



*Women only
adventure race*

Event information



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Welcome

Welcome to Women Only Adventure Race 2018 at beautiful Lillydale lake park, now in its 5th year.

We wish everyone the best of luck, especially all the first-timers - we are sure you'll find the friendliness and camaraderie out on the course, and the beautiful landscapes you'll race through to your liking. So no matter who you are or what your background is, thank you for being a part of this revolutionary event and adding to the electric atmosphere that is the Women Only Adventure Race.

For now the time to put all your training into action, to load up the car and power down the road to Lilydale for an action Sunday is getting closer and closer. We encourage you to read the following program carefully as it includes all the details you'll need to know to have a great weekend on March 25th.

Race hard, race smart and have fun – we'll see you at the finish line.



Schedule and Equipment

Event day schedule

- 7.30-8.00 - Suggested arrival time
- 8.00 - Start of registration, transition area open
- 8.40 - Registration is closed
- 8.50 - Time to go to the start
- 9.00 - Start of the race
- 10.30 - Finish of leaders
- 12.00 - Finish is closed
- 12.00 - Presentation and lucky draw

All time compulsory equipment :

- First aid kit: 2 crepe (snake) bandages, min 5 cm width, 6 wound closure strips, 1 triangular bandage, 2 non stick wound dressing pads – per team
- Mobile phone - per team
- Minimum 0,7 l of water total per team
- Timing chip per person locked on your wrist (provided by organisers)
- Race bib (provided by organisers)
- Race maps

Mountain bike leg compulsory equipment:

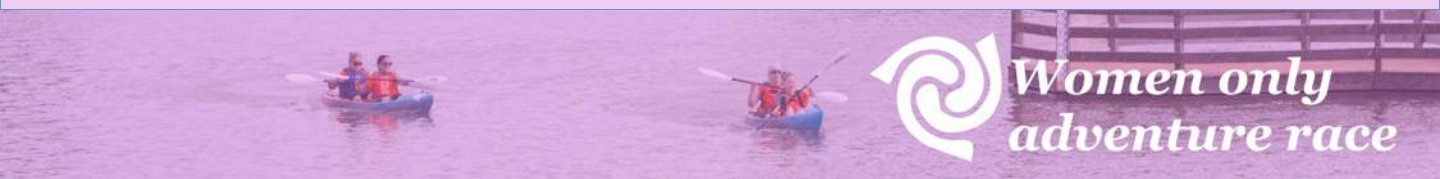
- Mountain bike or commuter, road bikes are not recommended- per person with race bibs attached
- Helmet- per person
- Repair kit consisted of pump, 1 spare tube or air canister

Kayaking leg compulsory equipment:

