

2023 Sun Smart Lake Argyle Adventure Race – Competitor Handbook



Department of
Local Government, Sport
and Cultural Industries



Thanks for being part of the SunSmart Lake Argyle Adventure Race.

The Kimberley is an amazing landscape and the water and terrain around Lake Argyle offers the perfect venue for this unique challenge. Thanks to our sponsors, volunteers and supporters who make this exciting event possible.

Enjoy the Adventure!

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Friday 25th August – Free Adventure Film Screening

Get into the spirit of Adventure!

6pm: Join us for a free screening of a new release adventure film adjacent to the Lake Argyle Resort pool.

A great way to relax and prepare for the adventure ahead.



Saturday 26th August – Adventure Race & Junior Adventure Challenge

Team Adventure Race Legs:

- Swim – 2km
- Paddle – 7km
- Run – 7km
- Mountain Bike – 17km

Solo Adventure Race Legs:

- Swim – 2km
- Run – 7km
- Mountain Bike – 17km
- Paddle – 7km

0600 hours Compulsory competitor briefing, at Lake Argyle Resort

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 from Lake Argyle Resort pool.

The Junior Adventure Challenge:

Starting **14:00hrs** (2pm)

Registration at start/finish area on the day prior to 1:30pm.

Ages 6 – 12 years:

Swim in the Resort Pool 40m, Grass Run 700m, Cycle (within the Resort) 1.5km.

Free Entry!





Presentation Picnic and Party

1650 hours Group Photo adjacent to the Resort Pool

1700 hours Presentations Picnic and Party

** New for 2023:* BYO Picnic adjacent to the Lake Argyle Resort Pool.

Bring along all the food and drinks to enjoy the evening of presentations and live music (takeaway options available from Lake Argyle Resort beer garden).

Bring a blanket, family, and friends – all welcome.

Live band playing from 1700hrs onwards. Presentations at 17:45hrs.

Equipment

Bring a Copy of the Course Maps

Detailed course maps are included in this Handbook.

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.

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:

Note: A standard SeaFlow sit-on-top kayak provided to all participants.

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).

**Paddle:* competitors can bring their own paddle. There will be standard 220cm, flat blade paddle will be issued with each kayak.



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 is off-road, take a copy of the course map with you.

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 all on dirt single tracks.

Your bike helmet must always be worn on the bike course.

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.



Swim, 2km



Kayak, 7km

Out & Back



Run, 7km



To Homestead/ LA Road
intersection,
To the Bluff & return
To Lake Argyle Resort

Mountain Bike, 17km



Access via 'Link Track'

Complete 3 Laps

Return via 'Link Track'