



Women only Adventure Race

FINAL RACE INFORMATION

10 NOVEMBER 2024



ADVENTURE
JUNKIE

race information

10 NOVEMBER LYSTERFIELD LAKE PARK VICTORIA



WELCOME



WELCOME

Just a heartbeat away from race day, and the excitement is in the air! 🌟

Set within the beautiful trails of Lysterfield Park, this location is the ultimate playground for adventure seekers. It's your time to pack up, embrace the outdoors, and immerse yourself in a day dedicated to health, fitness, and pure joy.

We're ready and thrilled to welcome all our amazing participants, loyal spectators, and dedicated volunteers to the Women Only Adventure Race 2024. Here's to an unforgettable day of pushing limits, making memories, and cheering each other on!

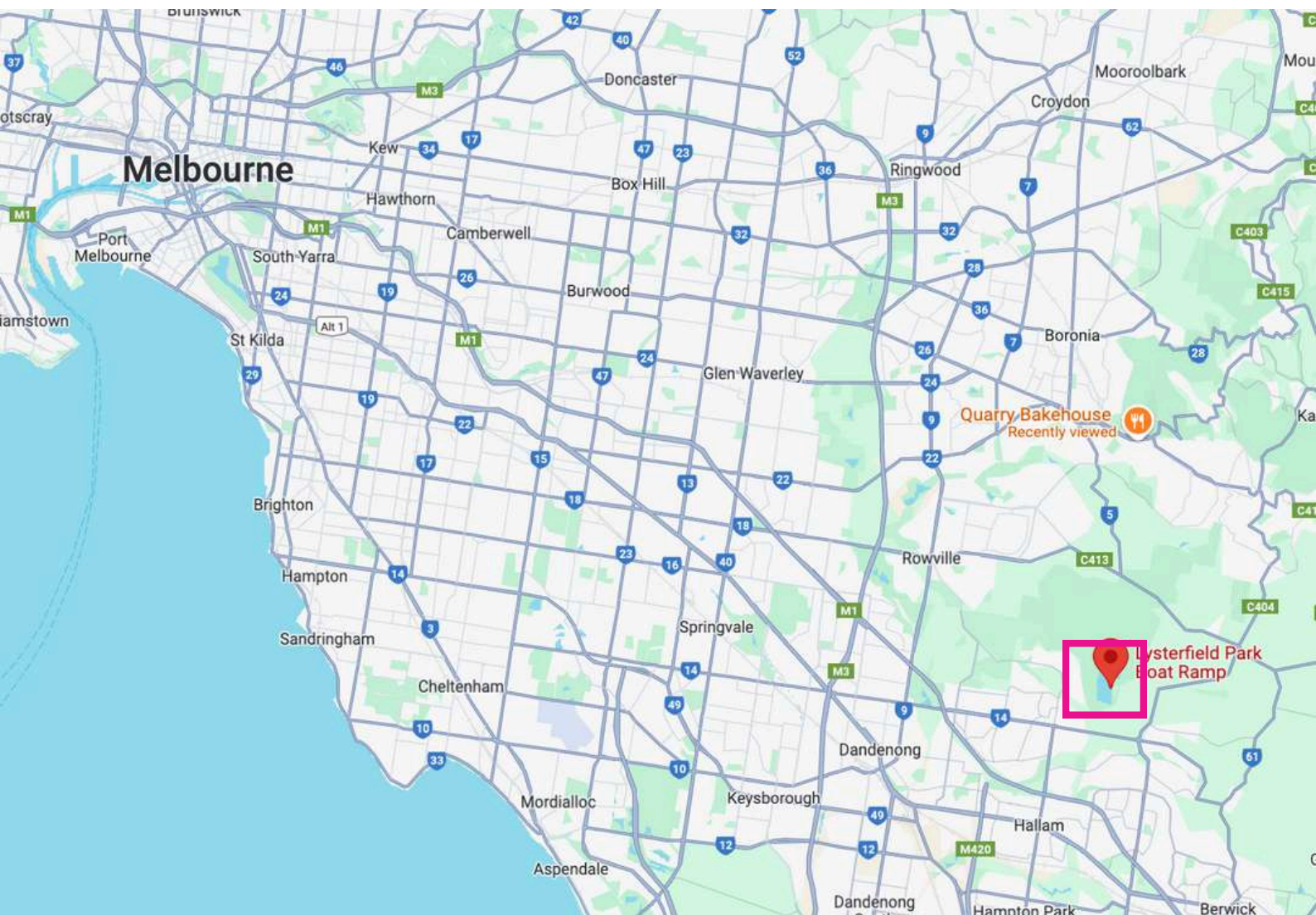
For any questions, feel free to reach out at info@adventurejunkie.com.au. Let's make this an adventure to remember! 🏡🏆🌟