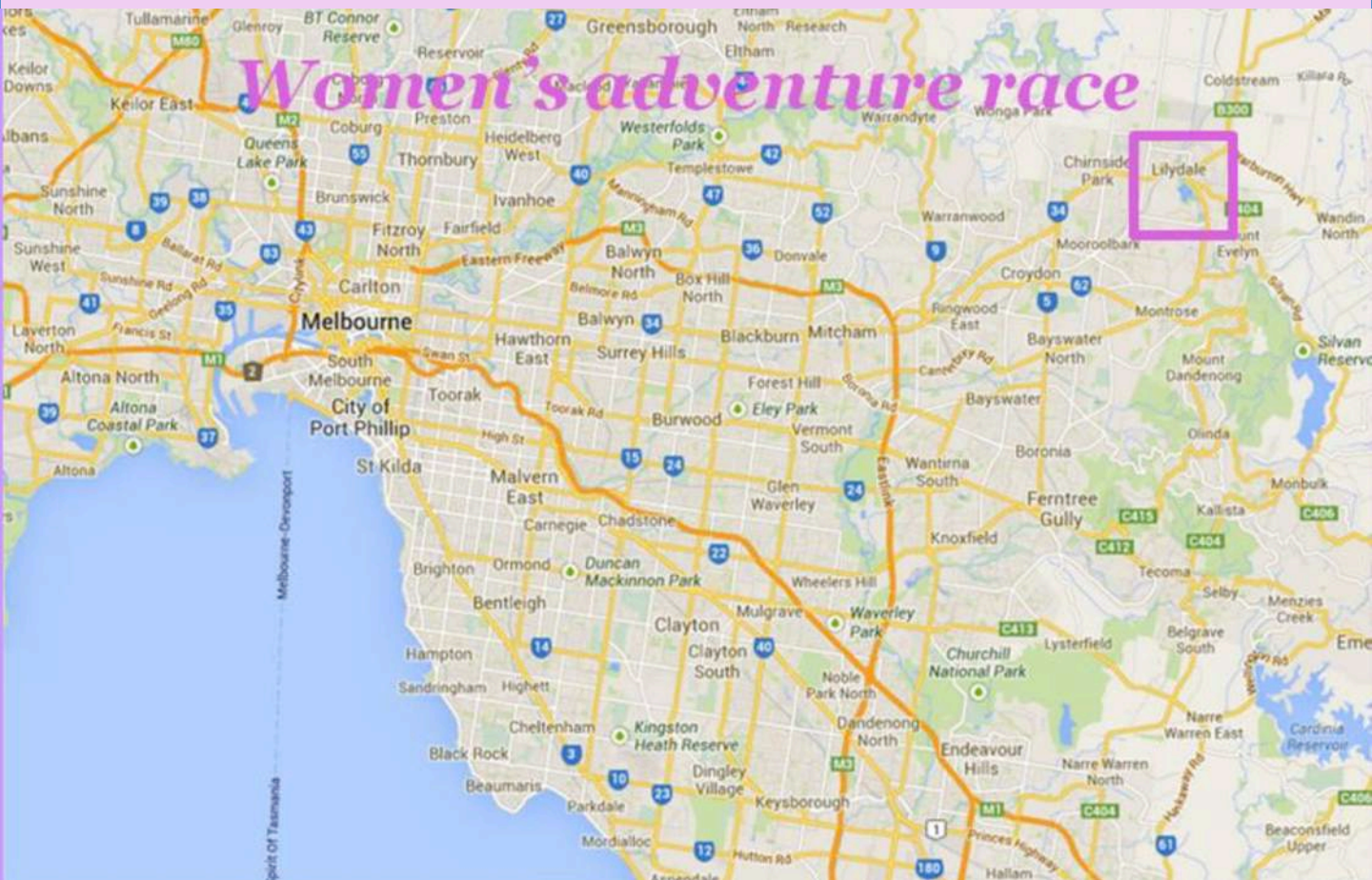
- PFD (provided by organisers, however, you can use your own)
- Kayak (provided by organisers, however, you can use your own)
- 2 double-ended paddles (provided by organisers, however, you can use your own)

Recommended items:

- Waterproof pouch for the race information. Kayaking map will be laminated.
- Compass (navigation is easy but might be handy). Hire and sale are available for the event
- Map board for the bike. Hire and sale are available by prior arrangement, no hire on a day
- Off-road running shoes
- Nutrition for the entire event- some snacks and/or gels, electrolytes
- Sunnies, caps.



