

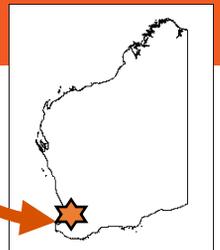
# ADVENTURETHON



**DO ONE STAGE OR DO THEM ALL...**

**23 & 24  
May**

**3 Stage Race  
Dwellingup**



**Competitor information Book 2020**

# Events 2020

Adventurethon DEMOLISH returns to Dwellingup. Adventurethon Demolish incorporates 3 stand-alone events over one weekend 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 **Demolish** and its associated bragging rights are 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 23rd May	Paddle	Trail Run	Sunday 24th May	MTB
Ultra	13.5 km 	23 km 	Ultra	50 km 
Enduro	8 km 	13 km 	Enduro	27 km 
Taste/Junior	2 km 	6.5 km 	Taste/Junior	10 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 2020

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 23<sup>rd</sup> May Adventurethon DEMOLISH Stage 1, the Paddle, will start your fabulous weekend of adventure. On Saturday afternoon Stage 2, the Adventure run, will take you on a scenic journey through the Lane Poole Reserve and alongside the Murray River. The final stage, the Mandurah MTB XC, will be held on Sunday morning (24<sup>th</sup> May) at Marrinup Loop mountain bike park where you will ride through some awesome and unique scenery.

## 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 22<sup>nd</sup> May:** 6:00 – 8:00 pm @ Dwellingup Hotel

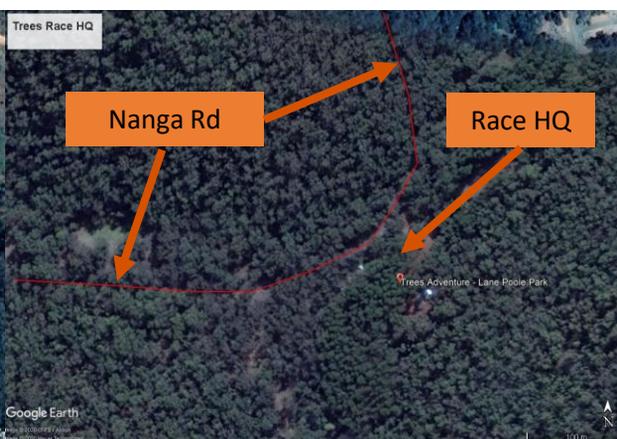
**Saturday 23<sup>rd</sup> May:** 6:00 – 11:30 am @ Baden Powell day use area.

**Saturday 23<sup>rd</sup> May:** 3:00 – 8:30 pm @ Trees Adventure Park.

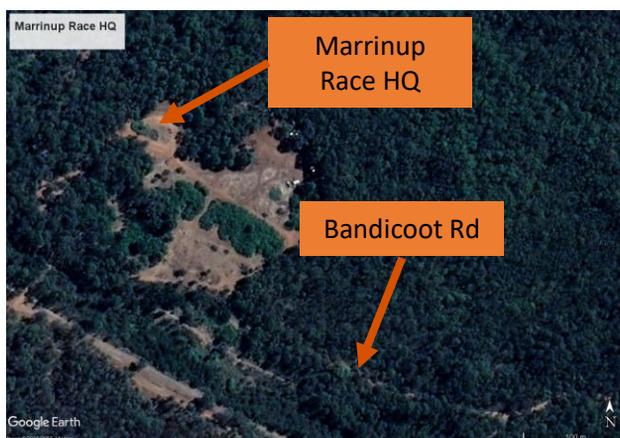
**Sunday 24<sup>th</sup> May:** 6:00 – 11:30 am @ Marrinup Loop mountain bike park, Holyoake.



Paddle HQ at Baden Powell. Access via park main entrance off Nanga Rd then head along Del Park Rd following signs to day area.



To get to the Adventure Run HQ at Trees Adventure Park head south on Nanga Rd past the park entrance gates and follow Trees signs.



To get to Marrinup Loop mountain bike park head north-west from Dwellingup along Del Park Rd then turn left into Bandicoot Rd and follow the markers to HQ.

# Race Pack Pickup

Race packs contain your race number, timing chip etc., and can be collected between 5:30pm and 8:30 pm Friday 22<sup>nd</sup> May at the Dwellingup Hotel. 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**.



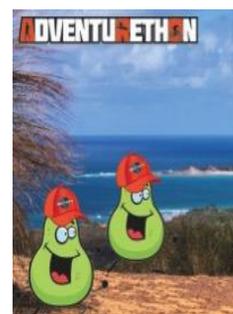
If you can't attend on Friday evening you must collect your race pack **at least 30 mins prior to race briefings** at race headquarters for each of the stages. Maps will be displayed, and the event director will be available to answer questions.

