

**MAXimum**  
Adventure  
RACE SERIES



## EVENT PROGRAM

16<sup>th</sup> February 2019  
Lake Macquarie, NSW



**ALL YOU NEED IS A SENSE OF ADVENTURE**



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## WELCOME

Welcome to the Maximum Adventure Race Series 2019 with the first event at Cams Wharf, Lake Macquarie, NSW.

This Event Program contains all the information you need for race day. Make sure you read it carefully!

We would like to thank all the competitors for their support of the Adventure Race Series and we hope you have as much fun completing this event as we did organising it.

## EVENT CENTRE & BIKE DROP LOCATION

The quiet village of Cams Wharf is a picturesque location on the south eastern shores of Lake Macquarie, near the town of Swansea and about 45 mins from Newcastle. Cams Wharf and Nords Wharf feature quiet picnic spots, a boat ramp and tranquil views across the lake.

The event will be based from Wrightson Park, Cams Wharf NSW where registration and the event Start/Finish are located. Remember to drop your bikes off BEFORE you head to the Event Centre for registration.

The **Classic Course Bike Drop** is located at the end of Branter Rd, Nords Wharf. Refer to Google Map Ref.

The **Novice Course Bike Drop** is located at the Event Centre. Refer to Google Map Ref.

### TRAVEL TIMES

From Sydney - 123kms or 98 mins by car

From Newcastle - 33kms or 40 mins by car

### ADDRESS

Crangan Bay Road off Cams Wharf Road,  
Cams Wharf NSW 2281

**Google Map Ref:** Copy and paste the following URL into your browser

<https://drive.google.com/open?id=1ueOA95rRVqs6E8jKGc55WqDPEP0&usp=sharing>

## MOBILE PHONE COVERAGE

There is good mobile reception at the event centre.

## PARKING

Parking will be along Crangan Bay Dr and Raffertys Road. There is also parking in the car parks adjacent to the parks on Crangan Bay Dr.



## RACE YOUR MATES

Are you planning to race with your mates on the same course?

There are multiple **Classic and Novice** courses planned for this event, meaning that participants will complete the legs in different orders.

If you want to be directly lined up against your friends, you need to let us know.

Send us an email [here](#) with your teams name and participants, **before midnight on Sunday 10th February**, so we can allocate you to the same course.

## EVENT SCHEDULE

Timings are very tight for this event. It is strongly recommended that you arrive as early as possible, ready to race. This will ensure you have plenty of time to prepare yourself for the event.

### CLASSIC COURSE

<b>07:00 hrs</b>	Bike drop area opens (end of Branter Rd, Nords Wharf)
<b>07:30 hrs</b>	Registration opens for Classic course
<b>08:30 hrs</b>	Registration closes for Classic course
<b>08:45 hrs</b>	Safety briefing at start area
<b>09:00 – 09:30 hrs</b>	Classic Course Race Start (teams will be split randomly across the start time)
<b>12:00 hrs</b>	First competitors expected to finish
<b>14:00 hrs</b>	Last competitors expected to finish and prize giving presentation

### NOVICE COURSE

<b>08:00 hrs</b>	Bike drop area opens (at the Event Centre)
<b>08:30 hrs</b>	Registration opens for Novice course
<b>09:30 hrs</b>	Registration closes for Novice course
<b>09:35 hrs</b>	Navigation training and tips (Optional, but highly recommended for beginners)
<b>09:55 hrs</b>	Safety briefing at start area
<b>10:00 – 10:30 hrs</b>	Novice Course Race Start (teams will be split randomly across the start time)
<b>12:00 hrs</b>	First competitors expected to finish
<b>14:00 hrs</b>	Last competitors expected to finish and random spot prize giveaway

## REGISTRATION

When you report to the registration tent give your team name to the registration marshal so they can check you off the list. You will be given a race pack containing: race bibs, general information, map, course description, timing stick and wrist band. Safety pins will be available to collect as well.

**TEAM CHANGES** - Partner transfers, name changes and category changes can be done while registering.

## ELECTRONIC TIMING

At registration you will be issued with a timing stick and wrist band. It will record your visit to each of the check points along the course and your finish time, giving you an overall time for the event.

- The timing stick can be worn around the wrist with the wrist band provided.
- The timing stick remains the property of Maximum Adventure and must be returned after the race.
- If you withdraw from the race at any time, please return timing stick to registration.
- If for some reason you cannot return your timing stick to us on race day (i.e. medical emergency), please mail to: **Maximum Adventure, PO Box 3178, Telopea, NSW 2117.**



Each team carries a small plastic timing stick on a lanyard. The stick contains a computer chip which records the control number and the time your team visits each checkpoint (electronic control).



#### **What happens at a checkpoint?**

When at a checkpoint you must insert the end of your timing stick into the hole on the top of the control. The control has a small red light that will flash and will emit an audible "beep" so that you know it has recorded your visit. Make sure at least one of these happens otherwise you will be recorded as missing that checkpoint.

