

6 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 – 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 get you warmed up for the next leg of the race.

With fast travel and great navigation options you'll find yourself loving this adventure sport... keep your eyes peeled though and you'll see wild deer on this trek!

TRANSITION AREA – HQ

You're sure to receive a warm welcome and a big cheer as you hit the TA. Find your kayak, grab your vest and paddle and head for the water!

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 – KAYAK "The Somerset Experience"

Checkpoints: Collect **1 – 10** in any order on kayak

Start: **HQ**

Finish: **HQ**

Total Points Available: **440**

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 and each team member must have an illuminated glow stick on their person if paddling after 5:20pm. 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 3 – BIKE “What goes up, must come down”

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

Start: **HQ**

Finish: **HQ**

Total Points Available: **600**

After a stint on some fast access roads you'll be heading back up the valley. Lucky for you, you have already had a nice, easy trek leg, 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! Once at the top you'll have to come down so take care and ride within your limits. 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.

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!
