

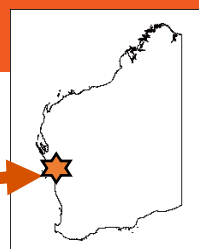
# ADVENTURETHON



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

**1 & 2 June  
2024**

**4 Stage Race  
Kalbarri**



**Competitor information Book 2024**





**JUNE**  
**1st & 2nd, 2024**

**ADVENTURETHON**  
**KALBARRI**

# Events 2024

Adventurethon stage racing returns to Kalbarri. Adventurethon incorporates 4 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, three, or all four stages, 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, 3 or 4 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 4 discrete stages over three disciplines, 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:

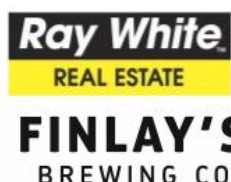
Why not make it easier on yourself? Gather your friends to take on the stage/s that you don't want to attempt; that's what friends are for isn't it? Encourage teamwork and designate roles by forming a team to tackle an Adventurethon distance of your choice across all four stages. Alternately why not 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 the stages** for and the associated bragging rights are definitely the option for you! To confirm you are an ultimate adventurer you need to complete ALL 4 stages (paddle, mountain bike, trail run x 2). 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 1 <sup>st</sup> June	Trail Run	MTB	Sunday 2 <sup>nd</sup> June	Paddle	Trail Run
Ultra	8 km	30 km	Ultra	16.5 km	8 km
Enduro	4 km	18 km	Enduro	8 km	8 km
Taste/Junior	4 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 should the need arise.





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## Locations 2024

Adventurethon is conducting this multi-stage event over two days and in four locations to ensure we provide you with the best possible experience in off-road sport and adventure. On the morning of Saturday 1<sup>st</sup> June Adventurethon Stage 1, the Gorge Adventure Run, will start your fabulous weekend of adventure. On Saturday afternoon Stage 2, the Glorious Goats MTB, will take you on a scenic journey around the historic Murchison House Station. The final stages, the Murchison Dash (morning) and Bigurda Run (afternoon), will be held on Sunday (2<sup>nd</sup> June). The dash will take you down the amazing Murchison River and then you move to the magnificent sea cliffs for the Bigurda Bash to complete your scenic tour of Kalbarri.

### 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.

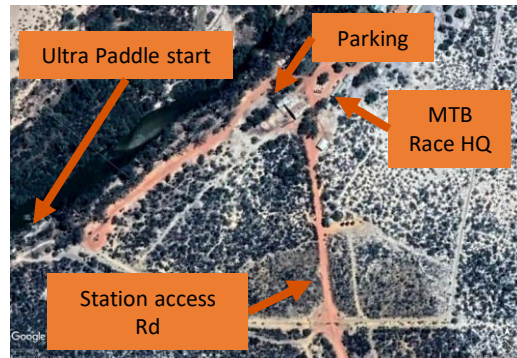
See the [Event Schedule](#) for a break down of timings

### Z Bend



To access Z Bend head north-west from Kalbarri along the Ajana-Kalbarri Rd then left into the Kalbarri National Park and follow signs to Z Bend.

### Murchison House Station



To access Murchison House Station head north-west from Kalbarri along the Ajana-Kalbarri Rd and look for signs to Station. Left into the Station access Rd, continue through gates to Race HQ.

### Natural Bridge



To get to Natural Bridge head south from Kalbarri along George Grey Dr and look for the turn off to Natural bridge on the right. Continue following signs to Natural Bridge parking area and Race HQ.

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## Race Pack Pickup

Race packs contain your race number, timing chip etc., and can be collected between 6:00pm and 8:00 pm Friday 31<sup>st</sup> May at the **Kalbarri Foreshore**. 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. There will be limited time to ask questions about the course at this time.

There are **no registrations on race day**. Those who want to compete must **register online**. This is to ensure all correct paperwork 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.

To compete as a pair you must remain together for the entire race.



## Race Bibs



Each competitor is required to wear his or her race number on the **FRONT** of themselves or their bike 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).

## Weekend Schedule

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



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## 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).



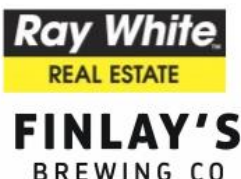
## Medical Conditions

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 as well as notifying [registrations@adventurethon.com.au](mailto:registrations@adventurethon.com.au) if you did not include the information in your registration. 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.