WHERE IS THE RACE

The race HQ is Lysterfield lake park near boat ramp, access from the main entrance

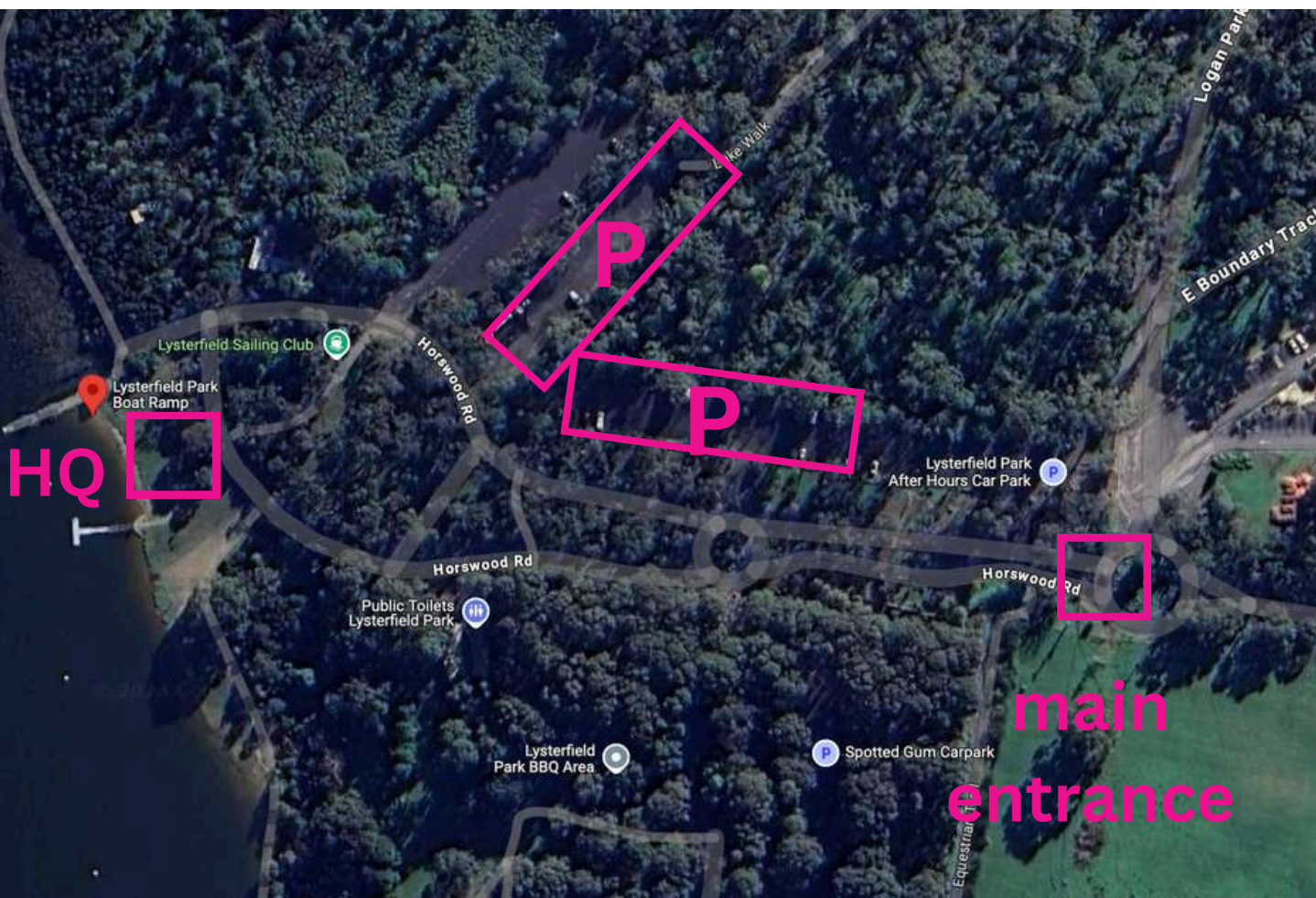
[Google maps link>>](#)



WHERE IS THE RACE

The HQ is located next to the lake

arrive early to get a parking spot. The most convenient parking is bellow:



EVENT TIMING



7:00 HQ IS OPEN

Please follow the directions above to get to the race HQ. The earlier you arrive, the more chances you get to park close to the start/finish. We're not exclusive users of the park. Registration is open from 7 am.



