



Wild Adventure & Co. Race 6hr

Information Pack

11 FEBRUARY 2023

Wild & Co. Adventure Race 6hr



WELCOME TO THE WILD&CO ADVENTURE RACE 6HR!

We're pretty excited to welcome everyone to our first 6hr Adventure Racing event. We've got all the right ingredients for a great event – a great turnout, a beautiful location and hopefully we'll also see great weather conditions.

For us this the first of what is hopefully many similar events. The planning and preparation has been fun and it's always great to work with a good team. Big thanks of course go to the Shoalhaven Council who have helped bring this event to life through a Flood Recovery Grant, to the town of Kangaroo Valley for hosting us and to the team that has helped to make this event happen.

What we love most about this part of the world is that there are so many adventure options that are so accessible. You don't have to go far to feel like

you've escaped the urban jungle and are getting back to something raw and real. An adventure race has to be one of the best ways to experience this too – working together, constantly engaged on what's happening and where you're going – and the option push yourself or just enjoy the time in good company.

For a bit of extra adventure please note you will need some sort of personal inflatable device for the event which also has it's own gear drop location – it's going to be fun!

We hope you enjoy the day out, we're looking forward to seeing you at the start line.

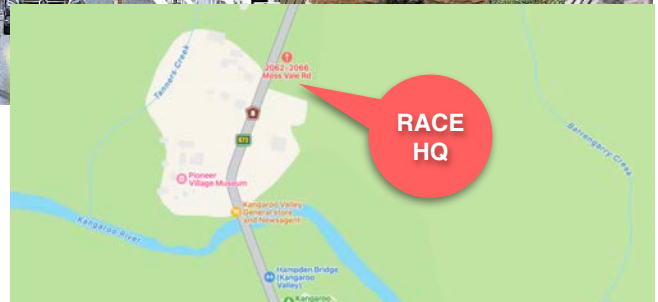
Chris Dixon

RACE DIRECTOR

Wild & Co. Adventure Race 6hr



KANGAROO VALLEY – RACE HQ



The picturesque town of Kangaroo Valley on the South Coast of NSW is the location of HQ for the 6HR Adventure Race for 2023.

Kangaroo Valley is one of the only closed valleys in the world – a picturesque landscape of rolling farmland set against stunning cliffs, while the powerful Kangaroo River rolls through it all. Quaint historic buildings and restored weatherboard cottages pepper the main street, and whatever direction you turn, you'll find a breathtaking natural landscape to take in.

Visit www.shoalhaven.com to find out more

Event HQ will be at the Kangaroo Valley Bike Pump Track on Moss Vale Rd:

2062-2066 Moss Vale Rd
Kangaroo Valley NSW 2577
Australia

PARKING

There is parking at the park on both sides of Moss Vale Rd. Please take care when crossing the road as it does get busy on Saturday morning. In order to reduce the events impact on the community, please consider sharing a car with your teammate.



WINE & WHALES

With 100 beautiful beaches, the Shoalhaven is one of Australia's leading coastal destinations. But there's a special kind of magic in a South Coast winter and spring. With wine, whales, wonderful food, and welcoming hospitality, just two hours from Sydney and Canberra. From May to November, the whale migration kisses the coastline, the wine is flowing, and fireplaces are crackling.



Shoalhaven
SOUTH COAST - NSW

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Wild & Co. Adventure Race 6hr



PROGRAM AND TIMINGS

SATURDAY 11 FEBRUARY

5:30am – Bike Drop – Full Course Only

5:30am – Inflatable Gear Drop

6:30am – Registration Map handout

7:00am – Event Briefing

8:30am – Race Start

2:30pm – Race Finish

3:00pm – Presentations

COURSE AND DISCIPLINES

The Kangaroo Valley 6hr Adventure Race course is a linear adventure race. All teams begin the adventure at the same point, then navigate their way through each leg consecutively.

At the end of each leg is a Transition Area (TA) where you change from one discipline to the next. The race finish will be at HQ.

