COURSE NOTES (HALF) Kangaroo Valley 6hr



START INFORMATION

• Race Briefing 700hrs, Event Starts 830hrs

LEG 1	3.5 km Elevati	ion Gain (a little bit)	KANGAROO VALLEY
	Fastest estimate = 0:25 hrs To Finish estimate = 0:45 hrs		 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 <u>CAUTION</u> - Public roads, cars/trucks travelling at speed, give way to pedestrians.
	Estimate:	1,2,3,4,5, 6,TA1	 Collect ALL CPs in order on this section.
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	vation Gain -1m	INFLATABLES KANGAROO RIVER
	Fastest estimate = 0:20 hrs To Finish estimate = 0:40 hrs		 Teams to enter the water north of the show-grounds and <u>MUST</u> stay in the water. Teams <u>MAY NOT</u> 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	A		 Place flotation device at HQ, collect any personal paddle gear
LEG 3	3 km Elev	ration Gain 200m	SINGLE TRACK LOOP
	Fastest estimate = 1:00 hrs To Finish estimate = 2:00 hrs		 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:	22,23,24 FINISH	