9:00 RACE STARTS

Please check in 10 minutes before the start.



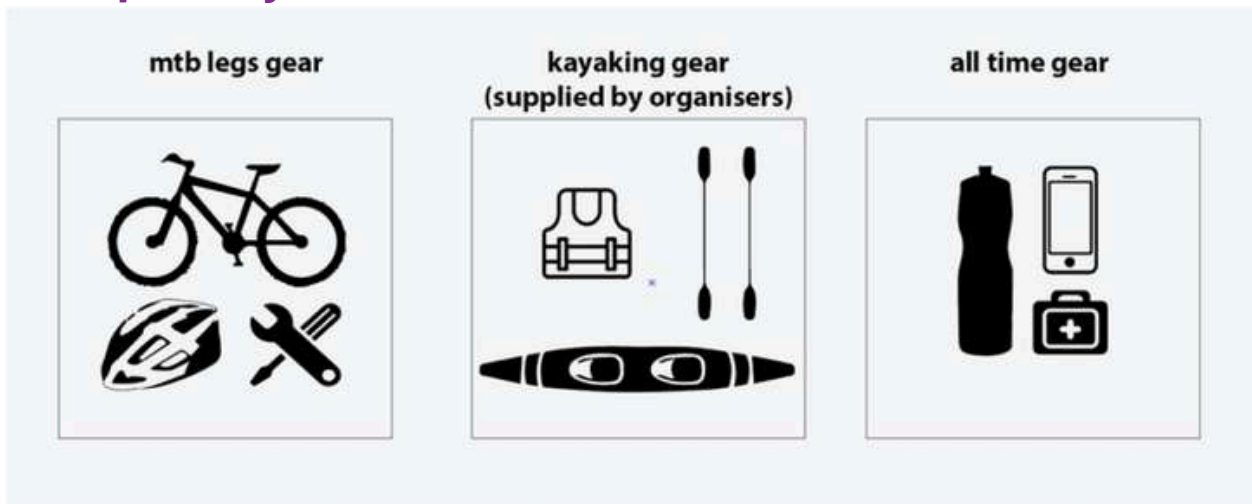
13:00 PRESENTATION

The race winners and podium finishers in three categories will receive flowers and certificates. Please hang around for the presentation if you can. The Family category: one racer is under 12 year old, Open category and Masters - both team members are older than 45.



WHAT TO BRING

compulsory items:



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.

All-time compulsory gear:

- Mobile phone in waterproof case/bag - per team.
- Water - minimum 0.5 litres at the start of each leg - per person. More if the weather is hot, especially for the bike leg.

MTB sections:

- Mountain bike or commuter bike with race bib attached - per person (if you arranged a hire with us, the bike will be at the registration).
- Helmet - per person (if you arranged a hire with us, the helmet will be at the registration).

WHAT TO WEAR



Race Day is rolling in with some fab weather vibes—think a cozy 22 degrees!

For the triathlon pros, it's all about those snazzy shorts and cycle tops, but hey, comfy running shorts and your fave tees will totally do the trick too!

While off-road shoes are like a VIP pass to comfort, your trusty running shoes are more than enough because the goal here is to have a blast!

You'll be wearing a top over your outfit, so no need to pack extra layers, even if the weather decides to play tricks after a rain shower.

A windproof/waterproof jacket stashed in your backpack could be a smart move for those chilly bike moments. And don't forget your cap or visor for the run, plus some sunscreen and shades to keep those sun rays at bay!

Oh, and pack a change of clothes for after the race! You're bound to get a little soggy and muddy during this wild ride, so being prepared is the name of the game for maximum fun!

WHAT TO DO ON A DAY

we recommend to
arrive by 7:30 the latest



REGISTER

Please sign in a waiver form - one per team. You will receive your event pack with a timing tag, race bibs and bike number plates.



PLACE YOUR MTB AND OTHER GEAR IN TRANSITION AREA

Transition area is located just next to the start, You will see bike racks.



CHECK IN 10 MIN BEFORE YOUR START

There will be a check-in just before the start.



ENJOY YOUR RACE AND HAVE A LOT OF FUN

Ensure you have punched the finish station before the arch; this is when the timing stops. Please return your race top and timing tag. If we do not have your timing tag, we can not calculate your result. Enjoy the post-race fruit fest. Collect your gear from the transition area when you are ready.



PRESENTATION

Winners in the category will receive trophies.