Disciplines this year include:

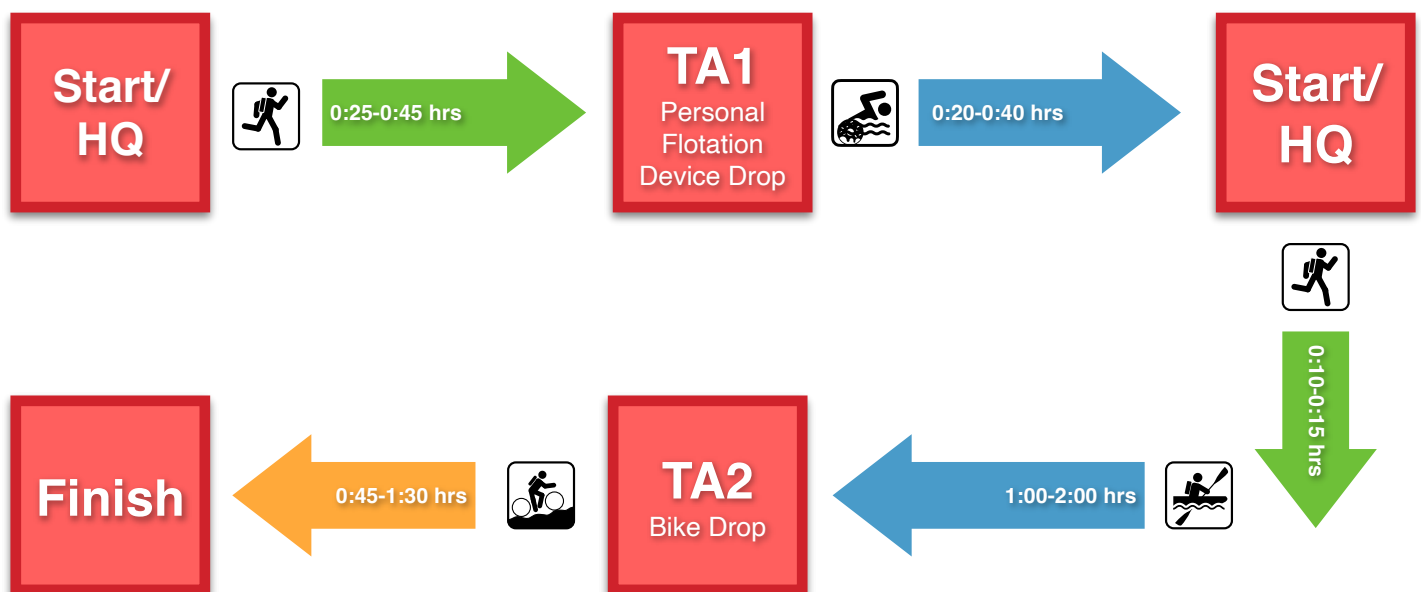
- Kayaking inland rivers (Full Course Only)
- Hiking / trail running
- Mountain biking
- Navigation
- Floating (Yes)

Wild Adventure & Co. Race 6hr

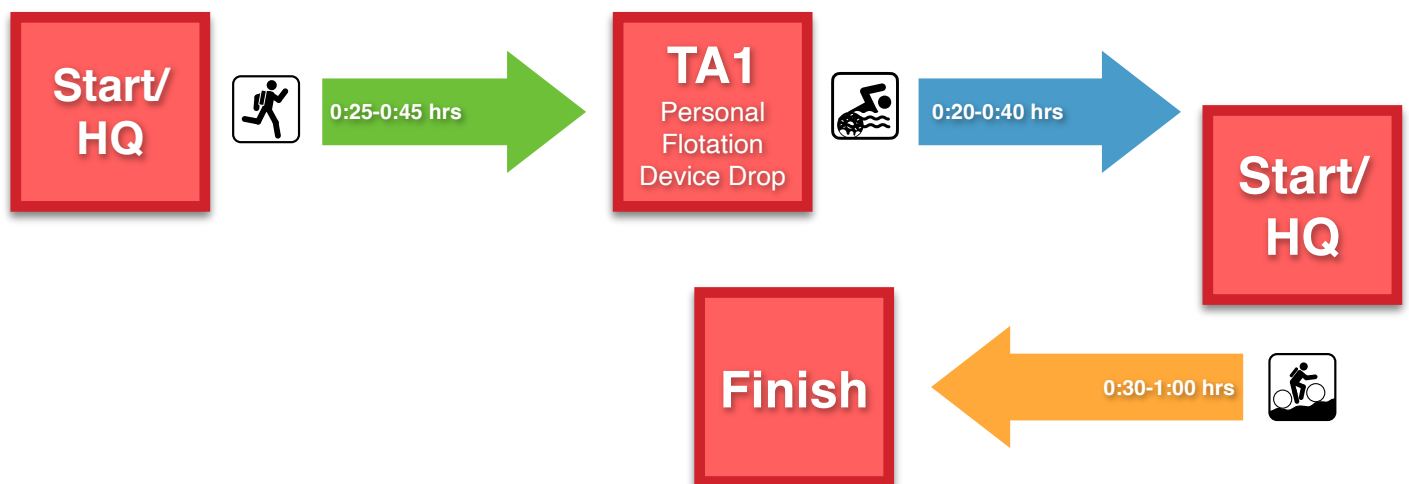
6HR LOGISTICS – FULL COURSE

NOTE: Times are estimates for planning purposes only, details may change on the day. 6hr Logistics

– Full Course



HALF COURSE



Shoalhaven

SOUTH COAST - NSW

Welcome!

