

Xmas time-adventure time!



17th of December 2011

Event Details

Thank you for entering the X-Marathon Adventure Race. The event will be held in the mount Samaria Park and Strathbogie State Forest. The Start place is located on northern lake Nillahcootie parking. X-marathon will be held in Victorian High Country approximately 2:40 drive from Melbourne CBD. X-Marathon is classic 24 hour Adventure Race for teams of two with three courses: Lite, Adventure and Pro, 4, 12 and 24 hours respectively. Trekking, Mountain biking, Kayaking (kayaks provided to Lite and Adventure courses) and some adventure tasks all navigation based offered to those looking for real challenge. Again it will be electronic timing, corrected maps and absolutely best spots for checkpoints.

Event Schedule

Event schedule is available on Adventure Junkie website:

http://adventurejunkie.com.au/index.php?option=com_content&view=article&id=73&Itemid=79

| | |
|------------------|---|
| 17 Dec 2011 7:30 | Registration on-site opened for all courses |
| 8:20 | Registration on-site closed for all courses |
| 8:30 | Briefing for all courses |
| 8:45 | Bags for TAs ready for transportation |
| 8:55 | Teams go to the start line |
| 9:00 | Start of X-marathon |
| 13:00 | Lite course finish |
| 13:40 | Lite course presentation |
| 21:00 | Adventure course finish |
| 21:40 | Adventure course presentation |

18 Dec 2011 9:00 Pro course finish

10:00 Pro course presentation

Indemnity and Release Form

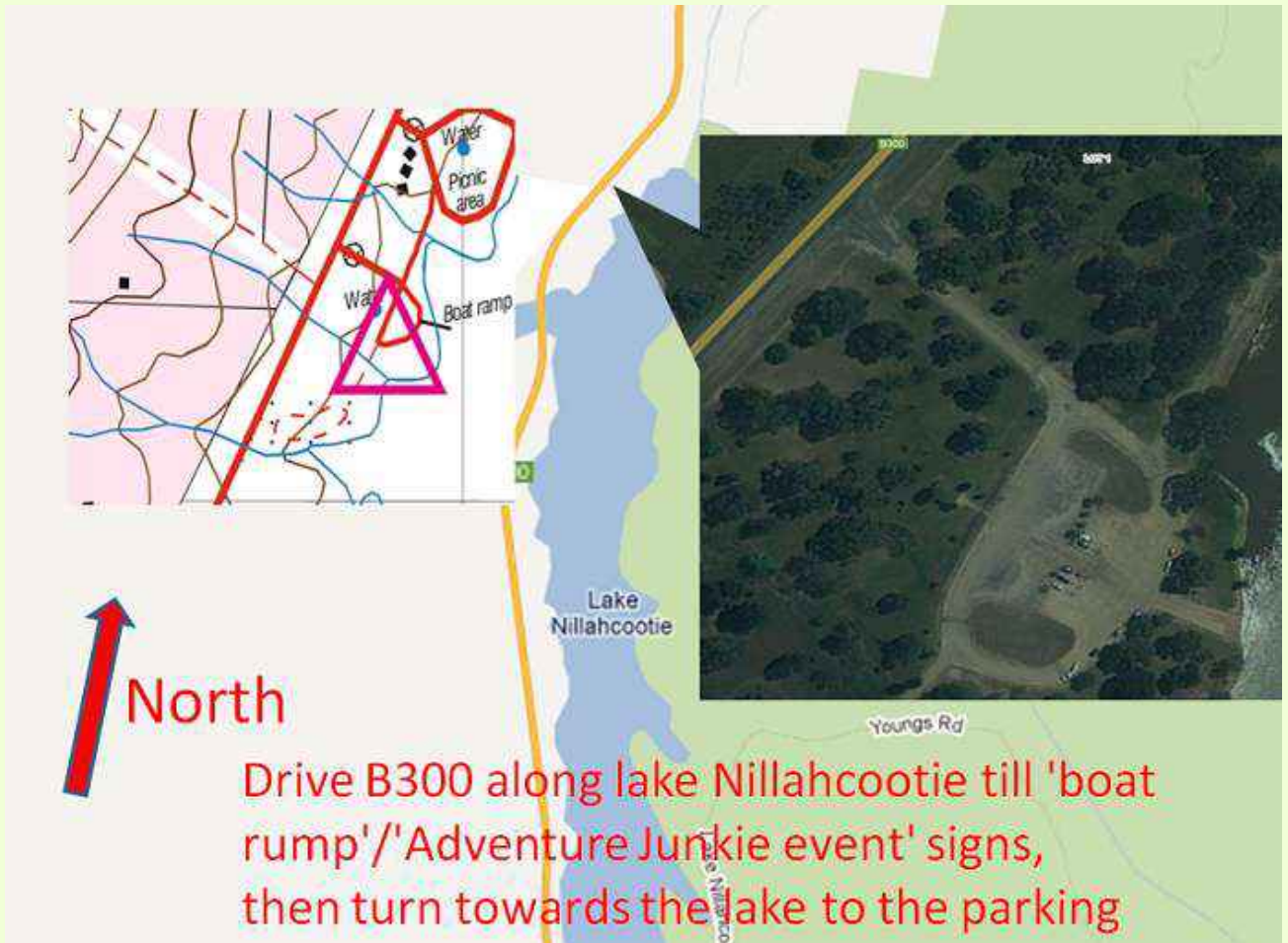
It is necessary to complete and sign waivers at each event. This legal release and indemnity form has been enclosed and all competitors are required to sign and hand in to Admin before competing. Please read this form carefully and be aware that by signing this form, you will not be able to claim for any injury or loss of property occurring as a result of the Adventure Race. If you are unsure about this, then please seek legal advice.

