



Non-stop Multisport Action

Charters Towers

24th & 25th September 2022
Competitor Information book

1 Day & 2 Day Options



Introducing the Gauntlet, 2022 Edition

This event is not for the faint of heart or weak of constitution. You need to be sure of your ability to complete around 140 km in the allocated time or **be prepared to be pulled from the event if you fail to make any time cut-off**. Cut-off times are in place for safety reasons and will be strictly adhered to.

If you have read this far then welcome to a brand new multisport event from Adventurethon, **The Gauntlet**. The Gauntlet will take competitors on an epic journey through spectacular, possibly daunting, scenery to arrive at a very welcome finish line. Some sections of the course will traverse areas that are highly likely to experience major development in the near future so the 2022 event may be the one and only opportunity to see sections of this landscape in its relatively undisturbed beauty.

This event will challenge you to trail run (sprint to be in a fast cycle group?) 1.6 km to your bikes, cycle 85 km, trail run 22 km and finish up with a 31 km paddle. The total distance is around 140 km and the course has been designed to really test your metal. There are two (2) entry options for the event, complete nutters will opt to challenge themselves across the entire course in one (1) day, or the slightly less insane will opt for the two (2) day option where you run, ride, and run during day one and paddle on day two. Some may prefer to assemble a team of discipline specialists to make life easy. A great idea for posting a fast time compared to lone competitors.



Alternately, we offer the opportunity to tackle just one leg of the event. Imagine, you can choose to just take a long bike ride, experience a sweet but sometimes technical trail run, or a long paddle down the Burdekin River. A great way to experience the thrills without the exhaustion of having to string the whole lot together.

We anticipate that those choosing the one (1) day option will be capable of maintaining a sustained, relatively high, average pace on their runs and rides (run average pace around 8 min per km through sometimes rough terrain, cycle average speed > 25 kph) to ensure you don't miss the 8 hour cut-off at the end of the second trail run (transition to paddle). There will be a second time cut-off along the paddle course to ensure the safety of paddlers that are unlikely to make the finish before dark.

Athletes choosing the two day option will have a much cruiser time. There will be a cut-off at the end of the cycle leg but, injuries and mechanical issues aside, you should only enter if you are confident you can comfortably complete the cycle leg ahead of the 7 hour cut-off. Again, this cut-off is to ensure all competitors are able to complete the 22 km trail run before dark. On day 2 competitors will paddle the final 31 km to the finish.



1-day Gauntlet Challenge

Sunday 25th September: All Gauntlet athletes will tackle a 1.6 km run, the 85 km cycle, the 22 km trail run and the 31 km paddle.

2-day Gauntlet & Ride/Run/Paddle only Challenge

Day 1 Saturday 24th September: All Gauntlet athletes will tackle a 1.6 km run, followed by the 85 km cycle, then the 22 km trail run. Ride and Run only athletes will compete in their chosen discipline.

Day 2 Sunday 25th September: All Gauntlet Athletes, and paddle only competitors will tackle the 31 km paddle to the finish line.

Race Safety Requirements:

The initial short run, and the cycle leg, use public roads, so all athletes are required to conform to QLD road rules at all times during those legs. This is particularly important for the cycle leg which has a mix of residential streets and high speed road train routes. Your common sense and visibility to other road users should be foremost in mind on this leg.



During the ride no support crew or cars are to follow/drive next to, or behind, riders as it will endanger riders lives and make it harder for cars to pass riding groups. Riders are not to be more than 2 abreast as all riders need to comply with road rules at all times. At times it may be safer for riders to ride in a single file formation because there is no cycle space along road edges.

Runners and riders failing to conform to road rules **may be penalised time and/or disqualified** from the event.

Race pack pick up (all events):



Friday 23rd September from 5:00 pm to 8:00 pm at Race HQ (Weir Park)

NOTE: You must **attend in person** to collect your race pack 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 22nd September**. This is to ensure all correct paperwork is completed and filed.

Race packs contain your race number, timing chip etc. If you have any **questions**, Friday evening will be the best time to ask and an opportunity to familiarise yourself with course maps.

Athletes are also **required to check in** immediately prior to each stage they attempt to ensure we know who is on course, and where they are in case of emergency.

Teams:

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.



Mandatory:

There will be a **MANDATORY race briefing for all competitors on Friday 23rd September**.

Competitors must carry the required **mandatory equipment** during each leg of the event. Random equipment checks will be carried out and any competitor unable to produce the correct mandatory items will be disqualified. Download mandatory equipment lists [HERE](#).

