

ANACONDA

ADVENTURE RACE

INTERNATIONAL SERIES

Anaconda Adventure Race pre race information

Welcome to the 2009 Anaconda Adventure Race in Augusta.

Thank you for your entry and participation in the 2009 Anaconda Adventure Race in Augusta. The event is shaping up to be a HUGE weekend of adventures in a wild part of the world down at Augusta – we are sure you will have a fantastic time. At present we have 1395 competitors and 556 entries with numbers rapidly building so we are getting closer to our full field of 600 entries!

This document provides an update on a few elements of the event that you should be aware of beforehand so you can have the best possible experience when down at Augusta over race weekend. We will still be issuing the official event program on Monday October 26th but this e-mail contains a few extra details that will help you now. Please read it carefully and send it to your teammates and supporters.

Course and Equipment

Course Information and pointers

We have now conducted two familiarization days over the course with the last one attracting some big numbers and many eager participants. Attendees have learnt a lot from the familiarization sessions but listed below are a few key pointers and comments that we have observed through these familiarization days:

- Paddlers need to practice paddling in the ocean. We cannot emphasise this point strongly enough – if you want to get through the paddle leg you must NOT do all your paddle training on the river. River conditions and ocean conditions are two totally different environments.
- Paddlers should choose an appropriate craft that you are comfortable and confident on in rough ocean conditions. It is far better to paddle a slower craft strongly and confidently than to be in a less stable and faster boat which may see you tipping out, getting cold and possibly having to be rescued by water safety personnel on race day.
- Run to swim transition for individuals. Because of the geography of Augusta and the superb lighthouse venue, we are starting the race with the run leg and then moving into the swim leg. Therefore it is worthwhile to practice your run to swim transitions. Individuals should experiment putting your wetsuit on after a run – try putting plastic supermarket bags over your hands and feet to help get your wetsuit on easily and quickly or other tricks like talc powder, lubricant etc. We would still strongly recommend the use of a wetsuit as the Augusta swim is in the Southern Ocean and the water is colder than at Dunsborough. A sleeveless wettie maybe a good compromise.

Equipment information and pointers

The equipment list on the [event website here](#) has been updated but we bring the following points to your attention:

- Paddlers MUST carry an orange smoke flare. The flare must be carried on the paddler (not on your boat) and can be in your PFD pocket or can even be taped to your leg. Flares are available from marine/boating shops and cost around \$15 - \$30 each. Get them now (before then sell out) and again, carry them in training if out in the ocean. (if you are found without a flare on race day it will be an immediate 30 minute penalty).
- First aid kits are compulsory for the run and mountain bike legs, contents must be no less than 2 x crepe bandages, 6 x wound closure strips, 1 x triangular bandage, 2 x non stick wound dressing pads and a pair of surgical gloves)

Boats available for hire in the Anaconda Adventure Race, Augusta

Rapid Ascent and Finn Kayaks are providing a range of plastic surf skis for hire in the Anaconda Adventure Race, Augusta on Sunday 8th November. If you don't currently own a ski and have entered into the event this is the perfect opportunity to hire a boat for use on race day.

The following types of boats will be available for hire:

- Finn Affinity
- Finn Endorfinn
- Finn Molokai

To hire any of the craft above costs \$90 which includes transport to and from the event. The craft will be available on Saturday 7th November from the expo area at the Turner Caravan Park at lunchtime so you can have a practice paddle before placing in the transition area.

For more information on the boats available for hire [click here](#). If you are interested in hiring a boat please contact Nicola from Rapid Ascent on nicola@rapidascent.com.au

Food and Accommodation

Food outlets in Augusta

Augusta has a number of restaurants and café's in town but they probably cannot feed us all at once, so because we don't want you to go hungry over race weekend we've included a list of the various outlets you will find in the township at the end of this document.

We encourage you to support the local businesses and visit them over the weekend but in order to guarantee yourself a seat on either Friday, Saturday or Sunday we strongly ENCOURAGE YOU TO BOOK ahead so you know you have a definite place to eat.