#### **What happens if the control unit doesn't work?**

Occasionally these units fail. If the light doesn't flash and there is no sound, Please make note of the control number (three digit code) that is printed on a silver label on the back of the unit. This will prove you have been to that checkpoint. Multiple punches on the same control will be ignored.



#### **At the finish**

Please insert your timing stick into the finish control under the finish arch (This stops your time). Then hand in your timing stick to the event marshalls at the timing tent. They will then download your data from the timing stick into a computer to give information about which check points were visited, time visited, split times between checkpoints and total time. The computer can then tell us if any checkpoints were missed and that the checkpoints were visited in the correct order.

## **AT THE FINISH**

When you cross the finish line, it is your responsibility to return the timing stick to the official at the finish line/registration tent. **Make sure you have dipped your timing stick in the finish line checkpoint. You are responsible for the timing stick and will be requested to pay \$70 to cover the cost of any lost or unreturned timing sticks.**

## **RACE BIBS**

Please wear your race bib provided by pinning it to your outer most layer using the safety pins available at registration. You will receive one bib for each team member.

During the kayaking leg your PFD may be worn over the top of your race bib.

## MAPS

You will be issued with one pre-marked map (A3 sheet) of the event area (1:25,000) per team.

**You will need coloured pens (highlighters and biro) to mark up maps, scissors and enough contact (sticky back plastic) to waterproof the map** or alternatively you can use a map case.

## INSURANCE & DISCLAIMER

Maximum Adventure is covered by its own public liability insurance. This does not include personal accident insurance. It is strongly recommended to take out your own personal accident and ambulance cover for the event.

### DISCLAIMER

By entering the event all participants have agreed to the Terms and Conditions of the event as detailed in the online registration waiver, also available [here](#).

## FORMAT

**The course is kept secret until you receive your course description and maps at registration.**

There could be multiple legs of each discipline. Use the course description and map to plan your route.

**You will need to ensure you are self-sufficient for the duration of the race** i.e. carry enough food and water for the day.

If you have SPD peddles, **we recommend you wear/carry runners** as there could be a run leg half way through a bike leg. We recommend you dress in clothing that you are comfortable racing in all day for all disciplines (bike, run and kayak). Most people wear bike shorts and a sweat wicking top.

## BONUS CHECKPOINTS – CLASSIC COURSE ONLY

For those teams that want to challenge themselves further, there will be optional bonus checkpoints scattered across the course. Each Bonus Checkpoint will have a time value associated with it. If you can collect it in less than that time, it is a bonus, if you take longer, it is a penalty. So choose wisely.

### KAYAKS

All equipment will be provided for this leg (including paddles & life jackets). You will use sit-on-top kayaks for all kayak legs, these boats are extremely stable.

You will need to carry your kayaks to and from the water's edge at the Start and Finish of each kayak leg. Any team dragging their kayak will suffer a time penalty.

You are **not allowed** to use your own personal equipment, this includes paddles.

### MOUNTAIN BIKES

Please leave your **bikes, shoes, helmet, extra water and snacks** at the bike drop area before the race start.

**Everything left at the bike drop area must be taken with you on the bike leg**, so no boxes/bags are to be left.

If you have hired a bike/helmet, these will be available for collection from our supplier at the relevant bike drop location. Hired bikes/helmets must be **returned to the Event Centre** after the conclusion of the event.



## RULES & EQUIPMENT

For reasons of fairness, safety and responsibility, you are expected to abide by the following rules. Remember, ignorance is no excuse and failure to comply may lead to penalties or disqualification. The kit list below is a minimum and should be supplemented in poor weather.

### SAFETY

You are expected to look after yourself and your team mate. Use your whistle to attract attention only in an emergency. There will be several first aiders in attendance throughout the event, overseen by an overall appointed medic. There will be marshals out on the course with radios / phones.

### ROAD SAFETY

Please note you will be riding on public roads open to other traffic. There will be no road closures for the event, so please ensure you obey all road rules.

OVERALL (Common to all Legs)	
Rules / Conditions	Personal kit to be worn or carried at all times
<ul style="list-style-type: none"><li>• Show respect for the environment, landowners, local communities and other recreational users</li><li>• It is your responsibility to ensure you are wearing or carrying the appropriate kit for each stage</li><li>• Always take your litter with you</li><li>• <b>Stick to the tracks, cross country travel is not allowed in the National Park</b></li><li>• Notify the Event Medic of any significant medical history (e.g. asthma, diabetes...)</li><li>• Hand in your timing stick at the end of the race or if not continuing</li><li>• Controls must be collected in order, missed controls will lead to time penalties.</li><li>• Teams members must stay within 100m of each other always</li><li>• No outside assistance is allowed during the event</li><li>• GPS's are prohibited</li></ul>	<ul style="list-style-type: none"><li>• Pea-less whistle per person</li></ul>
	<b>Team kit to be carried at all times</b> <ul style="list-style-type: none"><li>• Compass</li><li>• Means of carrying water (min 2 litres)</li><li>• Food</li><li>• First aid kit (minimum: 1 crepe bandage, 2 safety pins, wound dressing &amp; 6 adhesive dressings as a minimum)</li><li>• Survival bag or foil blanket</li><li>• Pencil/waterproof pen (for marking maps)</li></ul>