Race Withdrawals:

If you withdraw from your race for any reason, please ensure that you inform the nearest marshal 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 transition areas.

First Aid:

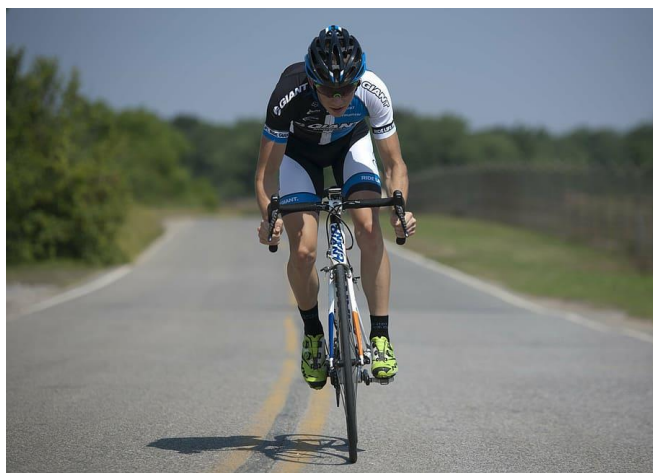
First Aid will be available at Race HQ and transition areas. Course marshals will also have First Aid kits. Competitors are required to carry with them a rudimentary First Aid kit as described in the mandatory equipment list. Bandages can be purchased at Race HQ. (please bring cash for purchases). [Download 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 (course 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.

Camping:

Big Bend is a great bush camping area for Saturday night for the 2-day competitors so why not bring your swags and settle in for a fun weekend. Chat and get to know your competitors and their tactics, learn about their experiences and have a good laugh as the stories roll out. Cheer on the Adventurethon athletes as they battle around their courses on Saturday afternoon before heading off on your paddle on Sunday. This is also a convenient overnight stop for the 1-day competitors ahead of your big Sunday.





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.

Plastics:

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 loved 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/advtg2022>

Weather Altered Courses:

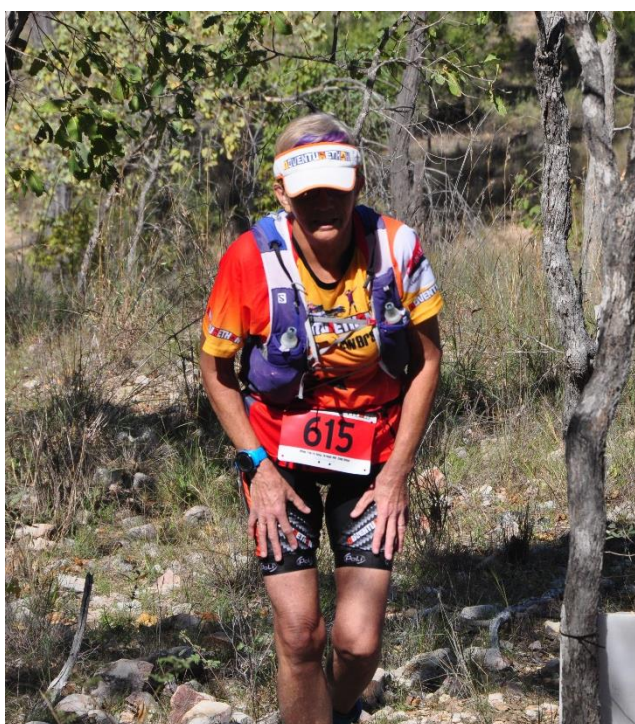
All events can be affected by weather and will be modified if management feels necessary. Race organizers will inform all competitors with a briefing prior to the race of any course changes. We have the discretion to change things to protect the environment and competitors.



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.

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 loved 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 #thegauntlet

Spectators:

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

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 first, second or third in each distance and age category



will be awarded medals, and all those that complete the course will be awarded a finishers medallion.

Sponsors:



Make your job EASY!

The Gauntlet 1-day event

Sunday 25th September 2022

Race pack collection:

Race pack collection is on Friday 23rd September at Race HQ (Weir Park) between 5:00 and 8:00 pm or at race check in at least 15 minutes before race briefing.

Race check in:

Sunday 25th September at Weir Park Race HQ at **3:00 am**

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 15 mins prior to race start.



