COURSE NOTES (FULL)

Kangaroo Valley 6hr

Wild &Co. Adventure Race 6hr

- **START INFORMATION**
- Race Briefing 700hrs, Event Starts 830hrs

LEG 1	3.5 km	Elevation Gain (a little bit)	KANGAROO VALLEY
	Fastest estimate = 0:25 hrs **To Finish** estimate = 0:45 hrs	1	‣ Urban trek. ‣ Teams must use the footpaths path along the side of Moss Vale Road and only use the pedestrian crossing areas to cross the road ‣ CAUTION - Public roads, cars/trucks travelling at speed, give way to pedestrians. ‣ Collect ALL CPs in order on this section.
	Team Estimate:	1,2,3,4,5, 6,TA1	

TA 1					
					‣ Collect your floatation device at TA1 and head to the river ‣ You must no leave anything at TA1

LEG 2	1.2 km	Elevation Gain -1m	INFLATABLES KANGAROO RIVER
	Fastest estimate = 0:20 hrs **To Finish** estimate = 0:40 hrs	1	‣ Teams to enter the water north of the show-grounds and MUST stay in the water. Teams MAY NOT trek along the bank ‣ Team must stay within 100m of each other - safety officials will be checking ‣ Collect ALL CPs in order on this section. ‣ On completion of leg carry flotation device to HQ. ‣ PFDs (Lifejackets) are mandatory for this leg
	Team Estimate:	7,8,9,10, 11,HQ	

HQ					
					‣ Place flotation device at HQ, collect any personal paddle gear

LEG 3	0.5 km	Elevation Gain -1m	TO THE KAYAKS
	Fastest estimate = 0:10 hrs **To Finish** estimate = 0:15 hrs	1	‣ Use the sidewalk and pathways to head to the kayak launch area ‣ CAUTION - Public roads, cars/trucks travelling at speed, give way to pedestrians.
	Team Estimate:		

LEG 4	5.5 km	Elevation Gain -1m	KAYAK KANGAROO RIVER
	Fastest estimate = 1:00 hrs **To Finish** estimate = 2:00 hrs	1	‣ Collect all CPs in order. ‣ CAUTION - Moving water, take care over small rapids ‣ Exit the water at the second boat ramp, load kayak in trailer as instructed ‣ Leave any personal paddle gear at the Kayak Trailer and head toward Bike TA
	Team Estimate:	12,13,14, 15,TA2	

TA 2					
					‣ Collect your Bike at TA2 ‣ You must not leave anything at TA2

LEG 5	12 km	Elevation Gain 200m	MTB BENDEELA TO KANGAROO VALLEY
	Fastest estimate = 1:00 hrs **To Finish** estimate = 2:00 hrs	1	‣ CAUTION - Public roads, cars/trucks travelling at speed, ride single file, use sides and paths where possible, give way to pedestrians. ‣ Collect all CPs in order.
	Team Estimate:	16,17,18, 19,20,21, 22,23,24, FINISH	

In emergency call:
CHRIS **0497 417 195**
In serious emergency call: **000**