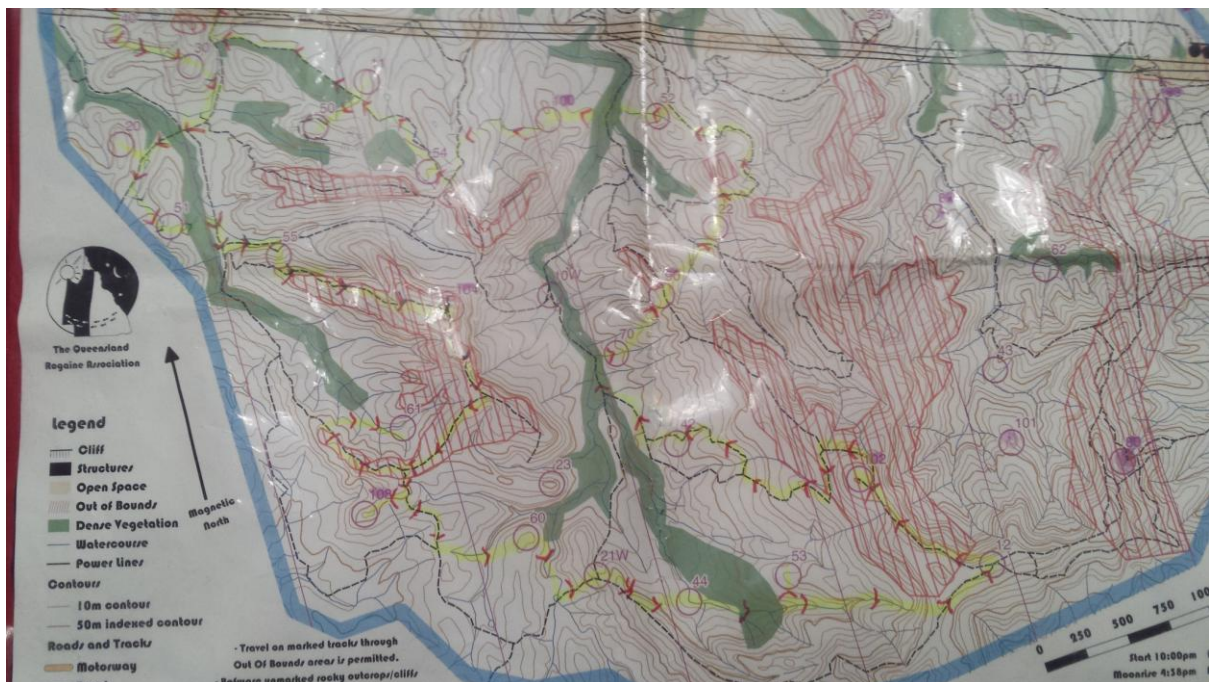


The Spring Mountain Upside Down Race Report – Jared Brown.

Last year's upside down was my first rogaïne event, and to say I was under-prepared that year was a complete understatement. I could fill a book with what I did wrong, and how much pain I was in at the end of it. I vowed this year would be completely different which thankfully it was.

I roped in Nathan who I have done a few events with, and a newbie to the sport. Phil who I found out wrote the grant papers for funding for our navlight system a few years ago. All three of our daughters are in the same class this year at school which makes it a very small world. Nathan and I have been keeping pretty active to avoid being in agony on these events. Phil on the other hand really had no idea what he had agreed to until a week before the event.

I started questioning my own sanity for signing up for the event the day before when everyone who I talked to was questioning why I'd do something like this for enjoyment. How enjoyable could being sleep deprived and exhausted really be? I was still questioning myself within the first hour of the event, as the first few checkpoints we did were fairly rough



The start of the event was a bit of a bottle neck, with having to wait in line for the early checkpoints 40 and 30, along with quite a bit of uphill, off-path hiking. The darkness made things really hard to navigate in the beginning

We then headed over to 20, which by then we had finally got our bearings and started getting into the groove of navigating. We found a fence to follow, and travelled down to 51 quite easily. We then decided to cut through the lantana to get to 55 which made for about 10 minutes of struggling through 200 meters of enjoyment lantana brings to those that try to pass through.

We arrived at 55, and then went up to the first amazing view over at 104. We had a snack break and enjoyed the view of Brisbane city at around midnight. This was the first point where I was really

thankful I came, as it was an absolutely amazing view, and all three of us were still in high spirits and having a great time.

We had planned to hit 61, but decided to skip it due to out of bounds areas around it, and went to 108 instead. We also had planned to hit 60, but at this stage we decided to conserve our energy and take a break at the water drop 21 to re-assess how we're feeling and how to proceed with rest of course.

During the event we saw a small brown snake on the trail, a bat kept flying by us at one stage, cane toads were everywhere, and spiders galore which I'm very surprised I didn't walk into one as they mostly seems to be at head height. Other than maybe ant mounds, moths, we didn't see much else wildlife wise.

We were going to come at 102 next from the east at 12, but decided to head north, pick up 70, and head to 42, then up to 102. The climb up to 102 was almost impossible to describe. Those that went up there will know what I'm talking about. This was the checkpoint that broke our first team member Phil for the rest of the event due to the insane amount of going up and the vertical rock climbing.

After a bit of a wait there to recover, we decided we needed to head back due to just two hours remaining. We picked up 90 along an almost non-existent path, which Nathan rolled his ankle pretty badly travelling down, but got to the water drop at 10.

At this point we had an hour left, and were about 4kms away from the hash house, which at our pace I didn't think we were going to make it. Thankfully we found a flat path back and made it home easily with 3 minutes to spare.

Overall it was a great night. We came in 30th, with 750 points which was much better than we were expecting for a bunch of unfit Dads.

Thank you to Paul's, Alex, Darren, Liam and everyone else who had a hand in making the event into reality. I have a new found admiration to those that put in the insane amount of time required to run these events. I would also like to thank Nathan, Phil and all the friendly people we got to interact with on the course for helping make for an enjoyable night/morning.

On another note, Nathan and I are organizing the 8 hour event on North Stradbroke Island this year for June 18th. The course is absolutely stunning, and sure to be a very unique rogaine which I doubt will ever happen again due to red tape. I would highly recommend signing up and coming along as I promise you that you'll bring home a large amount of souvenirs in the form of sand inside your shoes. It is not to be missed.

Strava Link: <https://www.strava.com/activities/498111985>

Thanks.

Jared Brown