pack Pickup

Race packs contain your race number, timing chip etc., and can be collected from 5:30 pm, Friday 28th May at the Gorge Race HQ. Join us there for a chat, catch up with friends and of course to eavesdrop on competitors race plans. If you have any questions, Friday evening will be the best time to ask and an opportunity to familiarise yourself with course maps.

Athletes who have collected their race packs are still required to check in immediately prior to each stage they attempt. There will be MANDATORY race briefings for competitors before each race.

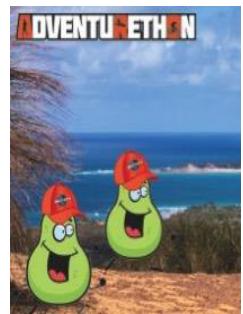


If you can't attend on Friday evening you must collect your race pack **at least 30 mins prior to race briefings** at race headquarters for each of the stages. Maps will be displayed, and the event director will be available to answer questions.

NOTE: You must attend in person to collect your race pack and pre-ordered shirts and sign indemnity forms. Pre-order shirts during registration. There are no registrations on race day. Those who want to compete must register online before Thursday the 27th May. This is to ensure all correct paper work is completed and filed.

Teams & 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



Race Bibs



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, **BUT ALL TEAM/PAIR MEMBERS MUST SIGN AN INDEMNITY FORM**)

Weekend Schedule

You can download the complete weekend schedule [HERE](#)



Race Withdrawals

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.

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 out on course prior to the race) from anyone other than race officials will incur a penalty resulting in them being unable to place 1st, 2nd or 3rd in their nominated category. This excludes mechanical, first aid support, or your nominated helper (with wristband) in dedicated aid areas to restock your drink/food.

First Aid

First Aid will be available at Race HQ. Course marshals will also have First Aid kits. 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). [Download mandatory gear lists HERE](#).



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 with sufficient time before the event.

Environmental Policy

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.** You should also remember the same applies to your local areas so why not clean your gear before returning home as well?

Please do not drop litter around our courses. The tops off gel pouches are particularly problematic so please tuck them deep into your pockets/clothing/race vest along with all other rubbish so we don't have to collect them after the event.

Plastic

Adventurethon Australia has a policy on plastic, we 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 ask you to please minimise the amount of plastic you bring with you as much as possible. We also ask that our athletes look at the positives of being green and support us by ensuring that no plastic is released into the environments surrounding our events.

Live Results

For love ones and friends who can't make it out to support, or want to know your results, live results (where possible) will be provided on this link:

<http://results.durt.com.au/events/advcv2021>

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 to 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 adding your support to love ones and uploading photos to our wall. Media hits help attract sponsorship and funding to keep our events returning to your area so please be sure to include our hashtags when you post.

Facebook: www.facebook.com/adventurethonaustralia

Twitter: www.twitter.com/Adventurethon

Instagram: [http://www.instagram.com/Adventurethon](https://www.instagram.com/Adventurethon)

#Adventurethon #stagerace #Owneverymoment

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.



Parking

There will be a designated parking areas at all locations, please look for signs and stick within these parking zones

Amenities

The Gorge has pit toilets

Food and drink is not available for purchase unless you bring it yourself.

Presentations

Presentations for all stages will be on site at each Race HQ and will start shortly after the final competitor finishes. Competitors that finish 1st, 2nd and 3rd in each distance and age category will be awarded medals, and all those that complete the course will be awarded a finishers medallion.

Sponsors

While you are in Clarence Valley please remember to support our valuable sponsors. Without these awesome businesses we could not bring such a good event to such an amazing region.



The Gorge Adventure Run

Saturday 29th May 2021

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. If you haven't collected your **race pack** you must do this at least **30 mins before** the Stage briefing

Maps

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](#), or view in Google Maps [HERE](#).

Course	Briefing Time	Location	Start Time
Ultra – 18 km	7:00 am	All Courses	7:30 am
Enduro – 11 km	7:00 am	Race HQ At The Gorge	7:30 am
Taste – 6 km	8:15 am		9:15 am
Junior – 6 km	8:15 am		9:15 am

River crossings

There will be river crossings for all participants so be prepared. If you have items with you that need to be kept dry then it may be worth investing in a drybag that will fit into your race pack/vest. Click seal bags are also a useful, although less reliable, method of keeping your gear dry. Do not remove your shoes for river crossings as the risk of injury increases significantly when traversing rivers barefoot.

Weather Altered Courses

All events can be affected by weather and will be modified if management feels necessary. **Note:** The Ultra run may also be shortened to 18 km if the river crossings are deemed unsafe by race organisers or Park officials. 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 or see Race HQ.



The Gorge Adventure Run

Mandatory Equipment – Failure to carry mandatory equipment = immediate disqualification
Download mandatory gear list [HERE](#)

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

Mandatory – ALL COURSES

- 2 Compression Bandages or Snake Bandage
- Water - Hydration pack or a race belt/ vest
- Whistle

Mandatory – ULTRA & ENDURO

- Rain Jacket
- Thermal under top
- Panadol or similar
- Dressing/Bandaids
- Triangular Bandage
- Emergency Blanket or Bag

Mandatory – TASTE & JUNIOR

- Long sleeve top (able to keep you warm)

Highly recommended (all courses)

- Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- Trail shoes
- Hat
- Sunglasses
- Ankle strapping (if prone to rolling)
- Shin protection (gaiters or long socks)
- Extra socks in waterproof bag (there are river crossings)

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

**Phone with emergency HQ contact 0447496489
recommended**



Forest Flow MTB XC

Saturday 29th May 2021

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. If you haven't collected your **race pack** you must do this at least **30 mins before** the Stage briefing

Maps

All riders will be using parts of the same track; Taste/Junior athletes complete 10 km of the course and miss the 'big' hill, Endure riders will have a bigger challenge and complete much more of the entire course, Ultra athletes will be the only ones to complete the entire marked course.

