

















COURSE NOTES Gold Coast 6hr

Wild & Co. Adventure Race 6hr

START INFORMATION

Race Briefing 700hrs, Event Starts 830hrs

LEG 1		2 km		Elevation Gain (a little bit)		PALM BEACH		
	Fastest estimate = 0:15 hrs To Finish estimate = 0:30 hrs			1		<ul style="list-style-type: none"> CAUTION - Public pathways – give way to pedestrians. Teams to use the local paths and waterways to complete the leg. Collect ALL CPs in ANY order on this section. 		
	Team Estimate:			A,B,C,D, E,TA1				
TA 1						<ul style="list-style-type: none"> Collect your kayak You must not leave anything at TA1 		
LEG 2		6 km		Elevation Gain (a little bit)		CURRUMBIN CREEK		
	Fastest estimate = 1:15 hrs To Finish estimate = 2:30 hrs			1		<ul style="list-style-type: none"> CAUTION - Public waterways – give way to creek traffic FIRST RESPONSE - Move or swim to the shore. Use Phone in emergency. Team must stay within 100m of each other - safety officials will be checking. Collect ALL CPs in order on this section. 		
	Team Estimate:			1,2,3,4,5, TA1				
TA2								<ul style="list-style-type: none"> Collect your Bike at TA2 You must not leave anything bike related at TA2, if using your own paddle gear, strap it together and leave as instructed
LEG 3		12 km		Elevation Gain 480m		THE BORDER TRAILS		
	Fastest estimate = 1:00 hrs To Finish estimate = 2:00 hrs			1		<ul style="list-style-type: none"> CAUTION - Public roads, cars/trucks travelling at speed, ride single file, use sides and paths where possible, give way to pedestrians and to the public on MTB trails Teams MUST use the nature strip along Currumbin Creek Road from the TA, do not cross Currumbin Creek Road or ride the wrong way down the bike lane. Collect ALL CPs in order on this section. 		
	Team Estimate:			6,7,8,9, 10,11,12, TA2				
TA 3								<ul style="list-style-type: none"> Leave your Bike at TA3, this must be collected after the race before 4pm
LEG 4		6 km		Elevation Gain 150m		TUGAN HILLZ		
	Fastest estimate = 0:30 hrs To Finish estimate = 1:00 hrs			1		<ul style="list-style-type: none"> CAUTION - Public pathways – give way to pedestrians. Use the sidewalk and pathways to navigate through the Tugan hills to the finish. Road Rules apply, if crossing a road within 30m of a pedestrian crossing you must use the crossing. DO NOT CLIMB FENCES TO CROSS BUSY ROADS. Collect ALL CPs in order on this section. 		
	Team Estimate:			13,14,15, 16,17,18, FINISH				