

ADVENTURETHON

WESTERN AUSTRALIA



DWELLINGUP

MAY 28 & 29, 2022

MANDURAH
RELAXED BY NATURE


DWELLINGUP
where trails meet

TRAIL RUN/WALK

A group of people participating in a trail run/walk on a dirt path through a wooded area. One man in the foreground is giving a thumbs up.

SATURDAY MORNING: 21KM - 12KM - 5KM

MOUNTAIN BIKE

A person riding a mountain bike on a dirt trail through a forest.

SATURDAY AFTERNOON: 56KM - 28KM - 10KM

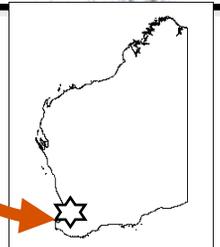
PADDLE

A person paddling a canoe on a river.

SUNDAY MORNING: 17KM - 9KM - 2KM

28 & 29
May

3 Stage Race
Dwellingup



Competitor information Book 2022

Events 2022

Adventurethon Stage Racing is back in Dwellingup. Adventurethon stage races incorporate 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 family and 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 but be wary, you need to go hard in every stage to really perform well.

Saturday 28th May	Trail Run	MTB	Sunday 29th May	Paddle
Ultra	21 km 	56 km 	Ultra	17 km 
Enduro	12 km 	28 km 	Enduro	9 km 
Taste/Junior	5 km 	10 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 and permit conditions should the need arise.



Locations 2021

Adventurethon is conducting this multi stage event over two days and in two locations to ensure we provide you with the best possible experience in off-road sport and adventure. On the morning of Saturday 28th May Adventurethon Stage 1, the Marrinup Adventure Trail Run, will start your fabulous weekend of adventure. On Saturday afternoon Stage 2, the Marrinup XC MTB, will take you on a scenic journey around the local forest and single tracks. The final stage, the Murray River Downhill Paddle, will be held on Sunday morning (29th May) down the scenic Murray River.

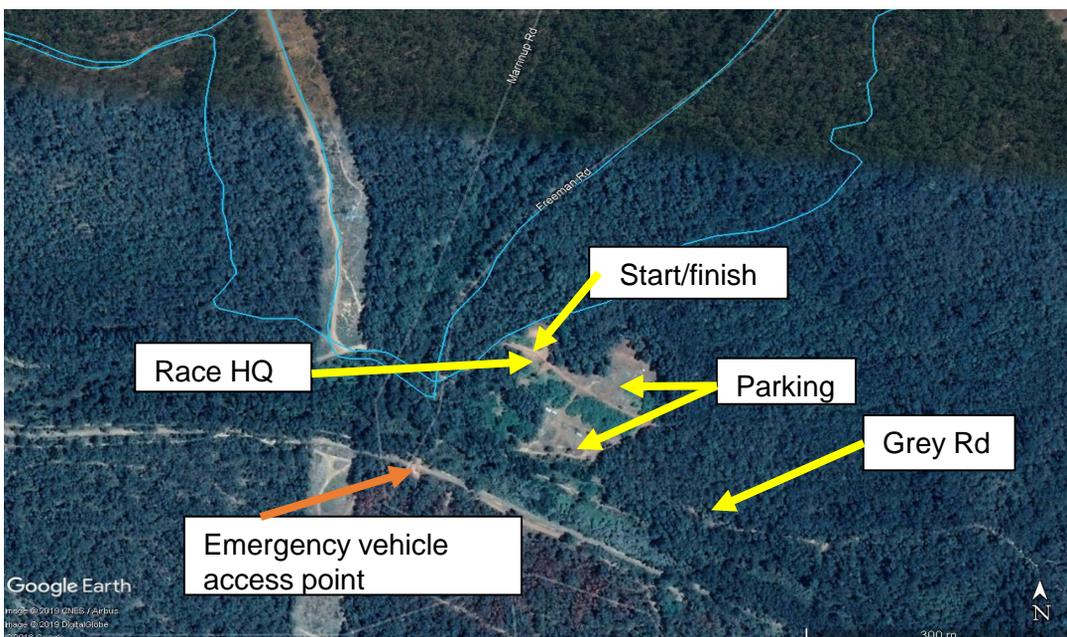
Race HQ

Separate headquarters will be set up for Saturday and Sunday. This is where everything you need to know will be located including race pack pickup over the weekend and competitor check in.

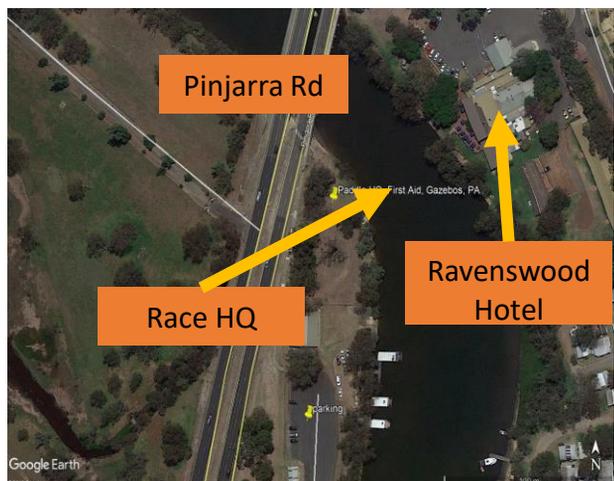
Friday 27th May: 4:30 pm – 7:00 pm @ Marrinup Loop MTB Trails Race HQ

Saturday 28th May: 6:00 – 5:30 pm @ Marrinup Loop MTB Trails Race HQ

Sunday 29th May: 6:00 – 11:00 am River bank opposite Ravenswood Hotel.



