

12 Hour Course Information Sheet and Course Rules

Competitors are advised to read the following information carefully. It contains logistical information for each leg, and checkpoint collection information. Checkpoints in each leg may be collected in any order. Team members unless otherwise specified must remain with 100m of each other at all times. Both team tags need to be punched at CP's within 30sec or your score will not register. Competitors must attempt each leg and obtain a minimum of one CP on each leg.

No GPS or measuring device of any kind is permitted. Fitbits or other personal fitness trackers should be covered with tape or removed for this event. Please do not leave any rubbish on the course, and be respectful of the environment you are travelling in. If you are travelling on private land, please show respect for the landowners who have graciously donated land use for this event.

During kayak legs PFD must be worn at all times. When travelling on your mountain bike at dusk or at night, bike lights must be fitted and illuminated, helmets worn at all times and road rules obeyed. Some items have been specified as "mandatory" which means you must carry them at all times. These items will be randomly checked and penalties applied for missing items. These items are for your safety.

In the event of an emergency, stabilise the patient and if required call OOO or 112. Phone signal is variable and may require access to a high point. For non-emergency situations please contact the race directors:

Erren » **0409 870 422**

Jo » **0402 622 310**

LEG 1 – KAYAK “The Somerset Experience”

Checkpoints: Collect **1 – 12** in any order on kayak

Start: **HQ**

Finish: **HQ** (kayak leg cut off time is 13:00hrs)

Total Points Available: **600**

Take the opportunity to sit down and paddle on beautiful Lake Somerset. You will only have one opportunity to collect CP's on the kayak this year. PFD's must be worn at all times when on the water and a kayak leg cut off time of 13:00hrs will be enforced. Portage options are available, just not through OOB areas.

Keep an eye out for traffic on the lake and give way to all other watercraft. We will have a safety boat on the water so if you require assistance simply raise your paddle in the air.

DO NOT DRAG KAYAKS ON THE GROUND – THIS WILL BE IMMEDIATE DQ.

TRANSITION AREA – HQ

Park your kayak as directed, drop your vest and paddle as directed and head for the bikes!

HINT: There are no punches in the TA areas this year, please check in with your team name and number to the TA official.

LEG 2 – BIKE “Head for the hills” (part 1)

Checkpoints: Collect **13 – 23** in any order on bike.

Start: **HQ**

Finish: **TA “The Saddle”**

Total Points Available: **600** (parts 1 & 2 combined)

After a stint on some fast access roads you'll be heading up the valley. Lucky for you, you have already had a relaxing paddle and should have plenty in reserve to explore this part of the course! We've added a couple more climbs into this part of the course because... well, we have plenty at our disposal. The views are worth it though! You'll also be visiting another private land area on this leg and we've had to modify the course at the eleventh hour – please see the amended map at HQ to mark up the new CP locations. On part 1 of this leg you can decide to collect all, some or no CP's. You can ride straight to the TA and attack the CP's on part 2 of this leg.

TRANSITION AREA – TA “The saddle”

You’ll be happy to be off your bike now so check in with our TA official and put your trekking shoes on!

HINT: There are no punches in the TA areas this year, please check in with your team name and number to the TA official.

LEG 3 – TREK “D’Aguilar – The Crux”

Checkpoints: Collect checkpoints **24 – 36** in any order on foot.

Start: **TA “The Saddle”**

Finish: **TA “The Saddle”**

Total Points Available: **800**

Set off on foot to explore the D’Aguilar National Park. This area contains spectacular creek lines, waterholes and escarpment vistas to the North and West. This leg offers fast paced trekking both on and off trail but keep an eye out for numerous cliffs and rocky outcrops with big drops! You’ll notice some high value CP’s on your map, we recommend getting to them as they are stunning locations.

On the trail, there will be other people and vehicles using the park so make sure you give way to all other traffic!

Although you only need to get one CP as a minimum, the winning teams will need to do well on this leg.

TRANSITION AREA – TA “The Saddle”

Check back in with our TA official, we want to make sure everyone makes it back off the mountain, and get back on your bike.

HINT: There are no punches in the TA areas this year, please check in with your team name and number to the TA official.

LEG 2 – BIKE “Head for the valley” (part 2)

Checkpoints: Collect **13 – 23** in any order on bike.

Start: **TA “The Saddle”**

Finish: **HQ**

Total Points Available: **600** (parts 1 & 2 combined)

After a trek in the NP you’ll be heading back down the valley. Lucky for you, you have already done all the climbing so coming down will be fast! Take care on the down hill and ride within your limits. It’s a great opportunity to collect any or all remaining CP’s on your way back to HQ.

TRANSITION AREA – HQ

Park your bike back at the bike drop area, grab your trekking shoes!

HINT: There are no punches in the TA areas this year, please check in with your team name and number to the TA official.

LEG 4 – TREK “The Valley”

Checkpoints: Collect checkpoints **37 – 52** in any order on foot.

Start: **HQ**

Finish: **HQ**

Total Points Available: **800**

Set off on foot to explore the shoreline area around the lake making your way up into the valley. This area contains spectacular creek lines and some nice elevation to finish off anything you have left in the tank.

With fast travel and great navigation options you'll find yourself smashing this leg... it will be getting dark now so look out for the fire flies in the Hidden Valley area!

FINISH!

Enter HQ and cross the finish line, don't forget to smile for the camera!

The finish punches will be hanging from the finish arch then head to the HQ officials to hand in your wrist bands.

Congratulations!