Event location

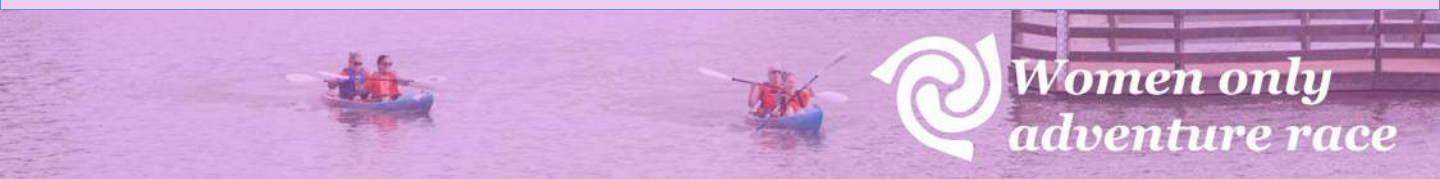
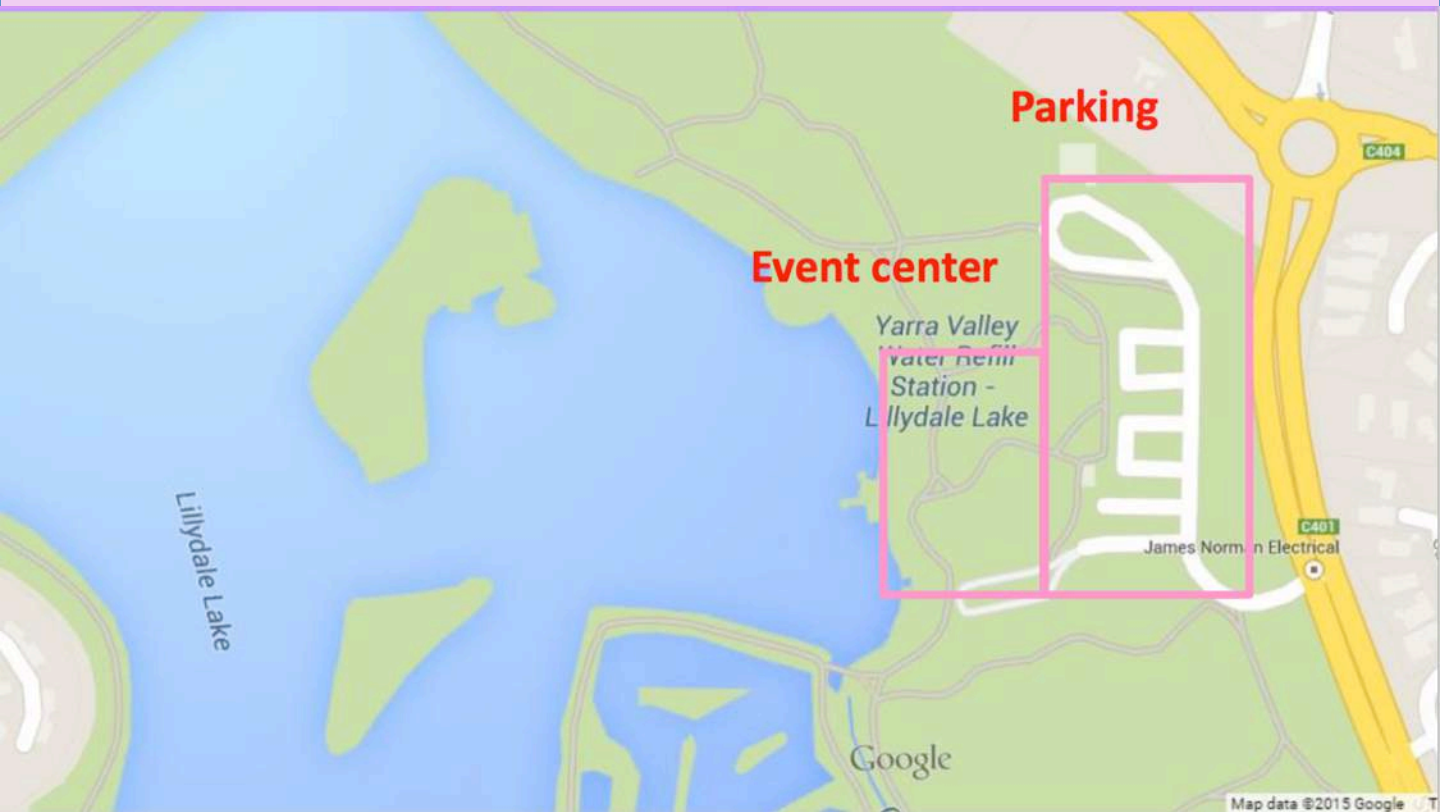


Event will be held in Lilydale park and surrounding suburbs. Lilydale lake is a perfect small lake with two tiny islands, great for beginner kayakers surrounded by wetlands, parklands with lots of trails and native trees. There is a huge children's playground, lots of BBQs, picnic tables and benches so make sure you bring all your family and make a whole day out of it. Lilydale lake park is located 40 km east of Melbourne CBD (40 min drive), 1 km south of Lilydale.



Event location

In 2018 event logistic is slightly changed. For the safety of participants and other park users we have to move Mountain bike transition off the main park area. Which means you will need to bring your bike gear and collect it from the different place. Allow extra 15-20 minutes for that. We would suggest to park next to the start, register, assemble bikes and ride down to the TA and then run back for warm up, as it is only 500m.



MTB Transition area location



Course

The Women Only Adventure Race is about 17 km of total distance:

Running/walking 3,5 km

Cycling (mountain biking) 10 km

Kayaking 2,5 km

Orienteering 1 km

On the race day you will receive all maps and description. All teams will be randomly divided into 2 groups. Both groups start with the run, after the run group one will paddle and then ride, group 2 will ride and then paddle. The last leg is orienteering leg for both groups.

Stage 1: Run 3 km

This is a loop run which will bring you back to the start-finish area. Few checkpoints are on the way, map is provided in the race pack.

