



## Mountain Designs Great Southern Adventure Race Information night 15<sup>th</sup> May, 09

Thank you for your interest in the **Mountain Designs Great Southern** course. We hope you find this information useful to help you consider and plan for your entry into this fantastic event. Please have a look at the website and register your name to receive our email newsletters to find out more and to keep up to date with any news about the race  
[www.MountainDesignsGreatSouthern.com](http://www.MountainDesignsGreatSouthern.com)

If you have any other queries at all, the team here at Rapid Ascent is always happy to hear from you. Call the office on 03 5261 5511 or email us at [info@rapidascent.com.au](mailto:info@rapidascent.com.au) and we'll get back to you ASAP.

### Mountain Designs Great Southern Adventure Race 2009 course Description

- When:** 10th - 11th October, 2009  
**Race HQ:** Denmark, Great Southern Region, Western Australia  
**Mission:** 2 days of stage racing covering approx 200km of spectacular terrain  
**Disciplines:** Running, mountain biking, ocean/river paddling, navigation and rope work  
**Categories:** Premier mixed, other teams (all male & all female)  
**Format:** Teams of 4, with only 3 on the course at any one time

Join us for a challenging 2 day escapade through the simply stunning locality of Denmark in the Great Southern region of Western Australia for the second running of the famed Mountain Designs Great Southern Adventure Race.

This is a race through skyscraper karri trees, along picturesque sandy beaches, around almighty granite boulders and across turquoise waters, all amidst the competitive camaraderie you find in people who are keen to give anything a go. This is a race that's designed for beginner / intermediate level athletes who want a real adventure – step right this way.

### Schedule and Accommodation Recommendations

Below is a rough schedule that describes where teams will be throughout the event and will help competitors and support crew plan their movements around the course. These are approximate times for planning purposes only. All timings, locations and spectator vantage points will be published nearer the event.

<b>Fri October 9:</b>	Teams start to arrive in Denmark which is about 4 - 4.5 hours drive from Perth metro. We suggest competitors and support crews book accommodation in Denmark from arrival until departure.
1600 - 1900	Team registration in central Denmark - location TBA.
1900 - 2000	Race Briefing / Maps / Roadbook given out – attendance compulsory – Denmark
2000 - 2100	Informal teams Q&A with race officials – not compulsory to attend
<b>Sat October 10: Day 1</b>	Day 1 Racing commences
0700 - 0701	Race Start – within 20km of Denmark
1900 - 0000	Day 1 course complete with finish line in central Denmark – competitors return to their own booked accommodation in Denmark

<b>Sun October 11: Day 2</b>	Dark start Race recommences
1300 - 1800	Finish - all teams cross the finish line in central Denmark
1900 - 0000	Official presentations and dinner in Denmark (location TBA) - competitors return to their own booked accommodation in Denmark

For more information on accommodation in the Denmark region visit the Rapid Ascent Travel and Accommodation Section of the website.

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## Disciplines

The 2009 Mountain Designs Great Southern Adventure Race will involve the following disciplines.

- Running/Trekking: approx 30km (including Orienteering)
- Mountain biking on single track, 4WD and 2WD tracks: approx 75km
- Paddling on lakes, rivers and the ocean : approx 50km (1 double & 1 single) or (3 x singles)
- Ropes – (activities will be included on day 1 and may involve abseiling, jumaring and traversing in a vertical environment.)

The format for the race will be as follows (which is the same as the 2008 race but just logistically a bit easier):

- Teams of 4 people (single gender or mixed) with only 3 people on the course at any one time (with the off-course person being in the support crew). Team mates may interchange at transition areas at the end of each leg, so if you are knackered you can rest, or if you are a non paddler (for example) then you can miss the paddle legs. (Note: Female team members competing in the mixed category must complete a minimum of 9 legs)
- Each leg consists of between 1–5hrs of non-stop racing from one transition area to the next where you can interchange team members and reload for the next challenge.
- Expect to race for 10-15hrs on day one (Saturday October 10th) and then grab a bit of sleep over night before everyone restarts for another 7-12hrs on day two (Sunday October 11th).
- There will be at least 13 different legs over 2 days covering over 200km of mixed terrain in and around Denmark. The course will be unmarked and teams must navigate their way from one checkpoint to the next.
- Each team needs to be self sufficient with its own support crew and equipment, and must source their own accommodation over race weekend.

## Support Crew

A support crew is compulsory for teams. One person will be sufficient provided they have a car that can carry four mountain bikes, boats plus four people and associated equipment but it might be easier with two people and two cars if you can find them. Support crews have a lot of fun and truly get involved with the spirit of the event by following the teams without having to do the work.

Resting team members may act as a rotating support crew, effectively negating the need to find someone else. We may also be able to assist you to find a support crew if you get stuck or are travelling from interstate to do this race. Please contact Nicola from Rapid Ascent ([nicola@rapidascent.com.au](mailto:nicola@rapidascent.com.au)/ 0431 823 266) should you need assistance with this or know of any people who'd love to be crew for a team. First come, first served.

