

# Race Day Schedule Kangarooie Klassic – Saturday 19<sup>th</sup> March 2022



## Kangarooie - Old Coach Road Princetown Victoria

### COVID Safe compliance (What you need to know) – Whatever it takes to keep you safe!

- If you are unwell stay at home a full refund will be available to any participant or participants that have family members experiencing symptoms.
- All participants will be required to check in with a state government QR code that will be displayed around the event site. (This is our preference) A physical sign-in station will be provided for participants and spectators who are unable to check in via the QR Code
- While double vaccination of participants over 12 is not a compulsory condition of entry it has been indicated that it may be a state government requirement
- We observe the right to alter and modify the event as per current DHHS event guidelines in the week before and on the day of the event.
- In the case we have to reduce the size of the field last entries in will be first entries off. In the case we have to cancel a full refund will be provided to all participants less a \$5.00 account keeping fee.
- All participants and spectators should double down on hand hygiene, observe physical distancing outdoors and pay attention to physical distancing prompts in indoor areas.
- Carrying a mask is mandatory and mask use indoors and outdoors will be dictated by current DHHS advice on the day of the event.
- All spectators will be informed of extra measures that may be required as we work through our COVID safe compliance checklist as part of our DHHS registration as a Tier 3 event.

### General

- *All swimmers and paddlers are required to bring old shoes runners*
- *The main transition, event and parking area will be at Kangarooie - parking marshals will be on hand to provide information and assist.*
- *Swimmers are required to walk down in runners to start the event and will need put runners back on to run 600 m back up from the river to the transition area*
- *Kayakers need to begin and finish their leg with a run and will commence and finish their leg with runners on. The total run for the kayak leg will be 1.2km (600m down and 600m up) \* Please note that runners are not recommended to be used while paddling.*
- *Alternatives will be offered to non- runners and teams may allocate a Sherpa to transfer the race bib from the kayak and swimming area to the transition area for non- runners.*

### When you arrive:

**Step 1** - *kayaks and paddles down to the riverbank (follow directions of marshals on old Ocean Road) if you have hired equipment head straight down to the riverbank to the Peak Adventure trailer.*

**Step 2** – *equipment for all other legs including your PFD (lifejacket) needs to be taken up to the main transition area at Kangarooie.*

**Step 3** – *Register at the desk set up in Kangarooie and make sure you are ready to roll and set up in time for 8.45am race briefing. Please look out for information relating to COVID -19 compliance, hygiene stations and QR code check in when you arrive*

**\*Participants are required to register on arrival on the day of the event. Registrations can occur on the Friday evening for participants staying at Kangarooie. Please consider entering kids race entries online to save time on the day.**

Drive time from Melbourne to Princetown via the Princes Hwy and Simpson is 3hrs 20 mins. Some beds are available at Kangarooobie on the Friday and Saturday night (BYO sleeping bag and pillow - shared bathroom) **ph: 5598 8151** for details For more accommodation options and tips on making a weekend of your adventure racing experience <http://www.visit12apostles.com.au/places-to-stay/princetown/>

**7.00am** Equipment Drop off and participant registration opens

**8.30am** Equipment Drop off and participant registration closes

**8.45am** Race Briefing

**9.00am** Walk to river for race start swim – mountain bike – paddle – run

**11.00am** First team and individual competitors expected to finish

**12.00pm** Check in and registrations for Gellibrand Eel Adventure Triathlon and The Kangarooobie Ninja – Adventure Trail run

**1.00pm** Presentations for main event

**1.15pm** Competitor and parent briefing for Gellibrand Eel Adventure Triathlon and Junior Adventure Trail Run

**1.30pm** Junior Events commence.

**\*We ask that nobody exit the event car park after junior races commence and until junior races are completed 1:30pm – 2:00pm**

## Equipment and safety checklist!

Please note portable first aid kit requirements for all competitors as outlined in the mountain bike and trail running legs see below!

It is our intention to run a fun, social event. We keep our protest forms locked in a waterproof box on the bottom of Loch Ard Gorge. Participants that are prepared to dive and collect a form are free to lodge a protest at any time.

It is our intention to run an inclusive event; the terrain around the event start/finish/ transition/spectator area is uneven; there are accessible toilets and viewing areas available. Participants and spectators that have specific access and other requirements should contact us for more detail on **0427 559 371**

## Our responsibility your responsibility

The Kangarooobie Klassic is an adventure race. As organisers we will be taking measures to mitigate foreseeable risks to participants. Intending participants need to be aware that adventure racing occurs in environments that are not controlled and involves activities that are not risk free. Intending participants should be aware that all legs require a strong base of physical fitness and should not be attempted by people that don't regularly participate in vigorous activity.

It is the participant's responsibility to compete within their own fitness and ability level, follow rules and safety instructions and to consider the fitness and ability levels of team mates and other participants throughout the event.

## Nutrition and Hydration

This is an adventure race you are expected to be self- sufficient with your food and water intake there will be no drink or aid stations on course. Water is available in the main transition/start/finish area. Participants should consider hydration packs or water bottles on kayak, run and MTB legs. You are going to burn some energy and you will need to replace it. Think bananas, grapes, electrolyte replacement drinks, energy gels and bars. Participants competing in all 4 legs will need to carefully consider their fluid and food intake throughout the event and consider the effects of heat during exercise.