Stage 2 or 3: Paddle 2,5 km

Kayaks will be located next to the boat ramp. Put on PFD, take paddles and a kayak. Crafts we use at this race are very stable and suitable for beginners who have never paddled before. Please put boat to the same spot where you took them from. Map is provided in the race pack.

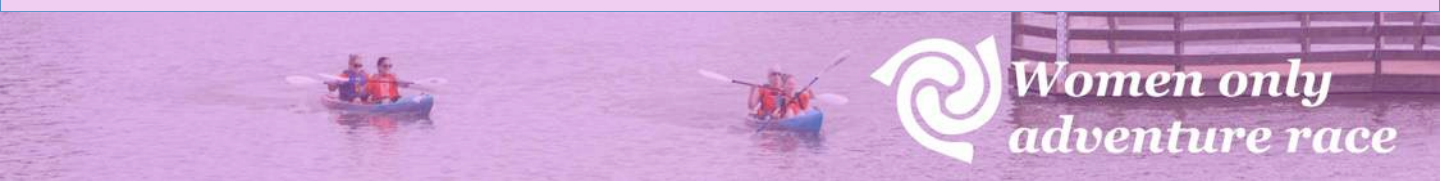
Stage 3 or 2: Cycle/mountain bike

Run to the Bike Transition area, take your bike and follow the map (provided in you race pack). You will need to find a few check points marked on the map (map will be street - directory style). There are some hills; most of the course follows gravel paths and bitumen roads in residential areas. Start and finish of the leg is Transition area. Once you got all checkpoints leave your bike in Transition area and proceed further to the leg 3 or 4. Residential roads are open for traffic and park paths are shared. It will not be very busy, but please mind other road users and park users.

Stage 4: Orienteering 0,5 km

Take an orienteering map from the race officials after completion the last leg. This is a very basic orienteering leg which is going to add a bit more fun. All checkpoints are located within 400m from the start (you literally can see the event arch from any checkpoint). Run/walk to those checkpoints.

Punch finish checkpoint and read out your timing chip. Enjoy post race glory.



Race day

Arrive early enough to register, assemble your bike and bring all your equipment to the MTB transition area (which is located slightly further). There are plenty of parking spots but car pooling is recommended as there are other users of the park.

Registration starts at 8.00. Go to the registration together with your team mate, tell officials your team name, sign a waiver form and receive your race pack consisting of race materials: event timing chips, maps, event bibs, bike bibs. There are officials to answer all your questions.

Assemble your bike, set up bike bib on it, bring your bike and bike related items into MTB transition area (location is shown on the map on page #6) , put all gear at the the spot, designated for your team and come back to the start.

Make sure you have some water bottles on your bike, some water for the run and for the kayak. You will have an access to Transition area every time you're around.

Check all information provided in the race pack: if something is not quite clear, ask any of the officials.

Race:

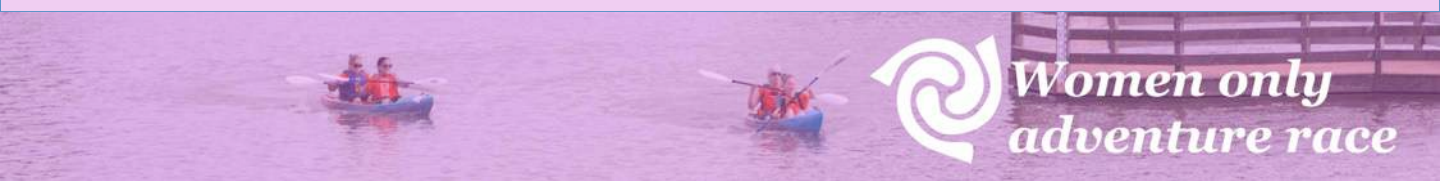
The race starts at 9.00 AM from the event arch. You have to be there at the latest 8.50 AM ready to race for any last minutes instructions. Make sure you have your mandatory kit with you at all times.

Bring your family and supporters as it's a great day out for all. Enjoy the course and adventure. Even though clock is ticking it's first of all about experience.

First super fast girls are expected to finish by 10.30 AM, course is open for 3 hours.

Do not forget to punch the finish checkpoint under the arch and return your timing chip to organizers.