Download maps [HERE](#) soon, or view in Google Maps [HERE](#)

Times

Course	Briefing Time	Location	Start Time
Ultra – 40 km	1:00 pm	All Courses	1:30 pm
Enduro – 20 km	1:00 pm	Race HQ	1:30 pm
Taste – 10 km	1:00 pm	At The Gorge	1:30 pm
Junior – 10 km	1:00 pm		1:30 pm

Notes: The **Ultra** course can be completed in 2 hours by faster riders.

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 .

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 or see Race HQ.



Forest Flow MTB XC

Mandatory Equipment – Failure to carry mandatory equipment = immediate disqualification
Download mandatory gear list [HERE](#)

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

Mandatory – ALL COURSES

- Mountain Bike (aim for at least front suspension)
- Australian Standards Bike Helmet
- 2 Compression Bandages or 1 snake bandage
- Water (a hydration pack is recommended as it is safer when riding)
- Bike Lights – Helmet and/or handlebar mount (pre-test to ensure adequate light and battery charge)
- Equipment to repair a flat tyre (at least 1 set required). Depending on bike set up this equipment may include:
 - Hand pump or a canister or 2 of CO2 for faster inflation
 - spare tubes (dependant on course and bike style look at a tubeless conversion kit or some slime to reduce puncture likelihood)
 - Tyre leavers
 - Tyre foam or slime

Highly recommended

- Electrolytes and Carbohydrates as necessary during the event CAN BE GELS or as a liquid in a hydration pack
- Spare bike light and batteries
- Mountain bike shoes
- Mountain bike gloves
- 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
- 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



Clarence River Rush Paddle

Sunday 30th May 2021

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. If you haven't collected your **race pack** you must do this at least **30 mins before** the Stage briefing.

Maps

All courses start at different locations and all finish at Copmanhurst.

Download maps [HERE](#), or view in Google Maps [HERE](#)

Times

Course	Briefing Time	Location	Start Time
Ultra – 20 km	7:30 am	Lillydale Bridge	8:00 am
Enduro – 9 km	8:00 am	Still to be finalised	8:30 am
Taste – 2 km	8:30 am	Race HQ Copmanhurst	9:00 am
Junior – 2 km	8:30 am	Race HQ Copmanhurst	9:00 am

Weather Altered Courses

All events can be affected by weather and will be modified if management feels necessary. **Note:** Murray River water levels are often too low to successfully paddle the proposed course. Should a change be necessary we will revert to courses lower in the river between Pinjarra and Ravenswood. 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 or see Race HQ.

Clarence River Rush Paddle

Mandatory Equipment – Failure to carry mandatory equipment = immediate disqualification

Download mandatory gear list [HERE](#)

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

Mandatory ALL COURSES

- Kayak, surf ski, canoe, SUP – Must have a trailing rudder or no rudder.
- Paddle
- Personal flotation device (PFD). **Must be L50 or Type 2 (or above)**– *INFLATABLE PFDs ARE NOT ACCEPTABLE. A Small range is available for purchase at Race HQ*
- Water/Hydration

Mandatory ULTRA & ENDURO

- Waterproof Jacket
- Whistle
- Gaff/cloth tape to repair any boat damage (at least ½ a roll)

Highly recommended

- Warm clothing (have it packed in waterproof bag)
- Footwear for paddle. Booties or similar in case you need to portage or walk out for evacuation e.g. broken boat
- Gloves
- Spare string and cable ties for boat repairs
- Pocket knife (boat repairs and remove snags)
- Sunglasses & Hat
- 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



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, be sure to bring CASH for any payments.

Of course official ADVENTURETHON merchandise is always available. Just pop over to our online store to see what clothing and equipment is available: <https://adventurethon.com.au/shop-all-products/>

Adventurethon Volunteers

We use over 40 volunteers in the lead up to, 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 or register online at Volunteers and receive an entry equivalent to your volunteer status, e.g. marshal for the Gorge Adventure Run stage Saturday morning and gain free entry to the Gorge MTB XC on Saturday afternoon as well as a Volunteer shirt. Thank you to the people who have volunteered for Adventurethon in the past, maintaining trails, marking tracks, setting up and packing away equipment and contributing during race weekend.



Upcoming Events

Murray Bridge, SA – 10 & 11 April 2021



East Gippsland, Vic – 23 & 24 April 2021



ADVENTURETHON

Upcoming Events

Townsville, QLD – 19 & 20 June 2021

We have a brand new course in the planning for Townsville so no on-course images for promotion yet. Keep checking our website for images and further details as they emerge.

We can tell you it will be an absolutely awesome course centered around the Ross River Dam.

Charters Towers – 26 July 2021



Upcoming Events

Kalbarri – TBA



ADVENTURETHON