Mandatory Race Briefing:

Friday 23rd September at **7:00 pm** at Race HQ (Weir Park) or Sunday 25th September at Weir Park Race HQ (T1) **3:45 am**

Race start:

Sunday 25th September at Charters Towers Weir boat ramp at **4:00 am**



Race Cut Off time:

Cut off at Transition 3 (start of paddle) is **12:00 midday**

Course information:

Your race commences with a **short, flat run** along gravel and bitumen roads to T1 and your bikes. A fast effort here may see you in a strong group for the ride ahead.

The cycle course is undulating and for the most part quite remote with little run-off area available. Please be aware that much of this course is used by road trains which lack the ability to swerve should you accidentally stray into their path. Stay alert for vehicles approaching from behind in particular. You will ride past T2 on the outward journey before reaching a turn point and marshal and returning to T2. For your own safety and that of our marshals please obey their instructions; they are there to keep you safe.

Drafting is legal however no one should be riding in a group without quick access to their brakes and steering control. (not smart to be behind someone in the aero position because you can't steer or brake easily should they get into trouble). **Group riding Signals:** all riders should become familiar with group riding etiquette and spacing. Hand signals to avoid any obstacles, slow down, stop etc., and taking turns in the wind is also a part of the process and needs to be considered in your safety assessments.



The trail run has some technical sections which will slow your progress somewhat when you leave T2. After a while the terrain eases and farm tracks will deliver you to T3, however you do not stop there but continue onto a loop around Big Bend and finally a return to T3 to grab your boat. Don't forget there is a time cut-off at T3 at 12:00 midday. You will not be able to commence your paddle after that time.

The paddle will take you through some interesting country, a handful of rapids (a compulsory portage may be in place in one section to ensure paddler safety; this depends on water levels and flow rates on race day). Eventually the flowing waters will deposit you in the upper reaches of



Charters Towers Weir and onward to the finish at Weir Park (yep, a small run to the finish line after disembarking) and glory.

Maps:

The course 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](#).

Transition Logistics:

T1- Weir Park:

All bikes to be racked in T1 by **3:15 am**. Following the mandatory race briefing at 3:45 am at T1 (Weir Park Race HQ) all competitors should make their way to the race start at the Weir boat ramp.



Kayak drop:

Solo competitors should drop kayaks & paddle equipment (PFD, paddle, nutrition, etc) at T3 (Big Bend) on Saturday 24th September.

Support crews should drop boats and equipment at T3 Big Bend transition area on the Saturday, or once their rider is on course and prior to continuing to T2 at Fletchers Creek to retrieve the road bike.

Team competitors to have kayaks in place at T3 (Big Bend) by 6:00 am Sunday morning, or on Saturday afternoon.

T2- Fletchers Creek:

Drop bags can be used for T2. Drop bags should be left at the drop bag area in T1. A bag, clearly labelled with competitor's race number, with running gear and nutrition can be placed into T2, in number order, to make it easy and fair. (**note** road shoes are suitable for run 1 but not for run 2; for easy logistics just pack 2 sets of shoes, one set being trail shoes for run 2). All unused items should be returned to the labelled bag and may be removed by support crew. A numbered wristband will need to be worn by support crew to remove equipment from transition.

Road bikes are to be removed by the support crew within 25 mins after the athlete finishes their ride. Athletes will have time to rack bikes and move on allowing support crew to watch them





through transition. A numbered wristband will need to be worn by support crew to remove bike from transition.

T3- Big Bend:

Kayaks, Paddles, PFD's and water/nutrition should be dropped into position before the first rider finishes the ride leg (~ 7:00 am). Support crew can watch the transition from run to kayak from the transition area. 4wd is not essential for access. Parking areas will be clearly marked and it is only a short walk to T3. Should you be unwilling to drive across the creek crossing please park sensibly. It is less than 1 km from the crossing to T3.



Support crew may assist by holding the kayak in the water once the paddler is ready to start.

If a paddler is timed out of the course or wants to pull out at one of the

nominated points after commencing the paddle, the support crew will be messaged and asked to pick them up from the allocated area. Paddler will need to wait until water safety crews depart for a lift to main road and pickup.



Finish – Weir Park:

At the end of the paddle support crew can remove the kayak from the water and assist the paddler to walk up the finish chute to the finish line (~70 metres).



The Gauntlet 2-day event

&

Ride, Run, or Paddle only

Saturday 24th & Sunday 25th September 2022

Race pack collection:

Race pack collection is on Friday 23rd September at Race HQ (Weir Park) between 5:00 and 8:00 pm or at race check in at least 15 minutes before race briefing.

Race check in:

Gauntlet 2-day competitors & Ride only competitors:

Saturday 24th September at Weir Park Race HQ at **4:00 am**.