Directions to the Event

Directions to event are published on the website:

http://adventurejunkie.com.au/index.php?option=com_content&view=article&id=69&Itemid=80

Drive B300 along lake Nillahcootie till 'boat rump'/'Adventure Junkie event' signs, then turn towards the lake to the parking at the northern part of the lake:



Catering

Basic catering will be provided; there will be BBQ sausages, instant coffee and tea.

Accommodation

5km north from the lake there is Midland Holiday Park, 10% discount off regular rates for participants of X-Marathon 2011.



Powered Site: \$27.50 per night (2 people) Extra adult: \$8.50 per night Extra child (3-15 yrs): \$4.00 per night Children under 3 free

Non-Powered Site: \$15.00 per night (2 people) Extra adult: \$8.00 per night Extra child (3-15 yrs): \$3.50 per night Children under 3 free

Onsite Caravan (linen provided): \$45.00 per night (2 people) Extra adult: \$8.50 per night Extra child (3-15 yrs): \$4.00 per night Children under 3 free

Cabins – Standard (linen provided): \$65.00 per night (2 people) Extra adult: \$10.00 per night Extra child (3-16 yrs): \$5.00 per night Children under 3 free

Midland Cottage Escape (4 Bedroom) \$175.00 per night (4 people) Extra adult: \$20.00 per night Children under 3 free Portacot hire: \$2.00 per night Minimum cost \$250 per night (up to 7 people) for Long Weekends, Easter and December/January

Call them (03) 5768 2416 or email at enquiries@midlandholidaypark.com.au for general enquiries or at bookings@midlandholidaypark.com.au for bookings.

3028 Midland HWY, Lima South, Victoria, Australia, 3673

Equipment

Every team and competitor in X-Marathon 2011 should carry mandatory equipment. Apart from all-time mandatory equipment, there are items required only on specific stages (i.e., kayak equipment is required only on kayaking stage). Also, some items are required to be carried on per team (pt), per person (pp) basis. This is not advised equipment; every team/competitor must comply with mandatory equipment list and be ready to present the equipment at registration or on the course once requested by officials. Missed mandatory equipment lead to time penalties. The penalties are defined in the Race Rules.

Mandatory equipment

All time equipment

1. First aid kit – pt. (one crepe bandage, adhesive tape, wound dressing and six adhesive dressings)
2. Whistle – pp.
3. Compass – pp.

4. Water resistant torch with sufficient batteries – pp.
5. Wind and water proof jacket – pp.
6. Thermal top long sleeve – pp.
7. Survival blanket – pp.
8. Water bottle or bladder minimum 0,7 l – pp.
9. Set of maps, descriptions with listed emergency contacts (provided by organization) – pt.
10. **Mobile phone (Telstra)** in waterproof bag with full charge switched on during the race – pt.