Official pre race pasta party

The **Augusta Hotel** will be hosting a large buffet pasta meal on the Saturday night that will be create a terrific atmosphere and vibe before the race. The buffet will be \$18 each, with a 6:30pm sitting and 8:00pm sitting, each sitting taking 160 people. All pasta buffet diners must pre-book by contacting the hotel on (08) 9758 1944 or e-mailing Brooke at brooketanis@flindersbaycorp.com.au. The hotel will also have their normal pub fare available.

For additional food outlets and local suppliers and contacts please refer to the table at the end of this document.

Book your accommodation and tours with www.MargaretRiver.com

Beauty, diversity and vibrancy define the Margaret River region experience. From the moment you arrive, whether staying in Augusta or one of the nearby towns, the region is brimming with thing to see and do. There are caves to explore, fine wines to sample, awesome waves to surf, karri trees to wander amongst and a vibrant cultural life to be inspired by.

The For over 50 years the Augusta Margaret River Tourism Association has been the go-to place for information, planning and bookings in this much visited region. They've won the national award for visitor information services two years running and are here to help plan the best possible stay – we strongly encourage you to contact them on (08) 9780 5911 or welcome@margaretriver.com for assistance with general information or to book tours and accommodation.

Alternatively, you can also find it all online at www.margaretriver.com



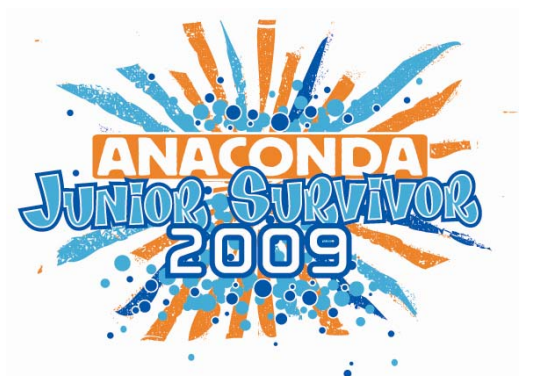
Don't forget the Anaconda Junior Survivor on Saturday afternoon.

The Anaconda Junior Survivor is a super fun adventure challenge designed and run especially for kids aged 13 years and under and will be held around the Adventure Expo at Turner Caravan Park starting at 3:30 pm on Saturday afternoon (during adult registration).

The event leads participants around a fun, off-road course approximately 4km long, filled with a range of exciting obstacles and water activities all in a bush and beach environment. Kids discover for themselves how much fun it is to be outside and active by clambering through the 'spiders web', through the 'live wire' and along the 'wombat ramble'.

Similar events have been held in conjunction with the Anaconda Adventure Race Series in other states over the last three years and have proved immensely popular with up to 500 kids taking part each time. Now its WA's turn to get in on the action - so fire up kids for a blast of off road adventure fun that's set up especially for kids!

Kids don't need any special equipment or skills and can complete the race un assisted by their parents. Entries are \$29 each and includes a terrific event shirt, event number plate and Anaconda water bottler with entries able to be submitted via the event website at www.anacondajuniorsurvivor.com Entries must be submitted by October 30th.



Thank you to our sponsors:

Please support those who support the race and the sports we all love and enjoy.

Anaconda

If you need any specialist equipment, clothing, footwear or other gear for the race then we encourage you to visit one of the Anaconda stores in WA. They have all the equipment you need for this adventure any many others all at very reasonable prices. Anaconda – The Adventure Starts Here.

Joondalup Store

6 The Gateway, Edgewater, Western Australia
Ph: (08) 9300 0550
GPS: S 31 45.449 E 115 46.223



Innaloos Store

401 Scarborough Beach Rd (Cnr Liege St), Innaloo,
Ph: (08) 9446 9886
GPS: S 31 903.433 E 115 799.568

Tanita

With obesity and heart related health problems becoming increasingly common, knowing all aspects of your physical condition is vital.

The Tanita InnerScan range goes where the human eye cannot. Using Bioelectric Impedance Analysis technology, the scale sends a safe current through your body to measure your body fat percentage, hydration, muscle and bone mass and, most importantly, your visceral fats. Visceral fats are the fats around your vital organs that may be linked to a higher risk of several life-threatening diseases.