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## 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.

A limited supply of cups will be available at the finish line. Bring a reusable cup or water bottle.

## 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/advkal2024>

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

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

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

#Adventurethon #demolish #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.





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## Parking

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

## Amenities

### Z Bend

Toilets are located in the car park.  
No water taps available. Ensure hydration packs are full before attending.  
No Dogs allowed (National Park)

### Murchison House Station

Toilets are located behind the HQ area, follow the signs  
Limited water – Ensure hydration packs are full before attending

### Kalbarri Foreshore

Toilets and Showers available  
Water available from taps

### Natural Bridge

Toilets available near carpark  
No water taps available – ensure hydration packs are full before attending  
No Dogs allowed (National Park)

### Eagle Gorge

No toilets available  
No water taps  
No Dogs allowed (National Park)

## Presentations

Presentations for all stages will be in the afternoon at the Kalbarri Foreshore. 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.



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# The Gorge Adventure Run

## 1st June 2024

### Race Check In

You will need a pass to enter the National Park to reach Race HQ. You can obtain your pass online, or through local outlets, or at the park gate (<https://parks.dpaw.wa.gov.au/know/park-passes>). Be aware that there was a considerable hold up at the gate last year so get your pass early or get up early to ensure you are not late for the mandatory race briefing.

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](#)

### Times

Course	Briefing Time	Location	Start Time
Ultra – 8 km	7:15 am	All Courses Race HQ Kalbarri Gorge	7:30 am
Enduro – 4 km	7:15 am		7:45 am
Taste – 4 km	8:05 am		8:20 am
Junior – 4 km	8:05 am		8:20 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](mailto:registrations@adventurethon.com.au) or see Race HQ.







# The Gorge Adventure Run

## 1st June 2024

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

**Water is limited in the National Park – Fill your hydration pack before attending**

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

- Whistle
- Electrolytes and Carbohydrates as necessary during the event.  
Can be gels or as a liquid in a hydration pack
- Running shoes/ Trail shoes
- Spare socks
- Hat
- Sunglasses
- Shin protection (gaiters or long socks)
- Ankle strapping (if prone to rolling)
- **Phone with emergency HQ contact 0447496489**

*\*Limited phone signal in area*

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



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# Murchison Station MTB



## 1st June 2024



## Race Check In

Murchison House is a working station and as such you must be aware of station activities at all times. Remain on the marked course at all times to avoid disrupting station activities. Murchison House has camping available (<http://www.murchisonhousestation.com.au/>) so would make a good overnight spot ahead of the paddle on Sunday morning.

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,

Download maps [HERE](#)

## Times

Course	Briefing Time	Location	Start Time
Ultra – 30 km	1:30 pm	All Courses	1:45 pm
Enduro – 18 km	1:30 pm	Race HQ	1:45 pm
Taste – 10 km	1:30 pm	Murchison House	1:45 pm
Junior – 10 km	1:30 pm	Station	1:45 pm

**Notes:** The **Ultra** course can be completed in 2hrs – 2 hr 30 mins for 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](mailto:registrations@adventurethon.com.au) or see Race HQ.





# Murchison Station MTB



## 1st June 2024

### EQUIPMENT LIST

## Murchison MTB 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 it 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

### **WARNING**

**This course has A LOT of thorns! BE PREPARED!**

### **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
- **Phone with emergency HQ contact 0447496489**  
*\*Limited phone signal in area*

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







# Murchison River Dash

## 2nd June 2024



## Race Check In

Murchison House is a working station and as such you must be aware of station activities at all times. Remain in the event area at all times. Murchison House has camping available so would make a good overnight spot ahead of the paddle on Sunday morning (<http://www.murchisonhousestation.com.au/>). 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](#)

## Times

Course	Briefing Time	Location	Start Time
Ultra – 16.5 km	8:45 am	Murchison House Station	9:00 am
Enduro – 8 km	9:30 am	Enduro and Taste/Junior	9:45 am
Taste – 2 km	10:15 am	Race HQ Kalbarri	10:30 am
Junior – 2 km	10:15 am	Foreshore	10:30 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](mailto:registrations@adventurethon.com.au) or see Race HQ.



