



















# COURSE NOTES

## Sunshine Coast 6hr – Full

# Wild & Co. Adventure Race 6hr

### START INFORMATION

- ▶ Race Briefing 730hrs, Event Starts 830hrs
- ▶ ODD Team Numbers complete 1 Kayak / 2 Trek / 3 Kayak legs first, EVEN Team numbers complete 4 Trek / 5 Bike legs first

|  |  |   |   |                                |   |  |  |                                 |  |  |
|--|--|---|---|--------------------------------|---|--|--|---------------------------------|--|--|
| <b>LEG 1</b>   |  |   |   | <b>3 km</b>                    |   | Elevation Gain 0m  |  | <b>EWAN MADDOCK DAM</b>         |  |  |
|    | Fastest estimate = 0:30 hrs<br>To Finish estimate = 1:00 hrs |   |    | 1                              |   | <ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Public waterways – give way to traffic</li> <li>▶ <b>FIRST RESPONSE</b> - Move or swim to the shore. Use Phone in emergency.</li> <li>▶ Team must stay within 100m of each other - safety officials will be checking.</li> <li>▶ Collect ALL CPs in ANY order on this section</li> <li>▶ Teams may collect CPs on either leg 1 or leg 3</li> </ul> |  |                                 |  |  |
|  | Team Estimate:   |   |    | A,B,C,D,<br>E,F,TA1            |   |  |  |                                 |  |  |
| <b>TA 1</b>  |  |    |   |                                | <ul style="list-style-type: none"> <li>▶ Leave kayaks as instructed</li> <li>▶ You must punch the TA punch each time you pass through TA</li> </ul> |  |  |                                 |  |  |
| <b>LEG 2</b>   |  |   |   | <b>2 km</b>                    |   | Elevation Gain 50m   |  | <b>NORTHERN LOOP</b>            |  |  |
|    | Fastest estimate = 0:15 hrs<br>To Finish estimate = 0:30 hrs |   |    | 1                              |   | <ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Public pathways – give way to pedestrians.</li> <li>▶ Teams to use the local paths and waterways to complete the leg.</li> <li>▶ Collect ALL CPs in ANY order on this section.</li> </ul>  |  |                                 |  |  |
|  | Team Estimate:   |   |    | G,H,I,J,<br>TA1                |   |  |  |                                 |  |  |
| <b>LEG 3</b>   |  |   |   | <b>3 km</b>                    |   | Elevation Gain 0m  |  | <b>EWAN MADDOCK DAM</b>         |  |  |
|  | Fastest estimate = 0:30 hrs<br>To Finish estimate = 1:00 hrs |   |  | 1                              |   | <ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Public waterways – give way to traffic</li> <li>▶ <b>FIRST RESPONSE</b> - Move or swim to the shore. Use Phone in emergency.</li> <li>▶ Team must stay within 100m of each other - safety officials will be checking.</li> <li>▶ Collect ALL CPs in ANY order on this section</li> <li>▶ Teams may collect CPs on either leg 1 or leg 3</li> </ul> |  |                                 |  |  |
|  | Team Estimate:   |   |  | A,B,C,D,<br>E,F,HQ1            |   |  |  |                                 |  |  |
| <b>HQ</b>  |  |  |  |                                |   | <ul style="list-style-type: none"> <li>▶ Access your Bike at HQ</li> <li>▶ You must punch the HQ punch each time you pass through HQ</li> </ul>  |  |                                 |  |  |
| <b>LEG 4</b>   |  |   |   | <b>5 km</b>                    |   | Elevation Gain (a Little)  |  | <b>SINGLE TRACKS AND TRAILS</b> |  |  |
|  | Fastest estimate = 0:45 hrs<br>To Finish estimate = 1:30 hrs |   |  | 1                              |   | <ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Public roads and pathways – give way to cars and pedestrians.</li> <li>▶ Teams to use the local paths and fire trails to complete the leg.</li> <li>▶ Collect ALL CPs in ANY order on this section.</li> </ul>   |  |                                 |  |  |
|  | Team Estimate:   |   |  | K,L,M,N,<br>O,P,HQ2            |   |  |  |                                 |  |  |
| <b>LEG 5</b>   |  |   |   | <b>10+kms</b>                  |   | Elevation Gain 75m   |  | <b>FERNY FOREST ++</b>          |  |  |
|  | Fastest estimate = 1:00 hrs<br>To Finish estimate = 2:00 hrs |   |  | 1                              |   | <ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Public trails, give way to pedestrians and to the public on MTB trails</li> <li>▶ Use the single track and fire trails to complete this leg</li> <li>▶ CPs 5, 6, 7 are OPTIONAL 'pro' CPs, do not complete unless competent cyclist</li> <li>▶ Collect ALL CPs in order on this section.</li> </ul>  |  |                                 |  |  |
|  | Team Estimate:   |   |  | 1,2,3,4,5,<br>6,7,8,<br>FINISH |   |  |  |                                 |  |  |

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