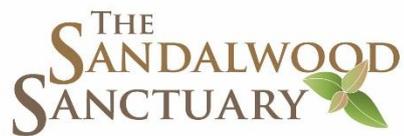


# 2020 Sun Smart Lake Argyle Adventure Race – Competitor Handbook



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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!**



## Saturday 29<sup>th</sup> August – Team/Solo Adventure Race, Enticer & Sandalwood Sanctuary Junior Adventure Challenge

### Team/Solo Adventure Race Leg Distances:

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

\*In 2020, if we have a high number of registrations, the solos leg order will be: Swim/Run/MTB/Paddle – and notified of this by 1<sup>st</sup> August 2020 – to maximise the utilisation of our Kayaks.

**0600 hours** Compulsory competitor briefing, at Lake Argyle Resort

In 2020: Transition Area for Swim/Paddle and Paddle/Run is at the Lake Edge, transition for Run/MTB is 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 – 3.4km
- 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 Presentations:

**1650 hours** Presentations at Lake Argyle Resort.



## 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).

### Run:

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

### Mountain Bike:

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

### Kayak:

Sun protection (hat, sunglasses and sunscreen), at least one water bottle or hydration pack. Personal Floatation Device (Type 1, 2 or 3) must be worn during the paddle leg (provided by competitors).

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:

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 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.