Tanita showcased the InnerScan range at the Gold Coast Anaconda Adventure race and offered special prices with fantastic savings at the event! The Ironman BC-554 being one of the more popular models is featured in this newsletter. Tanita will be conducting free appraisals at the Augusta event with more outstanding offers for competitors.

Visit www.tanitaaustralia.com.au for more information.

Run Faster with Keen's "The Obsidian"

Built with an aptitude for off-roading. The latest release from KEEN in the Adventure Racing category is the Obsidian.

Offering a sleek seamless breathable waterproof upper, removable metatarsal Tri-density footbed, S3 Heel support structure with a stone bruising protection plate to guard feet. Its featured technology is engineered to support the foot on impact, dissipate shock and reduce your odds of twisting an ankle. Available in Dark Shadow/Neutral Grey RRP\$250.00.



Available at all good outdoor stores. www.keenfootwear.com.au

Win \$2000 worth of great prizes in the Anaconda fundraising challenge and support the Burnet Institute

Every time you head out for a training session to prepare for the Anaconda Adventure Series, go that 'extra step' by increasing your fundraising efforts for our charity partner, the Burnet Institute too! There are some great prizes up for grabs for the top fundraisers in the Anaconda Series, including a \$1000 Myer Gift Voucher and more than \$1000 worth of fabulous prizes.

Encourage family, friends and work colleagues to support your sponsorship efforts. All funds raised go directly to Burnet's fight against The 'Big Three' with contributions over \$2 being tax deductible.

This year more than seven million people will die from the world's worst infectious diseases – The 'Big Three': HIV, TB and malaria, many of them children. Help put an end to these frightening statistics by raising funds to support the Burnet Institute's race to develop vaccines. Even a small donation can make a big difference.

In our busy lives it's sometimes hard to put a face to the suffering endured by millions of people in poor communities overseas in their battle against these infectious diseases. But the Burnet Institute has taken up the challenge to find preventive vaccines and new drugs to help stop



Burnet Institute
Medical Research. Practical Action.

these diseases. Encourage your supporters to learn more about the outstanding work underway at the Burnet Institute by visiting www.burnet.edu.au Good luck in the fundraising challenge!

Triathlon Multi Sport Magazine - Absolute Adventure

The new issue of Triathlon & Multi Sport Magazine is an adventure racing special and is on sale now at all good newsagents. It's packed with all the know-how from adventure racing experts to help you successfully navigate any outdoor adventure. From learning to stay upright on a paddling craft with Champion paddlers Tim Altman and Jarrad Kohlar, to a bush bashing mountain bike skills session with James Williamson and a Navigation Know-how orienteering clinic, you'll be super prepared for your next race. There's a race report and all the latest adventure racing gear, so pick up your copy today!



E-CELL - NASA Technology Helps Anaconda Race Participants with Muscle Fatigue and Joint Recovery

"The e-cell™ is a medical device that speeds up the body's natural healing processes." This is how this new healing device is described by the TGA – Australia's Therapeutic Goods Administration. (ARTG listing #125537)

Elite sports people use this portable medical device as a muscle and joint fatigue recovery tool to get them back into the competition faster. It speeds recovery in half the normal time.



The original technology of the e-cell™ was discovered by NASA in the early 80's. They were sending extremely fit astronauts into space and after 3-4 months of weightlessness with *no exercise* they returned with very extensive degenerative conditions, especially to joints and bones. These young men returned from space with 70 year old bodies after about 4 months!! NASA called in Professor Andrew Bassett a top orthopaedic surgeon and he found that bone and cartilage tissues will grow at an exact range of energy. In fact it is the same level of energy that is produced when you exercise.

The e-cell™ is the latest advancement on NASA's technology but the inventors added *simulated exercise* to that original science. Through the pulse (message) sent by the e-cell™ to the joint, the body is tricked into believing it is being vigorously exercised and so it stimulates healing. It does this without the corresponding wear and tear the body experiences with actual exercise.

The e-cell™ works at the cellular level motivating the cells to repair at a much faster rate than they would normally. It first of all stimulates the body to reduce pain and inflammation to the joint then it provides the right level of energy that modulates or opens the gates of the membrane of the cell. Once the gates are open, nutrients flow into the cell and waste products flow out. This is fundamental in stimulating healing and repair.