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# Murchison River Dash

## 2nd June 2024

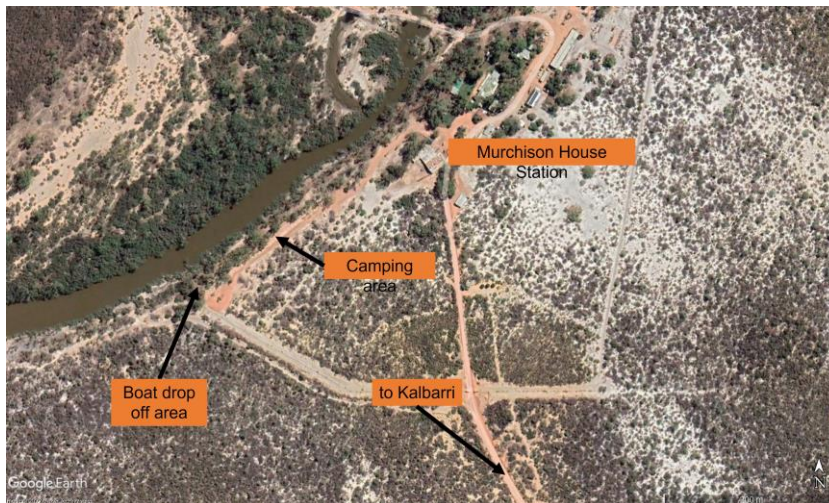


## Ultra competitors

### Boat drop off

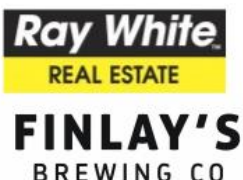
Prior to the paddle race it is suggested that competitors without a support crew, or others that may have difficulties with transport between the race start and finish areas, drop their boats and paddles to the start line at Murchison House Station on Saturday. We will have a drop off area open **Saturday afternoon** until 4:30 pm, or before 6:30 am on Sunday morning.

The boat drop off area is at the back of the camping area as shown on the map below. We will provide a bus to transport you to the start line on Sunday morning.



### Bus timetable

The bus will depart from Race HQ on the Kalbarri foreshore at **7:30 am sharp** and take you to the start. We ask that you leave your paddle and any other bulky equipment (eg PFD) with your boat when you drop it off. **Bookings** for the bus are essential. If you didn't book during the registration process please [BOOK HERE](#).





# Murchison River Dash

## 2nd June 2024

### EQUIPMENT LIST

## Paddle

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
- Water/Hydration

### Highly recommended

- Personal flotation device (PFD) - L50 or Type 2 (or above) preferred
- 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
- Phone (in waterproof case) with emergency HQ contact 0447496489 *\*Limited phone signal in area*

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



Make your job EASIER!







# Bigurda Bash

## 2nd June 2024

## 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](#)

Course	Briefing Time	Location	Start Time
Ultra – 8 km	All participants	All Courses	All
Enduro – 8 km	1:45 pm	Race HQ	participants 2:00 pm
Taste – 8 km		Natural Bridge	
Junior – 8 km			

## Bus transport

We will provide bus transport between the Kalbarri Foreshore HQ and the race start and finish locations for competitors without a support crew to transport them. Buses will **depart** the Kalbarri Foreshore HQ to the race start at **1:00 pm sharp**. Buses will be available to return from the finish to Kalbarri Foreshore from approx 3:00 pm.

**Bookings** for the bus are essential. If you didn't book during the registration process please [BOOK 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.



Make your job **EASIER**!





# Bigurda Bash

## 2nd June 2024

### EQUIPMENT LIST

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

**Water is limited in the National Park – Fill your hydration pack before attending**

#### **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
- Hat
- Sunglasses
- Ankle strapping (if prone to rolling)
- Whistle
- **Phone with emergency HQ contact 0447496489**  
*\*Limited phone signal in area*

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





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## 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 as there is limited phone reception for EFTPOS. EFTPOS will be available when Race HQ is at Kalbarri Foreshore.

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 Kalbarri Gorge Adventure Run stage Saturday afternoon and gain free entry to the Murchison River Dash paddle 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.



## Sponsors

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



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ADVENTURETHON JUNE LONG WEEKEND

# KALBARRI

*Lights Up*



Sat 1st  
Sun 2nd  
June

Art  
+  
Music

FREE  
ENTRY