We are extremely proud to be hosting Terra Nova 2022 and warmly welcome all competitors, officials and supporters to our beautiful region. While you're here why not sample our village culture, indulge in our fresh and fabulous food and explore our magnificent coastline. There is so much to enjoy. Simply use the icons below to browse our website and uncover what's on, where to dine, and what activities to book.

Best wishes for a successful event, and we hope you have a terrific stay in the Shoalhaven.

Amanda Findley Mayor



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Wild & Co. Adventure Race 6hr



TEAM LOGISTICS

The 6hr Adventure Race is an unsupported race and there are a few key items that you will need to bring.

PERSONAL FLOATATION DEVICE

For the 2023 edition all teams are required to provide a personal floatation device per person. This could be a boogie board, inflatable boat, rubber tire, blow up flamingo or blow up mattress – ideally it is not a single use item. It cannot be an inflatable SUP or fibreglass surfboard.

The flotation device MUST be able to support your body weight. In order to propel yourself while using the flotation device, teams may use what ever they want (no motors of course!) – use swimming paddles or swim fins or canoe paddles – up to you.

Please note: teams will be required to carry their personal flotation device for approximately 1 kms after they exit the water.

This inflatable device will need to be dropped on the course before the race. The location is 5kms, 10 mins from HQ and will be revealed at 6pm on Friday the evening before the event.

Please leave your inflatable and snacks at the drop area before the race start. **Everything left at the drop area must be taken with you on the leg, so no boxes/bags are to be left.**

BIKE DROP

There is a bike drop for the FULL COURSE ONLY. The location of the 2023 bike drop is 10kms, 15 mins from HQ and will be revealed at 6pm on Friday the evening before the event.

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.**

The bike drop is open from 5:30 please be patient with the event team if it gets busy.

The HALF COURSE Bike drop is at HQ.

Wild & Co. Adventure Race 6hr

PADDLE BAG / STRAPS

If you are using the Wild & Co Paddles and Life Jackets (included in your entry) you don't need to worry about this.

All teams that wish to use their own paddle gear must provide a labelled paddle bag or method for the teams paddles and paddle gear to be bundled together – tie down straps are a good idea. This is so the event team can easily transport the gear back to race HQ.

ON THE COURSE

At race registration you will receive a course guide and map with a series of check points (CPs) marked on it, a control card and a set of CP descriptions, for example, "Southern End of Jetty" or "Small Tree, Waters Edge". You are required to collect all CPs to complete the course. If you miss a CP you will automatically be ranked below a team that has collected all the CPs.

CHECK POINTS (CP)

Check Points are orange orienteering flags like the ones in the picture. They have a unique punch attached to them and you will need to punch your control card at the appropriate spot at each CP.

MISSING CPS

You may arrive at a location you believe is correct and you can't find the checkpoint (e.g. you are in the wrong location or it has been stolen or incorrectly placed by the organisation). You can



continue to search for the checkpoint, however if you are absolutely certain the control is missing, it is recommended you take a photo of the area with your phone. If the race organisation verifies the control is missing or misplaced, and you can prove you were in the correct spot, you will be credited with this checkpoint.

COURSE MARKINGS

No direction arrows, tape, markers etc are placed on the course (unless specifically noted in the Course Notes or on Maps).

MAPS

The race maps will be printed on waterproof paper at a scale of 1:25,000 scale – this means that 4 centimetres on the map are equivalent to 1 kilometre.

TOILETS AND WATER

There are no toilets at race HQ, but there are some nearby in town, also at the show grounds and at the camp ground near the bike drop. There is water available race HQ and at the transition areas.

Wild & Co. Adventure Race 6hr



RACE START / FINISH AND COURSE CLOSURE

The race will start at 9:30am at race HQ. The finish line will be in the park at race HQ.