No other manipulation type treatment can influence the joint at the cellular level like the e-cell™. It is the first of its kind as a portable pain management tool.

The e-cell™ helps the body deal effectively with muscle fatigue, reduces pain and inflammation and assists the body to repair joints. It does this WITHOUT the use of drugs.

Check out the website: <http://medicetechnology.com> and <http://medicetechnology.com/Buy-Now.html>

Entry details

Changes to entry details

Just a note about entry changes (changing competitor's name / team size...): Any changes to your entry for the event need to be completed by Friday 23rd October to ensure they are correctly entered in our system for results and photos. The team captain or individuals can update your own details by logging into your profile on the website (preferred) or by calling us on (03) 5261 5511 (2nd preference – we're a little busy right now!).

Please also take note of our refund policy as listed below.

- > 2 weeks prior to event: Credit towards a subsequent event less a \$30 administration fee. You must inform us in writing (email is sufficient) before this time.
- < 2 weeks prior to event: No refund
- In the event that the race is cancelled due to extreme climatic conditions, no refund will be given.

Augusta Facilities & Services

	Phone	What	Address	Friday	Saturday	Sunday
August(a) Moon Chinese Restaurant	9758 1322	Serving a range of Chinese dishes.	Allnut Tce	TBA	TBA	TBA
Augusta Bakery	9758 1664	Great range of bakery products and will also be selling pizzas from 5:30 til late on Friday and Saturday nights.	Blackwood ave	7am-4pm Pizza 5.30pm-late	7am-4pm Pizza 5.30pm-late	7am-4pm
Augusta Fresh Fish & Chips	9758 1748	Fish and chips	Blackwood ave	TBA	TBA	TBA
Augusta Hotel	9758 1944	Pre-race Pasta Party and normal pub fair	Blackwood ave	10am - late	10am - late	10am - late
Colourpatch Cafe	97581295	Coffees and cakes... plus a range of take away food + fish and chips (using healthy Rice Bran oil – GM free, animal, cholesterol free).	98 Albany Terrace	8am-7pm	8am-7pm	6am-8pm
Deckchair Gourmet	97580700	A great range of food and pasta dishes from a contemporary menu.	Blackwood ave	8am-late	8am-late	8am-late
Leeuwin Lighthouse Cafe	97581920	Coffees, cafes and other lite lunch meals	Leeuwin Road	9am – 4:30pm	9am – 4:30pm	7.30am-4:30pm
Augusta Bowling Club	9758 1706	Bowls club / pub style fair. Call to confirm.	Allnut Tce	TBA	TBA	TBA
Augusta Pharmacy	9758 1516		Blackwood ave	All day	9am-1.30pm	10am-1pm
Augusta Supermarket	9758 1534	Fresh foods and supermarket goods	Blackwood ave	8:30am-6pm	8am-8pm	8am-6pm
Twisted Fish	9758 1177		Blackwood ave	TBA	TBA	TBA
Karridale Tavern	97585523	Pub fair	Bussell Hwy (10 min drive from Augusta)	TBA	TBA	TBA

Useful Contact Details

Bike Repairs / Sporting Goods

Tony Lemon Bike Repairs 9758 1269
Augusta X-treme Outdoors Sports Cnr Blackwood Ave & Ellis St 9758 0606

Medical

Augusta Clinic 79 Blackwood Ave 9758 1226
Augusta Medical Centre Donovan St 9758 1550
Augusta Hospital Donovan St 9758 3222
Augusta Pharmacy 81 Blackwood Ave 9758 1516

Natural Therapies

Georgina Thiele Mobile service 9758 1281
Jodi Adams Massage

Banking

Bendigo Bank 54 Blackwood Ave 9758 0850
BankWest Cnr Blackwood Ave & Ellis St 9758 1488
Commonwealth Agency Augusta Newsagency/Post Office

Local Radio

2Oceans FM 97.1FM

For more comprehensive list of services please contact the Augusta Visitor Centre on (08) 9758 0166 or augusta@margaretriver.com