Only MTB stages

1. Mountain bike – pp.
2. Rear and front lights with sufficient batteries – pp.
3. Helmet – pp.
4. Repair kit – pt. (minimum two spare cameras, pump and tire levers)
5. **Bike computer**

Only kayaking stage

1. Kayak – pt. (any type of kayaks or surf-skis are accepted. Kayaks are not provided for Pro course. Both double and single kayaks are accepted for Pro course, single Finn Endorfinn kayaks *are provided* for Adventure course/Lite course teams).
2. PFD – pp. (for Adventure, Lite courses provided by organisers)
3. Double paddle – pp. (for Adventure, Lite courses provided by organisers)
4. Footwear – pp.

Recommended equipment

Apart from mandatory equipment above it is recommended to look through the suggested equipment list

All time

1. Sufficient nutrition - pp. During the race it is recommended to take one gel or powerbar per 40 min. This could be used for estimation purposes only, and personal requirements and preferences are vary significantly
2. Electrolyte drinks preventing dehydration - pp. For December Victorian weather it is likely that more than half a liter per hour per person will be required. Dehydration is a serious possibility and it is highly recommended to have special sport drinks powder with you.
3. Long tights - pp.
4. Balaclava, buff or beanie - pp.

Adventure Rogaine stage

1. Ruler (it is ok to have compass ruler) - pt.
2. Pencil or pen – pt.

Trekking stage

3. Gaiters - pp.
4. Waterproof map case - pt.

MTB stages

5. Map board – pt.
6. Full repair kit – pt. (in addition to minimal list it is advised to have multi tool, chain breaker, spare chain links, patches)
7. Bike computer – pt.
8. Bike gloves - pp.

Kayaking stage

9. Waterproof map case – pt.
10. Dry bag – pp.
11. Sunglasses – pp.

GPS is not allowed (Sport watch with GPS is allowed)

Frequently Asked Question and Answers



Q: What happen if team finished after Cut-off time?

A: Cut-off time is 24, 12, 4 hours for Pro, Adventure and Lite courses respectively. Teams finishing late will be penalised. Four extra minutes for every started minute after Cut-off. It means that if you doing Lite course for example and you come up to finish 4 minutes 30 seconds later than 4 hours after the race start your result will be 4:24:30. Teams finishing more than thirty minutes late will be disqualified.

Q: Will it be any cut-off times in the middle of the course?

A: Yes, it will be cut-off times for certain stages outlined at the course description distributed along with maps and other race info. These cut-offs mean you will go short course. If short course is not described in Race documents distributed at the start, officials will let you know which check points to skip.

Q: Can one of our team do not paddle or run or ride?

A: No. Team should stay together along the entire course.

This event is not relay style. Generally maximum distance between teammates cannot be more than 100 meters (if rules of specific stage do not state different). Every competitor CP record should be within one minute to other teammate's record. Penalties apply if not follow.

Q: Could we race as team of three?

A: Only as unranked team. This is team of two competition, and having third participant in a team, who might do towing/carrying others backpack to 'help' ranked team of two is not fair.

Q: What type of bike is recommended, for example, can I use cyclocross bike?

A: Mountain bike is strongly recommended, unless you want to carry your lightweight cyclocross on your shoulder most of the way

Q: Can we pass 50% entry certificate from Winter Challenge to someone else?

A: Nope, it is personal, but you could use it for racing with someone else. Also you could use it during next year 2012 for other sprint (up to 24 hours) Adventure Junkie events. All Winter Challenge'11 certificates expire after Winter Challenge'12, but can be used for Winter Challenge'12.

Q: What is the nearest accommodation? Can I camp at the event site?

A: You cannot camp at event site, but there is Caravan Park 5km north of start place. Tell them that you are after X-Marathon and grab 10% off regular price. More >>>

Q: Will it be any water provided in Transition Areas?

A: There will be water, but participants expected to have their own water in TA bags.

Q: Will it be any catering at the start place during and after the race?

A: We working on it. Please let us know if you know mobile cofee/food van available!