Run only competitors: Saturday 24th September at T2 (Fletchers Creek) at **7:30 am**.

Paddle only competitors: Saturday 24th September at Big Bend (T3) at **7:30 am**.

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 15 mins prior to race start.

Mandatory Race Briefings:

Friday 23rd September at Race HQ (Weir Park) at **7:00 pm**

or on Saturday 24th September:

Gauntlet 2-day competitors - 4:45 am at Weir Park Race HQ

Ride only competitors - 4:45 am at Weir Park Race HQ

Run only competitors – T2 (Fletchers Creek) at 8:15 am.

Paddle only competitors – T3 (Big Bend) at 7:45 am.

Race start times:

Gauntlet 2-day competitors - Saturday 24th September at Weir boat ramp at 5:00 am.

Ride only competitors - Saturday 24th September at Charters Towers Weir Race HQ at 5:00 am.

Run only competitors – Saturday 24th September at T2 (Fletchers Creek) at 8:30 am.

Paddle only competitors – Saturday 24th September at Big Bend (T3) at 8:00 am.





Race Cut Off time:

Cut off at Transition 2 (start of trail run) is **11:00 am**.

Course information:

Gauntlet 2-day competitors - Your race commences with a short, flat run along gravel and bitumen roads to T1 and your bikes. A fast effort here may see you in a strong group for the ride ahead.

Gauntlet 2-day competitors & Ride only competitors - The cycle course is undulating and for the most part quite remote with little run-off area available. Please be aware that much of this course is used by road trains which lack the ability to swerve should you accidentally stray into their path. Stay alert for vehicles approaching from behind in particular. You will ride past T2 on the outward journey before reaching a turn point and marshal and returning to T2. For your own safety and that of our marshals please obey their instructions; they are there to keep you safe.

Gauntlet 2-day competitors & Run only competitors - The trail run has some technical sections which will slow your progress somewhat after you leave T2. Soon the terrain eases and farm tracks will deliver you to T3, however you do not stop there but continue onto a loop around Big Bend and finally a return to T3 to complete your days exercise.

Gauntlet 2-day competitors & Paddle only competitors - The paddle will take you through some interesting country, a handful of rapids (a compulsory portage may be in place in one section to ensure paddler safety; this depends on water levels and flow rates on race day). Eventually the flowing waters will deposit you in the upper reaches of Charters Towers Weir and onward to the finish at Weir Park (yep, a small run to the finish line after disembarking) and glory.

Maps:

The course 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](#).

Transition Logistics:

Transition logistics maps are provided in the information about the 1 Day event. Progressions through transition pathways are the same for both the 1 Day and 2 Day events.



T1- Weir Park:

All bikes to be racked in T1 by **4:15 am**. Following the mandatory race briefing at 4:45 am at Weir Park Race HQ all Gauntlet 2-day competitors should make their way to the race start at the Weir boat ramp. Ride only competitors remain at Weir Park Race HQ for their start.

T2- Fletchers Creek:

Drop bags can be used for T2. Drop bags should be left at the drop bag area in T1. A bag, clearly labelled with competitor's race number, with running gear and nutrition can be placed into T2, in number order, to make it easy and fair. (**note** road shoes are suitable for run 1 but not for run 2; for easy logistics just pack 2 sets of shoes, one set being trail shoes for run 2). All unused items should be returned to the labelled bag and may be removed by support crew. A numbered wristband will need to be worn by support crew to remove bags from transition.

Road bikes are to be removed by the support crew within 25 mins after the athlete finishes their ride. Athletes will have time to rack bikes and move on allowing support crew to watch them through transition. A numbered wristband will need to be worn by support crew to remove bikes and bags from transition.



T3- Big Bend:

Kayaks, Paddles, PFD's and water/nutrition should be dropped into position at T3 during Saturday, or at least 1 hour before the paddle start on Sunday. Support crew can watch the start from the transition area. 4wd is not essential for access. Parking areas will be clearly marked and it is only a short walk to T3. Should you be unwilling to drive across the creek crossing please park sensibly. It is less than 1 km from the crossing to T3.

Support crew may assist by holding the kayak in the water once the paddler is ready to get on the water.

If a paddler is timed out of the course or wants to pull out at one of the nominated points after commencing the paddle, the support crew will be messaged and asked to pick them up from the allocated area. Paddler will need to wait until water safety crews depart for a lift to main road and pickup.

Finish – Weir Park:

At the end of the paddle support crew can remove the kayak from the water and assist the paddler to walk up the finish chute to the finish line (~70 metres).

