

5 MAY 2024



# RACE INFORMATION

**Sprint**  **Series**  
**Adventure Race**



# WELCOME



We feel incredibly fortunate to be back in Anglesea, ready to welcome once more the incredible teams embarking on the thrilling adventure we've meticulously prepared for you.

Anglesea is a genuine haven for adventure racing, offering boundless opportunities for paddling, trail running, and mountain biking. A heartfelt thank you goes out to all the participants, volunteers, and event stakeholders whose unwavering support ensures the success of this event.

We can't wait to see your smiles of satisfaction as you roll under the finish line at the end of your adventure racing journey.

Welcome to all, the elites fighting hard for the podium, the family teams, and those just hoping to finish the course.

Serge & Maria,  
AJ Team  
[info@adventurejunkie.com.au](mailto:info@adventurejunkie.com.au)



**ADVENTURE  
JUNKIE**

# SCHEDULE



**5 MAY 2024**

The schedule is slightly changed to accommodate the vast field of participants.

6:45 – Kayaks are ready to be unloaded at the race HQ

6:45 – The transition area is open for the MTB gear drop off

7:00 – Registration opens at the race HQ

8:40 – Race briefing for the Classic course at the HQ

**9:00 – Race starts for the Classic course teams**

9:50 – Race briefing for the Novice course at the HQ

**10:00 – Race starts for the Novice course teams**

11:30 – Winners are expected to finish

13:30 – Presentation

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# EVENT LOGISTICS



START / HQ

TRANSITION  
AREA

**The mountain bike leg starts in the Transition area. This is a different place from the race HQ. It's about 3 km away.**

**The MTB gear should be dropped at the Transition Area (TA) before you arrive to the race HQ.**

**Please drive directly to the TA, and receive your MTB number plate. If you have booked a mountain bike board, you will receive it at the TA.**

**Leave your MTB gear at the TA and proceed to the HQ.**

**Hired mountain bikes will be delivered and picked up at the Transition area.**

# EVENT LOCATIONS



**The race HQ is Lorne - Queenscliff Coastal Reserve.  
Great Ocean Rd, Anglesea VIC 3230**

[GOOGLE MAP WITH HQ and TA locations](#)

**The Transition area for MTB gear drop** is at the parking located at the Ellimatta Reserve, Anglesea Football Club  
25-27 Ellimatta Rd, Anglesea VIC 3230  
[Google link with TA location>>](#)



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# THE HQ



Lorne - Queenscliff Coastal Reserve  
[Google map link with HQ location>>](#)



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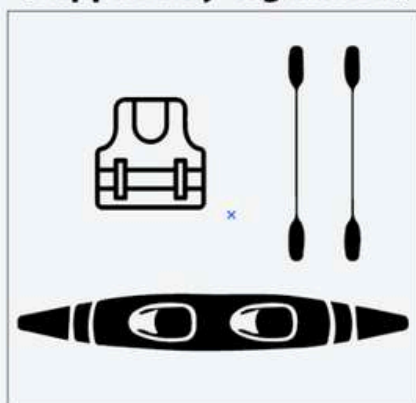
# EQUIPMENT



## mtb legs gear



## kayaking gear (supplied by organisers)



## all time gear



### All legs:

- Water at least 0.5l for the start of each leg per person;
- Race bib (provided) per person;
- Mobile phone- per team;
- First aid kit – per team;

### MTB leg:

- A mountain bike;
- Helmet;
- Repair kit;

### Kayaking leg:

- Paddles (provided)
- Double or two single kayaks (double sit-on-top boat is provided);
- PFD (provided), if you are racing with a kid, please BYO if you have one;
- Footwear.

# EQUIPMENT



## **Additional recommended items:**

- Waterproof pouch for race information and maps or contact;
- Compass, map board for the mtb leg;
- Sufficient nutrition for the race (snacks, gels, electrolytes);
- Spare dry clothes;
- Waterproof jacket;
- Sun protection, slip, slop, slap, wrap;
- Bike, trail running and paddling footwear;
- Gaiters.

## **What to wear:**

- Off-road shoes or any shoes you're comfortable running on rocks, sand, or trails;
- Triathlon shorts, or any shorts;
- Cap/hat for the run and paddle;
- Cycling jersey or any jersey you're comfortable in if it gets wet after the kayaking leg.

## **What to put into the transition area:**

The gear you plan to use on the MTB leg includes a helmet, mountain bike, extra water bottle, nutrition, and bike shoes (if you're using them).