**NOTE:** You must **attend in person** to collect your race pack and pre-ordered shirts (\$20 if ordered prior to 17<sup>th</sup> April; RRP \$35) and **sign indemnity forms**. Pre-order shirts during registration or via [THIS LINK](#).

There are **no registrations on race day**. Those who want to compete must **register online before Thursday the 21<sup>st</sup> 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](mailto: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/advdw2020>

# 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](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 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](http://www.facebook.com/adventurethonaustralia)

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

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

[#Adventurethon](#) [#demolish](#) [#stagerace](#)

[#visitmandurah](#) [#summerinmandurah](#) [#seePerth](#) [#thisisWA](#) [#justanotherdayinWA](#)

# 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

At all locations toilets/Porta-loos will be available.  
Coffee/Food vans should be presented for drinks and snack purchases (Please bring cash for purchases) at most locations.

# 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 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.

# Sponsors

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



# Murray River Downhill Paddle

Saturday 23<sup>rd</sup> May 2020

## 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 Baden Powell day use area.

Download maps [HERE](#), or view in Google Maps; Proposed courses [HERE](#); Alternative courses [HERE](#)

## Times

Course	Briefing Time	Location	Start Time
Ultra – 13 km	7:15 am	Yarragil	7:30 am
Enduro – 8 km	7:45 am	Chuditch	8:00 am
Taste – 2 km	8:45 am	Baden Powell	9:00 am
Junior – 2 km	8:45 am	Baden Powell	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](mailto:registrations@adventurethon.com.au) or see Race HQ.



# Murray River Downhill 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, Outrigger – trailing rudder best to avoid damage or smallest surf rudder you can find
- Paddle
- Personal flotation device (PFD) **Must be L50 or Type 2 (or above)**– *INFLATABLE PFDs ARE NOT ACCEPTABLE.*
- Water/Hydration

## **Highly recommended**

- Booties or similar should you need to portage or walk out
- Sunglasses, sun protection, sunscreen, and gloves
- High visibility clothing
- Gaff/cloth tape, cable ties, etc. in case repairs are needed
- Warm clothing for before/after
- 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**



# King Jarrah Adventure Run

Saturday 23<sup>rd</sup> May 2020

## 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 – 23 km (or 18 km)	1:10 pm	All Courses	1:45 pm
Enduro – 13 km	2:15 pm	Race HQ Trees	2:30 pm
Taste – 6.5 km	3:15 pm	Adventure Park	3:30 pm
Junior – 6.5 km	3:15 pm		3:30 pm

## Trees Adventure

Ultra competitors to complete your race you **must** complete your Trees Adventure Course. Your run briefing will include an orientation to the Trees Safety equipment and how to use it correctly. It is most important that you don't miss this mandatory briefing. There will be a cut-off time for the adventure course at 5:05 pm so please be aware of your pace out on course or you might miss the thrills.

## 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](mailto:registrations@adventurethon.com.au) or see Race HQ.



# King Jarrah 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 1 Snake Bandage
- Water - Hydration pack or a race belt/ vest
- Whistle (*to attract attention if lost or injured*)

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

- Electrolytes and Carbohydrates as necessary during the event. Can be gels or as a liquid in a hydration pack
- Head lamp
- Running shoes/ Trail shoes
- Socks
- Hat
- Sunglasses
- Shin protection (gaiters or long socks)
- Ankle strapping (if prone to rolling)

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

**Phone with emergency HQ contact 0447496489 recommended**



# Marrinup MTB XC

Sunday 24<sup>th</sup> May 2020

## 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

Both Ultra and Enduro will be using the same track; Ultra athletes – Two laps of entire course (both loops shown on map), Enduro athletes do a single lap of both loops shown on map, Taste/Junior athletes complete the southern (Marrinup) loop only.

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

## Times

Course	Briefing Time	Location	Start Time
Ultra – 50 km	7:15 am	All Courses	7:30 am
Enduro – 27 km	8:05 am	Race HQ	8:20 am
Taste – 10 km	9:45 am	Marrinup Loop	10:00 am
Junior – 10 km	9:45 am		10:00 am

**Notes:** The two-lap **Ultra** course can be completed in 2 hours by faster riders but there may be a cut-off time of **at the end of 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 .

## 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.



# Marrinup 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 the handling is safer when riding)
- Equipment to repair flat tyre (at least 1 set required). Equipment will vary depending on bike set up but includes pump, CO2 canisters, tubes, foam or slime, tyre levers etc

## **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
- 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**



# 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.

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](mailto:tamara@adventurethon.com.au) or register online at Volunteers and receive an entry equivalent to your volunteer status, e.g. marshal for the King Jarrah Adventure Run stage Saturday afternoon and gain free entry to the Marrinup MTB XC on Sunday 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

Kalbarri, WA – 30 & 31 May 2020



Clarence Valley, NSW – 20 & 21 June 2020



# Upcoming Events

Charters Towers, QLD – 26 & 27 September 2020



Townsville, QLD – TBA