WHAT THE HECK ARE THESE CHECKPOINTS ON THE MAP

01 THE COURSE IS NOT MARKED, YOU WILL GET A MAP

The course map and description are included in the race pack. These are essential pieces of information for the event. Take these papers with you on the course. The course map and race description are waterproof.

02 ORDER OF THE LEGS IS COMPULSORY

The course description determines the order of legs. **There will be two different 'waves' to accommodate all participants.**

03 ORDER OF THE CHECKPOINTS CAN BE DIFFERENT

Please read the description carefully. It will tell you where precisely the checkpoint is (for example, 5 meters west from the intersection), and it will also tell you the order of the checkpoints within a leg. It could be any order or numerical order.

04 HELP IS THERE FOR YOU

Please feel free to ask for help after you read through the information. Our friendly volunteers will be happy to help and explain you all in detail.

RACE TIMING

Every team receives one electronic timing tag; it should be secured on your wrist.

At every checkpoint and at the finish line, you need to touch the red button on the timing station with your timing tag. The tag records data from the station. After the finish, we read this data from your timing tags and calculate the results.

the timing tag



Touch timing station with your timing tag to register at the checkpoint. The timing station will beep and flash to indicate successful CP check in. Just like in metro: slide the tag over the red button on the station.

checkpoint flag



timing station



The station flashes and beeps when you register successfully.

**MAKE SURE YOU CHECK IN
AT THE FINISH.**

**ENSURE THE TAG IS
COLLECTED BY OUR
STUFF AFTER THE FINISH**

FAQ



MY TEAMMATE CAN NO LONGER MAKE IT TO THE EVENT

Team changes are possible till the start of the race. Please email us as soon as you can. We need information about who is not racing a new person full name, date of birth, email and phone number. You can email us up to the morning of the event and confirm on the day once again.



I'VE HIRED A BIKE

The bikes will be delivered at the start of the race and collected after the finish. The helmet is provided as well.

If you have not booked your bike yet please do it ASAP as we will not be able to arrange extras after Wednesday.



I'VE HIRED A COMPASS OR/AND MAPBOARD

This is a great idea! Please collect them at the registration and return them after the event.



WHERE THE RESULTS WILL BE

The fastest way to access results is to follow our Facebook page <https://www.facebook.com/womenonlyAR>
Preliminary results will be up on a day. The final results will be on the event website in a day or two after the race.



EVENT PHOTOS

The photos will be posted on the Facebook page within a week after the event. While we endeavour to capture an image of everyone participating, this is not always possible.

LAST MINUTE TRAINING



Saturday night, we're running a 60-minute training session for beginners.

If you're new to adventure racing or want additional information about the event, please attend our Crash course at 5 pm at the Event HQ.

There will be a focus on orienteering, kayaking and general event flow.

If you still need to book it, please email us as soon as possible. The cost is \$49 per team. We will add the training registration to your team booking.

event merchandise

race information



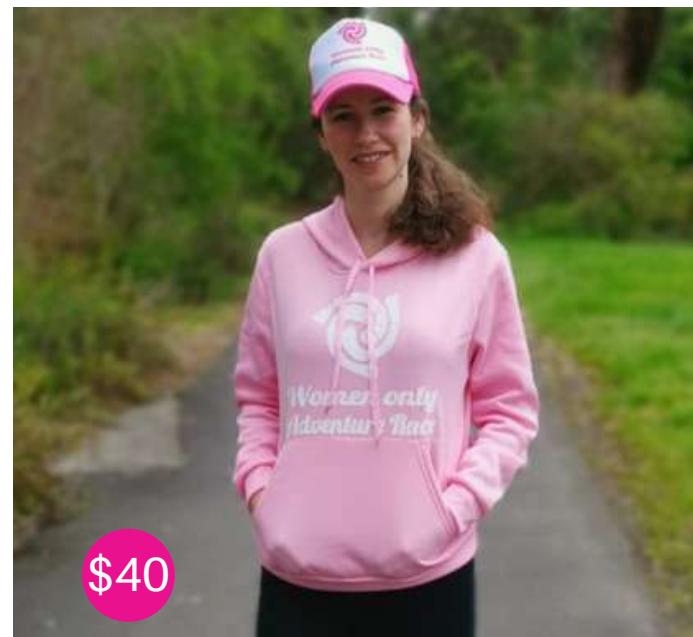
event cap

EVENT MERCHENDISE

Discover an exciting array of event merchandise items that capture the essence of the occasion to commemorate your experience.



beige hoodie



pink hoodie



Women only Adventure Race

Contact Us:

Please email or text us if you have any questions.



0466968184



www.womensadventurerace.com.au



info@adventurejunkie.com.au

