

# Race Day Schedule Kangarooie Klassic – Saturday 18<sup>th</sup> March 2023



## Kangarooie - Old Coach Road Princetown Victoria

### 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 shoes/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 shoes or runners are not recommended to be used while paddling.
- Teams are permitted to allocate a "Sherpa" who can convey the race bib between the transition area and the river (and vice-versa) on their behalf.
- A "Sherpa" can be any person who is willing to run down or up the hill. They do not have to be a registered team member. If you don't have a Sherpa, but would like one, let us know.

### When you arrive:

**Step 1** – Allow time to register and set up on the day -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. DO NOT leave your PFD at the river. The Race-bib must be the outer most garment in ALL legs. This is easiest to achieve in the transition area.

**Step 3** –Check-in at the registration desk in the main hall of Kangarooie and pick up your race pack (including race bib)

**Step 4** – Find a spare spot on a bike rack, and stake your claim on some real-estate in the festival area, or under the veranda, in time for the 8:45 race briefing.

Drive time from Melbourne to Princetown via the Princes Hwy and Simpson is 3hrs 20 mins. Some beds are available at Kangarooie on the Friday 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 Kangarooie Ninja – Adventure Trail run

**1.00 – 1.15pm** Presentations for main event. Those not staying for junior event encouraged to exit car park.

**1.15 – 1.30pm** Competitor and parent briefing for Gellibrand Eel Adventure Triathlon and Junior Adventure Trail Run

**1.30 – 1.45pm** Junior Event Briefings and junior events commence.

**\*We ask that nobody exit the event car park after junior races commence and until junior races are completed 1:30pm – 2:15pm**



## 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

We do not have dedicated Accessible Parking areas, but if you require this option please let the marshals know on arrival and you will be directed to park near the kitchen of the main building.

The terrain around the event start/finish/ transition/spectator area is uneven with some steep gradients.

All areas (including amenities) within the main buildings are accessible to all people. This includes the verandas, which provide a clear viewing area. If you require a space to be reserved, please let us know in advance.

For any other questions regarding accessibility, please contact us on. 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 Kangarooie 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. There are no aid stations on the course. You are expected to be self-sufficient with your nutrition food and water intake. 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/>

## Sow and Piglets Microbrewery and Guest House Swim leg

*Bring old runners for the walk down and run back up to the transition area. (bring your Sherpa with you if you intend to use one)*

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

It is anticipated that this leg will be around **15km**.

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.

Competitors are not permitted to overtake other riders 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.

Good Samaritan Clause. 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).

*No drafting allowed (playing board games whilst riding is dangerous) backgammoning is also banned!*

## 12 Apostles Helicopters Kayak Leg

It is anticipated this leg will be around 5.7km, not including the distance that must be covered by foot to and from the river.

*Suitable footwear must be worn for the descent to the river and return to transition so, please make sure these are easy to access.*

*It is a legal requirement for a PFD to be worn. It is an event requirement that the race-bid is the outermost garment at all times. To prevent double handling of the race-bid before embarking it is strongly recommended that your PFD is kept at the transition area, especially if you are part of a team. There will be people on standby to assist with the awkward task of pulling tight lycra over a billowing vest.*

*It is permissible for team members to do a direct start at the river as long as a Sherpa is willing to run the race-bid down the hill.*

*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

It is anticipated that this leg will be around **7km**.

**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.**

The race bib must be the outermost garment. Please keep this in mind if you intend to wear a hydration vest. There will be people on stand-by to help with the fiddly task of putting the bib over the vest.

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.

## 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).

The 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. A top is compulsory for all participants on the run and ride legs. Helmets must be on heads, and strapped up, at all times whether you are riding or even wheeling your bike to the transition area.

## Kangaroobie Junior NinjaTrail 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. Keep an eye out for family and friends along the way because we will organise 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 registration area 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 – 1:30pm** and the junior fun will start from around **1.30 – 1:45pm**

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 extra 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!