Q: Are you providing kayaks, PFD, paddles?

A: We provide 2 x Finn Endorfinn + PFD + paddle for Adventure and Lite courses. Pro course expected to have their own kayaks. If you are racing Pro course you can rent suitable boat from Peakadventure.com.au. Call Jarad and he'll find suitable boat for you.

Q: Can I use my own kayak for Adventure or Lite course?

A: No, only provided kayaks. You can use your paddle and PFD.

Q: What type of kayaks allowed?

A: Any type. We would like to encourage people to get as much advantage from their craft, as their level allows. Isn't it the same as with bikes?

Teams

Most recent team list is available on Adventure Junkie website via link

http://adventurejunkie.com.au/index.php?option=com_content&view=article&id=80&Itemid=85

| # | Team name | Course | Group | Participants | State |
|---|----------------------|--------|-------|------------------|--------|
| 1 | Peakadventure.com.au | PRO | MM | Jarad Kohlar | VIC |
| | | | | James Pretto | VIC |
| 2 | Thule Adventure | PRO | Mixed | Myriam Guillot | FRANCE |
| | | | | Jacky Boisset | FRANCE |
| 3 | Chocolate Teapots | PRO | MM | Greg Robinson | VIC |
| | | | | Tom Lothian | VIC |
| 4 | Sutmap | PRO | Mixed | Thorlene Egerton | VIC |
| | | | | Jon Sutcliffe | VIC |
| 5 | Octonauts | PRO | MM | Steve Lee | VIC |
| | | | | Rob Davis | VIC |

| | | | | | |
|----|------------------------------|-----|-------|---------------------------|---------|
| 6 | What the...? | PRO | FF | Francesca Sanders | VIC |
| | | | | Sarah Dalton | VIC |
| 7 | I Like Chocolate | PRO | MM | Brendan Hills | VIC |
| | | | | Doug Ivey | VIC |
| 8 | Batteries not included | PRO | MM | Derrick Cant | VIC |
| | | | | Rhiordan Bell | VIC |
| 9 | Kidogo | PRO | Mixed | Jane Shadbolt | VIC |
| | | | | Gary Noal | VIC |
| 10 | Helmets On | PRO | FF | Dimity Gannon | VIC |
| | | | | Karina Vitiritti | VIC |
| 11 | Josh and Chris | PRO | MM | Josh Street | VIC |
| | | | | Chris Mucha | VIC |
| 12 | Blackheart | PRO | Mixed | Rob Preston | VIC |
| | | | | Kathryn Ewels | VIC |
| 13 | DnF | PRO | Mixed | Damon Goerke | VIC |
| | | | | Fleur Grose | VIC |
| 14 | Globe Trotting | PRO | MM | Phil Giddings | VIC |
| | | | | Pete Kidd | ENGLAND |
| 30 | Team Filthy | ADV | MM | James Grove | VIC |
| | | | | Phil Barrett | VIC |
| 31 | Iggie Piggie and Macca Pacca | ADV | MM | Joel Deans | ACT |
| | | | | Dan Murray | ACT |
| 32 | The Stompers | ADV | MM | Isaac Dowell | VIC |
| | | | | Daniel Guilfoyle | VIC |
| 33 | Lemma | ADV | FF | Emma Francis | VIC |
| | | | | Leigh Montgomery Williams | VIC |

| | | | | | |
|----|---------------------|-----|----|-----------------|-----|
| 34 | Team Xtreme | ADV | MM | Leigh Jones | VIC |
| | | | | Joshua Walker | VIC |
| 35 | OXO Men | ADV | MM | Alaster Meehan | VIC |
| | | | | James Louw | VIC |
| 50 | The Biggest Boozers | LIT | MM | Sherief Wissa | VIC |
| | | | | Michael Simpson | VIC |
| 51 | Vigor Blokes | LIT | MM | Warren Oliver | VIC |
| | | | | Matt Johson | VIC |
| 52 | The Kneeners | LIT | FF | Maria Doyle | VIC |
| | | | | Fleur Royds | VIC |
| 53 | Micky's Fitness | LIT | FF | Deanna Blegg | VIC |
| | | | | Erica Marr | VIC |