# THE COURSE



The course is not marked.

The control points determine the course, marked with pink circles **on the map.**

There will be a few legs: 1 kayaking, three running and one mountain biking.

## **The order of the legs is mandatory.**

The order of checkpoints within a leg could be either mandatory (numerical order) or optional (any order).

It will be provided in the race description you receive on the morning of the event what the order of the checkpoints within each leg is.

Most checkpoints are mandatory to visit (if you miss one of those checkpoints, you get a 20 minutes penalty).

**The Novice course starts at 10 am.**

**The Classic course starts at 9 am.**

We will randomly divide all the teams into two groups.

You will receive your group allocation at the onsite check-in on the morning of the event.

Groups will have a different order of legs within the course.

Ultimately both groups will complete the same distance.

## **Bonus checkpoints for the Classic course teams**

Only on the Classic course a few checkpoints will be bonus checkpoints. It will be indicated in the race description which checkpoints are bonus checkpoints and how much time you receive if you visit these checkpoints.



# THE TIMING SYSTEM



**Each checkpoint is equipped with a timing station** and orienteering flag (except for some in public places, where there could be only one station, which will be indicated in the race description).

**To register at the checkpoint,** tap the timing station with your timing chip and hold for 1 second (just like you do in the metro with your card).

**The station will beep and flash if you register successfully.**

Demos will be given at the briefing. Please make sure you tried how the timing system works.

**There is ONE TIMING TAG PER TEAM.**

We suggest that you fasten the timing tag with a wristband (provided).

## **Finish**

There is a timing station under the finish arch. Once you 'register' at that station, the racing time stops.

## **After the finish**

Please return the timing chip once you have finished.

We need to get your timing chip to provide your result.

Timing station



Timing chips.



Checkpoint



# TRAINING SESSION



If you have pre-booked Navigation and/or Kayaking sessions, we are excited to see you at the race HQ at 5 pm.

**When:** Saturday, 4 May From 5 till 6 pm.

**Where:** Race HQ, Lorne-Queenscliffe reserve

Additional bookings can be arranged via [email](#).



# Sprint Series Adventure Race

## 6 OCTOBER '24 LYSTERFIELD



### Classic and Novice

The Sprint Series is back to everyone's favourite Lysterfield Park. Just 40-minute drive from Melbourne CBD via M1, this park offers exciting mountain bike trails, a beautiful lake for a paddle and a lot of trekking options.



### Duathlon - a new extra course

This duathlon event is tailored for those adventurers who are eager to challenge themselves but may not yet be ready to take on the waters. It's the same exciting course but without paddling.



### Kids activities

There will be entertainment for kids 4-9 years old, including an introductory orienteering course, a maze, and a jumping castle (TBC).

**\$99 PER PERSON  
FIRST 30 TEAMS**



Lysterfield lake park



0466968184



<https://adventuresprint.com.au/events/adventure-race/sprint-series-adventure-race-lysterfield-vic-24>





# MARATHON

## ADVENTURE RACE

established 2011



- ✓ 24-25 August, Lake Macquarie, NSW
- ✓ FULL 24h, Half 12h, Mini 4h courses
- ✓ Trekking, paddle, MTB, navigation



[xmarathon.com.au](http://xmarathon.com.au)



# THE COAST IS CALLING! SURF COAST 50

📍 ANGLESEA 11 MAY



## Surf Coast Shifty Fifty MTB Race

Looking for some more Anglesea mountain biking action?

Surf Coast Mountain Bike Club (<https://www.surfcoastmtb.com.au>) who maintain the local trails, are hosting round 4 of the Shifty Fifty MTB series on Sat May 11. All proceeds go back into improving the trail network.

Events include:  
Shifty Fifty (50km)  
Shifty Shorty (25km)  
Shifty Junior (20min race over 1.4k loop)

Full details at <https://www.bighillevents.com.au/events/shifty-fifty-rd-4-surf-coast-50/>

If you can't race but are keen to contribute to the trail kitty, head to. All contributions are tax deductible. <https://asf.org.au/projects/surf-coast-mtb-trail-kitty>



# TOTAL RECON ADVENTURE RACE 24 HOUR

Ngarrindjeri Country - 24Hr Adventure Race - Sat Jun 01 - Sun Jun 02  
Murray Bridge - 09:00am - Teams of 2 or 4 - 24hr/12hr/6hr

<https://www.mmievents.net.au/events/totalrecon-24>