## Vehicles

It will be necessary for the support crew to have a vehicle (s) (maximum of 2 per team) that can move the 4 competitors (+ driver) + 4 bikes and boats at the one time. This vehicle does not have to be 4WD.

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## Equipment

### Compulsory items for all legs:

The following items must be carried by each team at all times:

- Race Bib for each competitor on the course – worn as the outermost garment
- First Aid Kit consisting at a minimum:

- 3 x stretch bandages
- 4 x wound dressings 7.5 cm x 7.5 cm
- Paracetamol tablets x 12
- 6 x butterfly wound closures
- 1 x survival blanket
- Mobile phone – preferably Next G network (to be turned off at all times unless in an emergency)
- Compass
- Pen/pencil and paper – you will need it to write down answers at some CP's.

### **Recommended Equipment**

- Compass – 2 per team
- Map case
- Contact to waterproof maps
- Coloured pens, pencils etc to mark up your maps

### **Paddling legs**

#### **Compulsory Paddling Equipment**

For each competitor

- PFD (Personal Flotation Device)
- Whistle (attached to PFD)

For each boat

- Kayak or sit on top craft – no waveriders allowed. Craft must be suitable for offshore ocean paddling
- A paddle
- Pump if using a kayak
- Quality spray skirt if using a kayak
- 4 Cylume sticks per boat - one to be attached to each PFD, and two to the stern of the boat. (Dark stages only)
- 1 x smoke flare (orange)

#### **Recommended Paddling Equipment**

- Helmet
- Cag (kayak dry jacket with neoprene cuffs, collars and waist that can be fastened)
- Neoprene or similar hat for cold and wind
- Paddle leash (to prevent paddle being lost) and boat leash
- Variety of paddling clothing suitable for all conditions
- Head torch for possible navigation at night
- Personal hydration device

### **Running and coasteering legs**

#### **Compulsory Run Equipment**

For each competitor

- Personal hydration device
- Rain jacket
- Lightweight fleece or thermal top (must be long sleeve)

#### **Recommended Run Equipment**

- Bike gloves for coasteering leg (for rock scrambling)
- Thermals
- 2nd pair of running shoes for when there are 2 run legs and shoes may be wet
- Towing device (bungee cord or similar)
- Spare batteries

- Waterproof pack liner (that can also be used as a floatation device to effect water crossings)

## **Mountain Bike**

### **Compulsory Mountain Bike Equipment**

For each competitor

- Lightweight fleece or thermal top (must be long sleeve)
- Certified Bike Helmet to Aust/NZ/US standard
- Head torch and/or bike lights
- Rear light (red)

### **Recommended Mountain Biking Equipment**

- Map board for navigation on the move
- Tools, pump, tube etc to effect own repairs
- Towing device (bungee cord or similar)
- Bike gloves
- Chain lube
- Recommended tyres: minimum of 26 x 1.90
- Spare batteries

## **Ropes legs**

### **Compulsory Ropes Equipment**

For each competitor – Climbing equipment list is to be confirmed at a later date but below is a guide only and ALL this equipment may NOT be required

- Aus standard climbing harness or equivalent with a waist belt/leg loop combination and belay/rappel loops
- descending device - figure 8 or ATC
- helmet - bike helmet is acceptable
- long fingered gloves
- 3 commercially sewn lanyards minimum length of 30cm when laid flat on the ground
- 3 x self locking carabiners
- 1 x set of ascending devices i.e. jumars
- 1 x set of leg loops / etriers

All other ropes equipment will be supplied by race management.

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## **Rules**

An updated list of rules to be adhered to during the event is on the website under the 'Race Details' section. Please make sure you are familiar with these.

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## **Entry Fee**

What your entry fee includes

- Entry to the Mountain Designs Great Southern Adventure Race including GST
- Chance to win part of the cash prize pool
- Mountain Designs T-shirt
- Ropes, gear and instruction for ropework stages
- The opportunity to laugh at the misfortune of others (your team-mates)
- Post race presentation dinner
- Professional Emergency Medical Services
- Professional Water Safety Support
- Experience of a lifetime !

**What you will need to provide:**

- Full medical insurance
  - Sea kayaks or surf skis for your team
  - Climbing harness \*
  - Mountain Bikes
  - All race specific equipment and mandatory gear
  - Support Crew with vehicle(s) (4WD not required) \*\*
  - Food & Drinks
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**Changing team details**

You can see the teams that have entered the 2009 race by going to the Competitor List which is in the Entry and Comp Hub section of the [www.MountainDesignsGreatSouthern.com](http://www.MountainDesignsGreatSouthern.com) website. You need to sign into the website to view this list.

Once you have entered the event, you can change any of your entry details by contacting Nicola at the Rapid Ascent Office. If you are having problems finding a team mate or a replacement team mate for the event, try posting an advert on our forum, or contact Nicola in the office who often knows of people looking for team mates.

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**Final Note**

If you have any queries about any details of the event please don't hesitate to contact us here at Rapid Ascent, we are more than willing to help with any enquires.

Email: [info@rapidascent.com.au](mailto:info@rapidascent.com.au)

Office Phone Number: 03 5261 5511

Kind Regards

Rapid Ascent Team