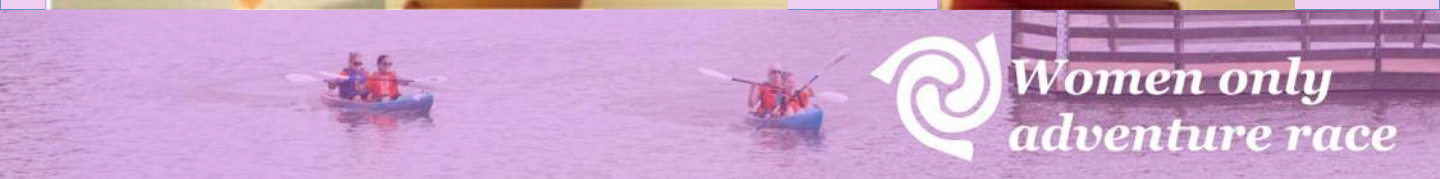
Post race: Enjoy a post race glory, share your stories, fruit fest will be available at the finish line. Pack your bike and other gear. Presentation and lucky draw will take place at 12:00 PM. Results will be published on the event website, photos will be up in social media.



Timing

You will receive a little timing stick at the registration that you need to lock on your wrist with a wrist band provided along. At control points there are timing stations. You have to touch timing station with your timing stick, that will register the time when you 'punched in'. If you check in successfully you will hear a sound and light will flash

The only trick here- you have to remember to touch the station with your timing stick and return your timing stick at the finish. This will be explained again before the start.



FAQ

1. What should I eat during the event?

Some snacks like banana, other fresh or dried fruit; some muesli bars will do – not too heavy. Sport nutrition works really well too. Australian made Shotz gels and bars are a choice of many elite athletes. Lots of other brands are on the market as well- find what suits you. It is a great idea to try food and drinks that you are going to be using during the race during some of your training sessions, to avoid surprises. Electrolyte replacement and staying hydrated are critically important during the summer time, therefore sport drinks are strongly recommended.

2. What facilities are at the start location?

Lilydale Lake Park has a range of facilities including an all-abilities playground, outdoor fitness stations, fishing jetties, BBQs, picnic shelters, sandy beach areas and public toilets. A coffee van will be available to serve the needs of the caffeine addicts amongst us.

3. What should I wear?

Running/riding/triathlon shorts and any sport top is a the most popular choice. Put some additional clothes in the bag/box in the transition area in case you get wet/cold. A cap is a handy addition for the run legs. Some spare shoes might be useful if you want to have dry feet after the kayaking leg.

4. How tough the course will be?

It is definitely a challenge but the main purpose of the race is to introduce more girls to adventure races (not to freak anyone out). This means the course is relatively easy and accessible for everyone with a general level of fitness and with novice level of skills in all sports.

5. Where can I find more about adventure races in Victoria?

Adventurejunkie.com.au is our web-site with more events, like us on FB and stay tuned for the updates. There is an adventure racing Victoria FB page. Lots of adventure racers are part of Melbourne MTB group and Peakadventure training squad.

6. Is it a relay? Can I do just a run and others will do ride and kayak?

No, this is not a relay. You have to do the whole event as a team of two. You can't miss out the beauty of the lake and thrills of mountain biking – this is a part of adventure racing, sounds scary but you will like it.

7. Are there any cut-offs?

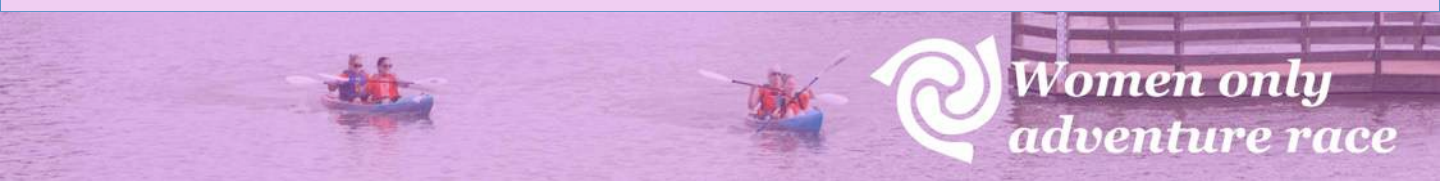
There is a cut-off to start the final leg – 2 hours 50 minutes after the start . However, we strongly believe everyone will be able to make it before this timeline. So you do not need to worry about clock when you're racing, just enjoy the experience. Over the last 4 years no one struggled to make a cut off.

8. What happens if I can not find some of the check points?

Nothing terrible- you will get a time penalty. You should try to find them all but if you did not make it, it is not a big deal. First of all it is about experience.