<ul style="list-style-type: none"> <li>• Cooperate with event officials - kit may be checked at any time</li> <li>• Weather conditions may affect some stages</li> <li>• Winners will be determined by the fastest time plus any penalties</li> <li>• The Event Director's decision is final</li> </ul>	<ul style="list-style-type: none"> <li>• Mobile phone in waterproof bag (for emergency use only) (Telstra GSM or Next G recommended)</li> </ul>
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SPECIFIC DISCIPLINE RULES	
Kayak	Kit per person unless otherwise stated
<ul style="list-style-type: none"> <li>• Competitors must wear their life jacket when on or near the water</li> </ul>	<ul style="list-style-type: none"> <li>• Life jacket (provided by the organisers)</li> <li>• Paddle (provided by the organisers)</li> <li>• Sit-on-top kayak (per team)</li> <li>• Enclosed shoes</li> </ul>
Mountain Bike	
<ul style="list-style-type: none"> <li>• Only ride on designated mountain bike fire trails and roads</li> </ul>	<ul style="list-style-type: none"> <li>• Mountain bike</li> <li>• Cycle helmet</li> <li>• Bike tools (at least sufficient to repair puncture)</li> </ul>

## WATER & TOILETS

Toilets and water are available near the Event Centre at the public facilities.

There is **no water available on the course**. It is your team's responsibility to ensure you have enough water for the event. Legs could be long and teams are advised to carry at least **two litres per person**. More may be required if the weather is hot. Don't forget the sunscreen as well.

## FOOD

There will be a **coffee van** available at the Event Centre. Bring some change with you so you can get a coffee fix before the event.

**1st Belmont Scouts group** will also be putting on a fundraising BBQ lunch at the Event Centre. **This is not included in your entry fee.** Items will include;

- Egg & Bacon Roll **\$3.50ea**
- Sausage & Onion Sandwich **\$3.00ea**
- Soft Drink/Water **\$2.00ea**
- Cake & Slices **\$1.50ea**
- A selection of Fresh Fruit

We encourage you to support the scouts as funds raised will go towards the upgrade of their existing campfire area to make it safe for their youth members.

## SPECTATORS

Spectators are welcome at the start and finish area. You will be able to walk to a few of the transition areas however you will not be able to drive to the transition areas due to safety issues and parking availability.

If you would like the opportunity to be out on course to see the teams, we are still looking for some volunteers for the event. Volunteers will be stationed around the course and it is a great way to get involved and assist with the running of the event. Refer to the section on **Volunteers** below for more information and to register your interest.



## PRIZES

After the race results are processed there will be a short presentation at approximately 14:00hrs. Prizes will be given for 1st, 2nd and 3rd in each **Classic course** category only (male, female and mixed). **You must be at the prize giving to receive your prize.**

No prizes will be given to **Novice course** category placers. Instead a selection of prizes will be drawn randomly and presented to any Novice participants at the presentation.

## VOLUNTEERS

We still need a few more volunteers for this event. If your friends, family or partner are coming along to support you, why not ask them to volunteer? They get a free volunteer shirt, cap, snacks, **FREE Max Adventure Race Entry** and lots of thanks and appreciation.

The day could consist of helping with team registration, manning checkpoints and carrying out gear checks.

Please complete an online volunteer registration form [here](#) or drop us an [email](#) for further details.

## ACCOMMODATION

If you would like to stay the night before, check out the local Rafferty's Resort accommodation - <http://www.raffertysresort.com.au/>

Alternatively, the closest town for accommodation is Swansea - <http://www.visitlakemac.com.au/accommodation>

## EVENT CANCELLATION

If for some obscure reason we have to cancel the event (note that it will not be cancelled due to rain), we will let you know by email and make the announcement on the home page of the [website](#) and [Facebook](#) page. In this case, all efforts will be made to reschedule the event later in the year.

## RACE RESULTS

Preliminary race results will be available at the finish line. Full results will be available on the [website](#) in the days following the event.

## SUPPORTERS

The Maximum Adventure Race Series would not be possible without the commitment of our supporters, volunteers and the local community.

Our thanks to the following organisations for making the event possible.

- NPWS (National Parks & Wildlife Service)
- CREST Radio Communications
- NSW Marine Rescue Lake Macquarie
- 1<sup>st</sup> Belmont Scouts Club
- Harmony Beans Coffee

## CONTACTS

### **Before the event:**

Mark Roberts

02 9676 606

[info@maxadventure.com.au](mailto:info@maxadventure.com.au)

[www.maxadventure.com.au](http://www.maxadventure.com.au)

**Event day: 0147 154 001**

**(This phone number is only monitored during the event)**