To get to Marrinup Race HQ head north from Dwellingup on Del Park Rd then left into Bandicoot Rd followed by a left into Grey Rd. Race HQ is approx. 1.5 km along Grey Rd on the right at the MTB tracks.



Paddle HQ at Ravenswood. Access via park off Pinjarra Rd opposite side of river to Ravenswood Hotel.



Race Pack Pickup

Race packs contain your race number, timing chip etc., and can be collected between 5:30pm and 8:30 pm 27th May at the Marrinup 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**.



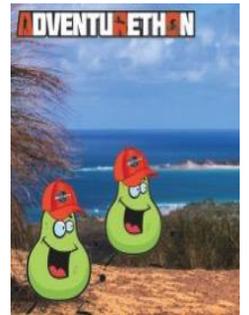
If you can't attend on Friday evening you must collect your race pack **at least 30 mins prior to race briefings** at race headquarters for each of the stages. Maps will be displayed, and the event director will be available to answer questions.

NOTE: You must **attend in person** to collect your race pack and and pre-ordered shirts and **sign indemnity forms**.

There are **no registrations on race day**. Those who want to compete must **register online before Thursday the 26th 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/advdw2022>

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>

#Adventurethon #stagerace

#WanderOutYonder #ThisIsWA

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 may be present for drink 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 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 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.



Make your job EASY!



GOVERNMENT OF
WESTERN AUSTRALIA



Marrinup Trail Run

Saturday 28th May 2022

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 – 21 km	7:15 am	All Courses	7:30 am
Enduro – 12 km	7:45 am	Race HQ	8:00 am
Taste – 5 km	8:10 am	Marrinup	8:25 am
Junior – 5 km	8:10 am	Loop MTB park	8:25 am

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.



Marrinup Trail Run

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

EQUIPMENT LIST

Run

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
- Running shoes/ Trail shoes
- Socks (remember the river crossings on the ULTRA course so take suitable socks)
- Hat
- Sunglasses
- Shin protection (gaiters or long socks)
- Ankle strapping (if prone to rolling)

**every competitor must carry mandatory equipment, it cannot be shared.
Competitors without the mandatory equipment will be immediately
disqualified and not allowed to continue.**

**Phone with emergency HQ contact 0447496489
recommended**



Marrinup MTB XC

Saturday 28th May 2022

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 2 laps of the small loop only.

Downloadable maps [HERE](#); or view in Google maps [HERE](#)

Times

Course	Briefing Time	Location	Start Time
Ultra – 56 km	1:15 pm	All Courses Race HQ	1:30 pm
Enduro – 28 km	1:45 pm	Marrinup Loop MTB park	2:00 pm
Taste – 10 km	2:15 pm		2:30 pm
Junior – 10 km	2:15 pm		2:30 pm

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 or see Race HQ.



Marrinup MTB XC

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

EQUIPMENT LIST

Ride

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 a flat tyre (at least 1 set required). Depending on bike set up this equipment may include;
 - 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)
 - Tyre leavers
 - Tyre foam or slime

Highly recommended (All Courses)

- 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

**Every competitor must carry mandatory equipment, it cannot be shared.
Competitors without the mandatory equipment will be immediately
disqualified and not allowed to continue.**



Murray River Downhill Paddle

Sunday 28th May 2022

Race Check In

Before starting your race you **must check in with starting officials**. 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 opposite the Ravenswood Hotel.

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

Bus

To assist Ultra and Enduro paddlers without vehicle support we are running buses from the finish line back to your start locations. You need to drop your craft at the start line and drive to the finish to catch a bus back to start. Ultra bus leaves Ravenswood finish at 6:45 am sharp. Enduro bus leaves Ravenswood finish at 7:45 am sharp. You need to book a place on those buses [HERE](#).

Times

Course	Briefing Time	Location	Start Time
Ultra – 17 km	7:45 am	Henry St boat ramp Pinjarra	8:00 am
Enduro – 9 km	8:15 am	George Brooks Reserve	8:30 am
Taste – 2 km	8:45 am	Ravenswood Race HQ	9:00 am
Junior – 2 km	8:45 am	Ravenswood Race HQ	9:00 am

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.



Murray River Downhill Paddle

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

EQUIPMENT LIST

Paddle

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

Mandatory ALL COURSES

- Kayak, surf ski, canoe, SUP
- Paddle
- Personal flotation device (PFD) **Must be L50 or Type 2 (or above)**–
INFLATABLE PFDs ARE NOT ACCEPTABLE.

Highly recommended (all courses)

- 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

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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.

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 Murrumbidgee Adventure Run stage Saturday morning and gain free entry to the Murrumbidgee MTB XC on Saturday afternoon and 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 – June 4&5 2022



Charters Towers – 2nd July 2022



Upcoming Events

Mackay, QLD – 29 & 30 October 2022



Murray Bridge, SA – 26 & 27 November 2022