9. Do I need my own kayak?

No, you do not need your own kayak. All paddling gear (paddles, personal flotation devices and double sit-on-top kayaks) are provided by organizers.



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10. I do not have a bike, are any hire facilities available?

Yes, booking is still available, the cost is \$79, which include delivery and a helmet. If you have not arranged it yet, please contact us till Wednesday night we arrange you a bike.

11. I have never done any navigation based events, will I be able to complete the course?

Yes, you are exactly at the right place. This is a beginner friendly event, so course caters to novice racers.

12. How hard will the navigation component be?

It is a little bit harder than a street directory. However, everyone who can read a street directory is certainly capable of completing the course.

13. What bike do I need for the race?

Although there are no single tracks or rough sections we recommend using a mountain bike or commuter bike. Cycling stage will be on gravel paths and bitumen with some short off-road sections. Road bikes are not recommended.

14. What running shoes are recommended?

We recommend using light off-road shoes, or at least a bit heavier road shoes. Running course is a combination of small off-road sections, gravel roads, some minor bitumen sections. If you are not a running freak and do not have a few pairs of shoes lined up just take any runners, you will be fine.

15. Can I bring a support crew with me?

All support crews are welcome. Although competitors are not allowed to get any physical assistance during the event, we more than welcome everyone who is up for encouraging and supporting teams. Please come to the event tent, there will be maps available for spectators.

16. Can I enter on a day?

No, you cannot enter on a day. Race is sold out completely. Contact us directly we will try to find a spot for you. If you turn up on a day it is very unlikely we will be able to place your entry. Try to organise yourself in advance.

17. My team mate cannot race, can someone replace her?

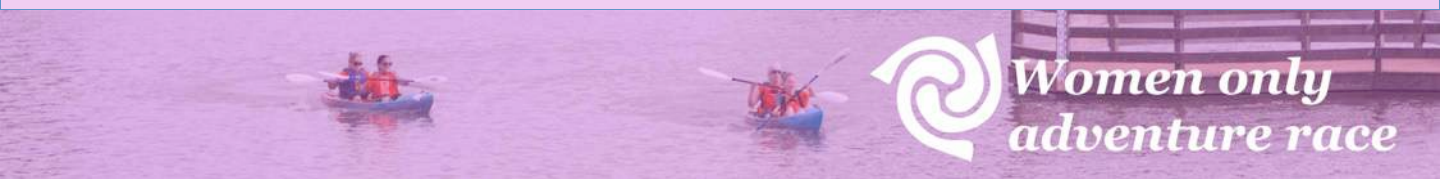
Yes, you can find someone else and let us know via email, we will change your registration data. Earlier you let us know- better. We accept changes up to the registration on-site on race day.

18. Can we race as a team of three?

No, unfortunately, you can only race as a team of two. This event is designed for teams of two, so you will need to find someone else and race as two teams. Four of you can stay together during the entire race and help each other, no problems with that.

19. Can I use my own kayak?

Sure, you can use your kayak, simply be sure to put this into the kayaking transition area which is next to the start \finish area, there will be a designated spot for private kayaks.



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ENERGY BAR

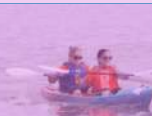


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Contacts

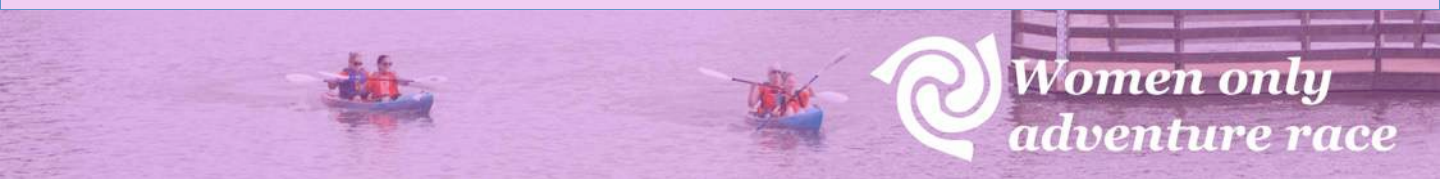
if you have any additional questions please do not
hesitate to contact us:

info@adventurejunkie.com.au

Serge 0455570487

Maria 0466968184

Looking forward to see you at the start shortly



6th of May 2018
Sprint Series
Adventure Race



adventuresprint.com.au

Run 5 km
MTB 15 km
Paddle 3 km



Lysterfield
lake park





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