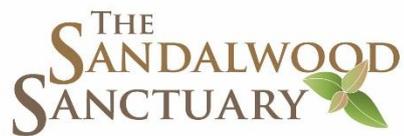


2020 Sun Smart Lake Argyle Adventure Race – Competitor Handbook



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[Thanks for being part of the SunSmart Lake Argyle Adventure Race \(LAAR\).](#)

The Kimberley is an amazing landscape and the water and terrain around Lake Argyle offers the perfect venue for this unique challenge. Thanks to the sponsors and friends who support and promote this event. It is only made possible through their fantastic efforts.

Enjoy the Adventure!



Friday 28th August – Solo Adventure Challenge

A solo adventure challenge comprising:

- 2km Swim
- 13km Kayak (down the Ord River)
- 6km traverse/run/walk (through some rugged terrain)
- 21km Mountain Bike

Transitions are in remote locations, with **no team support required**. Competitor's gear will be transported to each transition location by our crew.

0530 hours Solo gear check-in, at Lake Argyle Resort **opens**

0600 hours Solo gear check-in, at Lake Argyle Resort **closes**

Gear check-in will involve three (3) competitor gear bags (bags provided):

1. Swim to Kayak gear bag (including your paddle – or use ours).
2. Kayak to Run gear bag (including compulsory run safety gear).
3. Run to Bike gear bag (including mountain bike & helmet).

0600 hours Compulsory competitor briefing, at Lake Argyle Resort

0700 hours Race Start – Lake Argyle Boat Ramp

0800 hours – Swim course closed

1100 hours – Kayak course closed

1300 hours – Run course closed

1500 hours – Mountain Bike course closed

Friday 28th August - Adventure Film Festival

Join our competitors and supporters for two of the latest release adventure films. Be inspired – all part of the LAAR. Free screening at the Lake Argyle Resort Garden Area.

Saturday 29th August – Team’s Adventure Race, Enticer & Sandalwood Sanctuary Junior Adventure Challenge

Team’s Adventure Race Leg Distances:

- Swim – 2km
- Paddle – 7km
- Run – 9.5km
- Mountain Bike – 18km

0600 hours Compulsory competitor briefing, at Lake Argyle Resort

Team’s Transition Area for every leg is at the Start/Finish Line at Lake Argyle Resort.

0700 hours Race Start – Bamboo Cove, Directly down form Lake Argyle Resort pool.

0800 hours – Swim course closed

1000 hours - Paddle course closed

1130 hours – Run course closed

1400 hours – Mountain Bike course closed

Enticer Adventure:

For teams and solo’s. For competitors from aged 9 years to 99 years.

- Run – 5km
- Mountain Bike – 8km

1400 hours Race Start at Lake Argyle Resort

The Sandalwood Sanctuary Junior Adventure Challenge:

Starting **15:30** (registration at start/finish area on the day)

Ages 6 – 11 years: Swim in the Resort Pool 40m, Grass Run 700m, Cycle (within the Resort) 1.5km.

Free Entry!

Adventure Race Gala Presentation Dinner:

1650 hours Dinner and Team’s Presentations at Lake Argyle Resort.

Sunday 30th August – Mountain Bike Shoot Out!

A mad mountain bike dash on the Rotary Lake Argyle Mountain Bike Trail.

Free Entry – Just register poolside between 0700hrs and 0745hrs on the day.

Duration 30 to 60 minutes. The fastest riders are expected to complete the course in 30 minutes, slowest riders have 60 minutes to complete the course.

The event will be a time trial format, with riders sent off at one minute intervals. The entire course is off-road.

0800 hours Race Start – Entrance to Durack Homestead

0900 hours Race Course closed

0930 hours Presentation at Lake Argyle Resort – Poolside



Bring a Copy of the Course Maps

Detailed course maps for all events are available online with this Handbook. Please bring a copy of these maps with you to the event.

There will be plenty of course markers identifying the race route, but it is the competitor's sole responsibility to follow the course maps provided.

Equipment

Competitors need to bring with them the following minimum equipment:

Swim:

Bathers, Shoes, Goggles (no wetsuits will be allowed due to the warm water temperatures).

Swimmers must have shoes available at the end of the swim to make the next transition point.

- *Solo entrants will run from the Boat Ramp, across the Dam wall to the head of the Ord.*

Run:

Running shoes, sun protection (hat, sunglasses and sunscreen), running top and shorts.

Solo Adventure Racers will also need to carry the following safety equipment:

- A minimum of 1 litre of drinking water
- A whistle (to attract attention if a competitor gets lost or is injured)
- 1 crepe bandage, minimum of 1.6m long and 7.5cm wide.

Mountain Bike:

Bike, Australian Standard cycle helmet, sun protection, at least one water bottle or hydration pack.

The same bike and wheels must be used on the entire course.

Kayak:

Sun protection (hat, sunglasses and sunscreen), at least one water bottle or hydration pack.

Only team kayakers have the option to bring and use their own kayak. However, using any kayak other than the standard inflatable kayak provided by race organisers excludes the team from competing for placing's.

**Paddle:* competitors using the provided kayaks can bring their own paddle – as paddlers come in all shapes and sizes, so do paddles. There will be standard 220cm, flat blade, kayak paddles available should anyone forget their paddle or wish to use one of these standard paddles.

Hydration and Nutrition:

Solo Adventure Racers: Solo competitors need to pack all their nutritional needs into their race gear bags. Gear check-in for solo entrants' gear is 0530-0600 hours on race morning at Lake Argyle Resort. They are advised to eat and drink throughout the race.

Team's Adventure Race: There will be one water station at the Lake Argyle Resort. Entrants are advised to take with them enough water and food for each of their event legs.



Safety Information

Swim:

There will be neutral support vessels on the course. If you get into any difficulty, raise one arm and our support vessel will come to assist. When the kayak approaches, hold onto the front of the kayak for floatation, have your kayaker raise one arm and our support vessel will come to assist.

Run:

The Solo run/walk/traverse is through remote and rugged terrain. The course be marked at close intervals with flagging tape. **If you travel more than 30m without seeing flagging tape, stop, back track to the last tape you saw and get on course.** The course follows the quickest route between the start and finish. There will be no advantage in going off the marked path – the terrain is broken and the course has been extensively mapped for the quickest route.

The Team Run will be on some sealed road and off road paths. When on the road sections, be aware of traffic at all times – there are no road closures. Runners are to run on the right hand side of all roads – towards oncoming traffic.

There will be a course sweeper following the last runner. If you need medical assistance, please advise the course sweeper or have a passing competitor advise the first aid station volunteers waiting at transition.

Mountain Bike:

The mountain bike will be on a mix of sealed road and dirt single tracks. Your bike helmet must be worn at all times on the bike course. Be aware of traffic at all times. Normal road rules apply – there are no road closures for this event.

There will be a course sweeper following the last cyclist. If you need medical assistance, please advise the course sweeper or have a passing competitor advise the first aid station volunteers waiting at transition.

Paddle:

The event provided kayaks are extremely stable. However, if you do capsize remain with your kayak and use this for floatation.

There will be neutral support vessels on course. In the unlikely event that you have a kayak failure, the support boat will supply you a new kayak and you will be allowed to continue.

Saturday Night Dinner

Dinner will get underway at 16:50 hours and there will be live entertainment provided.

There will be tickets available for purchase for family, friends and supporters to join us for dinner. Tickets will be available throughout the weekend from the front counter at Lake Argyle Resort – so please plan to join us for a fantastic evening of fun and entertainment.