The course closes at 2:30pm and you need to have punched the final CP by then. If not there will be a time based penalty of 10 minutes for every minute late. Any team finishing more than 30mins after the course closure will be marked as 'did not finish' (DNF)

RACE PRESENTATIONS

These are short and sweet as we know everyone is getting ready for the drive home. Prizes must be collected on the day, if not they will go into the random draw prize pool.

ENVIRONMENTAL IMPACT

Rubbish: You must carry all rubbish with you to a bin. This particularly relates to the gel packets. If you drop litter on the course we will not be able to get permissions to use areas in the future. If you see rubbish left by another team, please pick it up. We all accidentally drop things, so do the right thing and ensure we can continue to use beautiful areas in the future.

Wildlife: Hopefully you will see some marine line during the event. If you do, please not approach or disturb.

Wild & Co. Adventure Race 6hr



MANDATORY EQUIPMENT

A copy of the mandatory gear list is available here: [6hr Rules and Mandatory Gear](#)

Please make sure you have read the list and have all the equipment. It is for your own safety and the safety of this around you.

RACE NUMBERS

Every competitor is provided with a race number that must be worn and be visible at all times during the race.

PHONES – COMPULSORY EQUIPMENT

You are required to provide one fully charged mobile phone – if you need to make an emergency call, you will need this!

Make sure you have a waterproof bag for your phone too.

PERSONAL GPS

If you would like to record your route you are able to carry a GPS recording device inside a bag or similar. It must not be visible.

Wild & Co. Adventure Race 6hr



KAYAKS

Wild&Co will provide all teams with kayaks. You will need to provide mandatory equipment as per the mandatory gear list including whistles.

Kayaks used will be double Mission 'Surge' kayaks as pictured above.

PFD'S AND PADDLES

Paddles and PFDs are provided as part of your entry. Competitors are encouraged to bring their own paddles and PFDs.

SAFETY

PARTICIPANT RESPONSIBILITY

During the event you must be aware the rescue by the organisers or emergency services may not be possible immediately. In the first instance you are responsible for yourself and those around you. Organisers have assets in place to assist, but they may not be immediately available.

It is not practically possible to provide all the safety needed for all the possible scenarios. If you are not willing to accept this self responsibility, you should not start the race.

If you get to a point in the course that you decide you are not comfortable and confident in completing safely, it is your responsibility to do something. If you feel the level of inherent risk is unacceptable, do something about it. Avoid it, withdraw, it is your decision.

Wild & Co. Adventure Race 6hr

SAFETY ASSETS INCLUDE:

- Event officials at transition areas with first aid certificates and training.
- Event first Aid including qualified first aid officials
- Normal access to emergency services via '000'.

Each participant must have Australian ambulance cover or an Australian medical insurance policy that includes ambulance cover or travel insurance covering medical costs including medical transportation for an injury sustained during competitive event or an Australian exemption or other ambulance coverage e.g. Australian Defence Force, residents of Tasmania/Queensland etc.

INSURANCE

The event organisers have a public liability insurance policy to the value of 20 million dollars. This is a compulsory insurance policy for events that are organised on, or cross through, any form of government land/public place. This however is not personal accident insurance for you!

RACE RULES

Race rules can be found here: <https://www.wldnco.com/race-rules>

Adventure racing relies on the honesty of teams during the race. If you observe a team on the course breaking any of the race rules please raise this directly with the team. They may be new to the sport and not be aware of some particular rules. There may also be a valid reason or you may have

misunderstood the situation - in which case you can clarify the situation there and then.

OUT OF BOUNDS (OOB)

Out of bounds areas will be marked on the race maps in pink. These are generally dangerous areas or other imposed restrictions from council or maritime safety.

Out of bounds areas are STRICTLY no go. Traversing these areas will receive heavy penalties or disqualification. If you find yourself in an OOB area, you must return the way you entered and go around.

Private Property is always out of bounds unless you are told it is specifically open to the event. Some private property may be marked in pink on race maps where the organisers think it may help teams when planning a route. However, you are still prohibited from entering private property even if it is not marked in pink on your race maps.

VOLUNTEERS

Event volunteer officials have given up their time to assist at events like these which makes it possible for you to participate in this adventure paddle. Please be courteous to them on the course and make sure when you see them that you tell them you appreciate them contributing their time to support this event and our sport.

Bad behaviour to the volunteer officials will not be tolerated.

Wild & Co. Adventure Race 6hr

ACKNOWLEDGEMENT, WAIVER AND RELEASE

WARNING: THIS IS A LEGAL DOCUMENT THAT AFFECTS YOUR RIGHTS. PLEASE READ ALL OF THE DOCUMENT CAREFULLY.

