








EXPLORE GIPPSLAND
ADVENTURE RACE

13hr Course notes

Race Phone 0408813421 (call this first)

Rob 0403296516

Kathryn 0428992506

Leg	Discipline	Distance	Climb	Maps	
1	Trek 	6	-200m	1	<p>CP's 5,6,7 then to TA2</p> <p>Helmets must be worn. Full fingered gloves, gaiters recommended.</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT</p> <p>Box A, Paddle Bag</p>
		Fastest estimate		2hrs	
		Slowest estimate		3.5hrs	
2	Kayak 	32km	-200m	2,3	<p>CP 8, 9, then to TA3</p> <p>Follow the signs and marking tape to help navigate some difficult rapids.</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT</p> <p>Box B, Paddle Bag</p>
		Fastest estimate		5hrs	
		Slowest estimate		8hrs	
3	Bike 	8	350m	5	<p>CP14, then to TA6</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT</p> <p>Box A</p>
		Fastest estimate		1hr	
		Slowest estimate		1.5hrs	
4	Trek 	7	300m	4	<p>CP's 15, 16, 17, 18, 19 - IN ANY ORDER, then back to TA6</p> <p>END LEG TEAM LOGISTICS & EQUIPMENT</p> <p>Box A</p>
		Fastest estimate		2hrs	
		Slowest estimate		5hrs	
5	Bike 	22	500m	4,1,5	<p>CP's 20, 21, 22, 23 then to Finish</p> <p>Follow marked route across farm, and through creek to the finish</p>
		Fastest estimate		2hrs	
		Slowest estimate		4hrs	