<https://www.hammernutrition.com/knowledge/hydration-what-you-need-to-know/>

## Printing Intelligence Swim leg

*Bring old runners for the walk down and run back up to the transition area*

Water temperature in the Gellibrand is unpredictable in March ranging from 20 degrees Celsius at its warmest and occasionally (after rain) causing a most unimpressive result around the front of the Speedos. Our advice is to wear or at least bring a wetsuit (or a sock.) We reserve the right to alter or cancel the swimming event in the event of dangerous river conditions. It is anticipated that this leg will be around **1km**.



## Warrnambool Physiotherapy Mountain Bike Leg

Helmets look great on your handlebars but they work better on your head. Helmets must be worn at all times on the course (whether walking or riding). No rider can leave the transition area without a helmet on and we reserve the right to place a bucket over the head of any rider that does. A well serviced sturdy bike is essential for this course. **All riders must carry a small first aid kit containing 2 compression bandages, triangular bandage, non stick wound dressing pad and 4 wound closure strips. This can be carried in a zip lock bag and passed from rider to runner. Carrying this first aid bundle is a condition of entry for the run and ride legs.** We recommend riders carry water or electrolyte replacement fluids during this leg. All participants are required to stop to render assistance where applicable and report any incident to the next race marshal (who will have contact with first-aiders) Competitors are not permitted to overtake on the sign posted downhill single-track section. Some competitors may choose to dismount and walk on this section and will be asked to keep as far to the left side of the track as is possible. We reserve the right to shorten or alter the Mountain Bike Course in the event of extreme heat or weather conditions. It is anticipated that this leg will be around **15km** *No drafting allowed (playing board games whilst riding is dangerous)* *backgammoning is also banned!*

## 12 Apostles Helicopters Kayak Leg

**Leave runners for the run in the transition area for the descent to the river (steep start and finish) and run back to transition. PFD's are to be kept in the main transition area and race singlets are to be worn over the top of the PFD.**

A PFD must be worn at all times during this leg and is a condition of your entry K1, sea kayaks, surf skis, sit on tops, Ocean racing skis, SUP's, C1's and C2's are all suitable craft. A paddle float, spray skirt and hand or automatic bilge pump is recommended for craft with enclosed cockpits. We recommend participants carry water or electrolyte replacement fluids during this leg. All participants are required to stop to render assistance where applicable and report any incident to the next race marshal (who will have contact with first-aiders) There will be a course marshal located at the mid-way turn around point. All competitors must adhere to the instructions of the course marshals. We reserve the right to alter or cancel the kayak leg in the event of dangerous river conditions. It is anticipated this leg will be around **5.7km**. A limited amount of equipment will be available on loan for this event (please book early to avoid disappointment)

## Popes Timboon Buslines Trail Run Leg

**All runners must carry a small first aid kit containing 2 compression bandages, triangular bandage, non stick wound dressing pad and 4 wound closure strips. This can be carried in a zip lock bag and passed from rider to runner. Carrying this first aid bundle is a condition of entry for the run and ride legs.** We recommend runners carry water or electrolyte replacement fluids during this leg. All participants are required to stop to render assistance where applicable and report any incident to the next race marshal (who will have contact with first-aiders). We reserve the right to shorten or alter the run course in the event of extreme heat or weather conditions. It is anticipated that this leg will be around **7km**.

## Peak Adventure Kayak Paddling Clinic

A Kayak training/ recovery session will be run by Peak Adventure on **Sunday March 20th**. Why not paddle a new boat, pick up a new skill and maybe get ready for a solo assault on the event for next year? Options are available as part of the registration process and will be made available to participants and spectators throughout the weekend. If you haven't booked online see us on event day or call 0427 559 371 to register. It is highly likely we may head off for a group trail run on the Great Ocean Walk on the morning after the event (all welcome) for those that still have some energy.



## Gellibrand Eel Adventure Triathlon

Well our young ones are growing up and getting more adventurous and we have refined our event aimed at the 10 – 14 year olds that aren't quite ready to complete a leg in the main event.

Swim 200m

Trail Run 2km

Bike 4km (tough hills and an introduction to single track with some obstacles)

Participants need to bring a bike, helmet, goggles (wetsuit optional) Order of the event will be walk to river with runners. Swim – put runners on – trail run – mountain bike a bottle of water or camel pack is essential on the bike leg. Please rack your bike or leave it on the car until you are ready to race. Helmets on heads at all times whether you are riding or even wheeling your bike to the transition area.

## Junior Trail Run (important information for children and parents)

What fun we have in store for you! Be sure to tell Mum or Dad to pack a spare pair of clothes because you will be getting dirty climbing over hay bales, through a mud pit, scrambling through a maze and zooming down a slippery slide.

You are definitely going to need some runners or covered shoes that you don't mind getting wet and dirty.

The trail run will cover around 2.5 km and include lots of surprises. Look out for family and friends on the way because we get adults to line the course to help you find your way and cheer you on. And if you want you can invite mum or dad to run or walk with you.

At around **12.30pm** remind Mum or Dad to take you to the caravan to check in, sign a form and get your trail run number!

We will have a trail run briefing for you and your parents (who will be marshals on the course at around **1.15pm** and the junior fun will start from around **1.30pm**

Be careful when you are walking around the event area; there will be areas that are fenced off for athletes to run through and lots of people running, carrying kayaks, wheeling bikes and probably looking very puffed indeed.

Please also be careful when you are near the river and when you are walking through the car parking areas.

We look forward to seeing you on the day. Make sure you have a big breakfast, don't forget the sunscreen and a hat and drink plenty of water throughout the day!