1. I understand and acknowledge that participating in the **Event** on 26 Nov 2022 is a dangerous activity. The Event may involve mountain biking, kayaking, trekking, running, navigation, rafting, snorkelling, Stand Up Paddle boarding, abseiling, use of a tyrolean traverse and/or a flying fox, rock climbing, ascending, swimming, rock scrambling, coastal travel, sailing, driving, crossing and/or travelling on roads, roller skating, caving, snow traversing, traversing isolated and remote tracks, repairing equipment and other unspecified activities. I am aware and understand the activities I will potentially be involved in. Hazards include, but are not limited to remoteness or assistance or medical aid, the extremely strenuous nature of the Event including participating at night, becoming lost, vehicle traffic, actions of other participants spectators and public, weather conditions, flood, fire, storm, sleeplessness, hypothermia and heat exhaustion, condition or suitability of participant's equipment, natural and man made objects in the environment and other unspecified hazards. I am aware of the hazards involved and acknowledge that there is always risk of injury (including permanent injury, mental injury, paralysis and death) and damage to my property. In my judgment I have sufficient competence, knowledge, common sense, experience, survival skills and equipment to participate in all Event activities in a manner safe to myself and others.
2. I certify that I am physically fit and that I have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person that I can not participate in the Event and that I have been given the opportunity by the organiser to attend a pre event briefing session.
3. In consideration of being allowed to participate in the Event, I (on my own behalf and on behalf of my executors, administrators, heirs, next of kin, successors and assigns):
 - A. WAIVE, RELEASE AND DISCHARGE from any and all liability for death, disability, personal injury, property damage, property theft and all other risks, claims or actions of any kind (including breach of contract, acts of negligence to the fullest extent permitted by law) whatsoever and however occurring, together with any legal fees incurred as a result of any such claim whether it is valid or not, which I at any time had or have as a result of or in connection with, directly or indirectly, my participation in and my travelling to and from the Event the following person or entities: Wild&Co, Event sponsors, Event producers, community organisations, all State, Federal and Local Government authorities in which the Event may be staged and the owners, licensees or occupiers of any property upon which I enter and their (its) respective officers, directors, employees, independent contractors, sponsors, representatives, agents, members and volunteers, including medical and paramedical personal appointed for the Event;
 - B. INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in paragraph 3(a) from any and all liabilities, claims or actions (including negligence) whatever or however caused arising as a result of or in connection with, directly or indirectly, my participation in and travelling to and from the Event, including any claim by my (or my team's) support crew or any person assisting me or my team;
4. I acknowledge that I am responsible for my personal possessions and equipment during the Event.
5. I accept the communications, search, rescue and medical aid arrangements put in place by the organisers. I understand and agree that in the first instance I am responsible for the provision of first aid to myself and those around me. As a competitor or support crew I am responsible for myself or my team's timely removal from the course to a medical facility. I give my consent to receive any first aid and medical treatment which may be deemed advisable in the event accident, injury and/or illness as a result of my involvement in the Event.
6. I certify that the medical information supplied by me on the entry form is true and I consent to and authorise that information to be provided to any medical practitioner, ambulance officer or any person involved or associated with any medical treatment or assistance that may be given to me as a result of my participation in the Event, regardless of whether the treatment is given.
7. I agree to allow my photograph, video, multimedia or film likeness and or name to be used for any legitimate purpose by Wild&Co, its sponsors or assigns without notification, payment or compensation.
8. I acknowledge that the Event arranged insurance covers myself for public liability whilst participating in this event. I am responsible for my personal accident insurance and ambulance cover.
9. I acknowledge that the organisers reserve the right to alter the advertised course if conditions warrant. I agree that the organisers reserve the right to cancel or postpone the Event due to weather conditions, natural disaster, "acts of god", terrorism, war or any other reason so deemed by the organisers, and that my entry fee will be non-refundable.

Wild & Co. Adventure Race 6hr

10. I agree to abide by the Event rules and directions of officials and I understand that my entry may be voided if through my actions or behaviour, if in the opinion of the organisers, I break any of the rules or I bring the Event into disrepute. I further understand that the organisers reserve the right to reject any entry without having to justify their actions.
11. I certify that I will be eighteen (18) years of age or older before the Event starts or that I have full permission from my parent/guardian and they have read and understood the above and will co-sign below.
12. **I have carefully read this document and understand and agree to its contents**