



WILD WOMEN ADVENTURE RACE 2023

FINAL UPDATE



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Tri Adventure welcomes you to the 13th edition of the Wild Women Adventure Race. An event created by women, for women, and once again in the spectacular Noosa Hinterland.

Acknowledgement of Country

In this event you will be travelling through the home of the traditional owners of the land - the [Kabi Kabi](#) people. It is important we pay our respects to the traditional owners of this land – past, present and emerging – and their rich history. Please view the Wunya Ngulum - [Welcome to Kabi Kabi Country](#)

Thank you to our sponsors and supporters for their involvement in this event – [Tourism Noosa](#), [Mountain Designs](#), [Skirt Sports Australia](#), [Venture Cycles](#), [Noosa North Shore Retreat](#), [Footmotion Noosa](#), [Have Fun Tours](#) and [Café VinCino](#) for helping to promote women in adventure racing. We must also acknowledge Qld Parks and Wildlife Service, Maritime Safety Qld and Noosa Council for allowing this event to be conducted in this beautiful area of the Noosa Shire. Last, but definitely not least, we thank our wonderful volunteers who have given up their time to help us out with this year's event ☺.

EVENT HQ

Event HQ is Noosa North Shore Retreat. There are plenty of tables and chairs for map preparation in the venue – so no need to bring these yourselves.



EVENT PARKING

There is plenty of parking available at the event HQ site. Follow the directions of the parking officer and please park in the designated parking bays on Maximillian Road (to the West of HQ or Beach Road to the South of HQ).

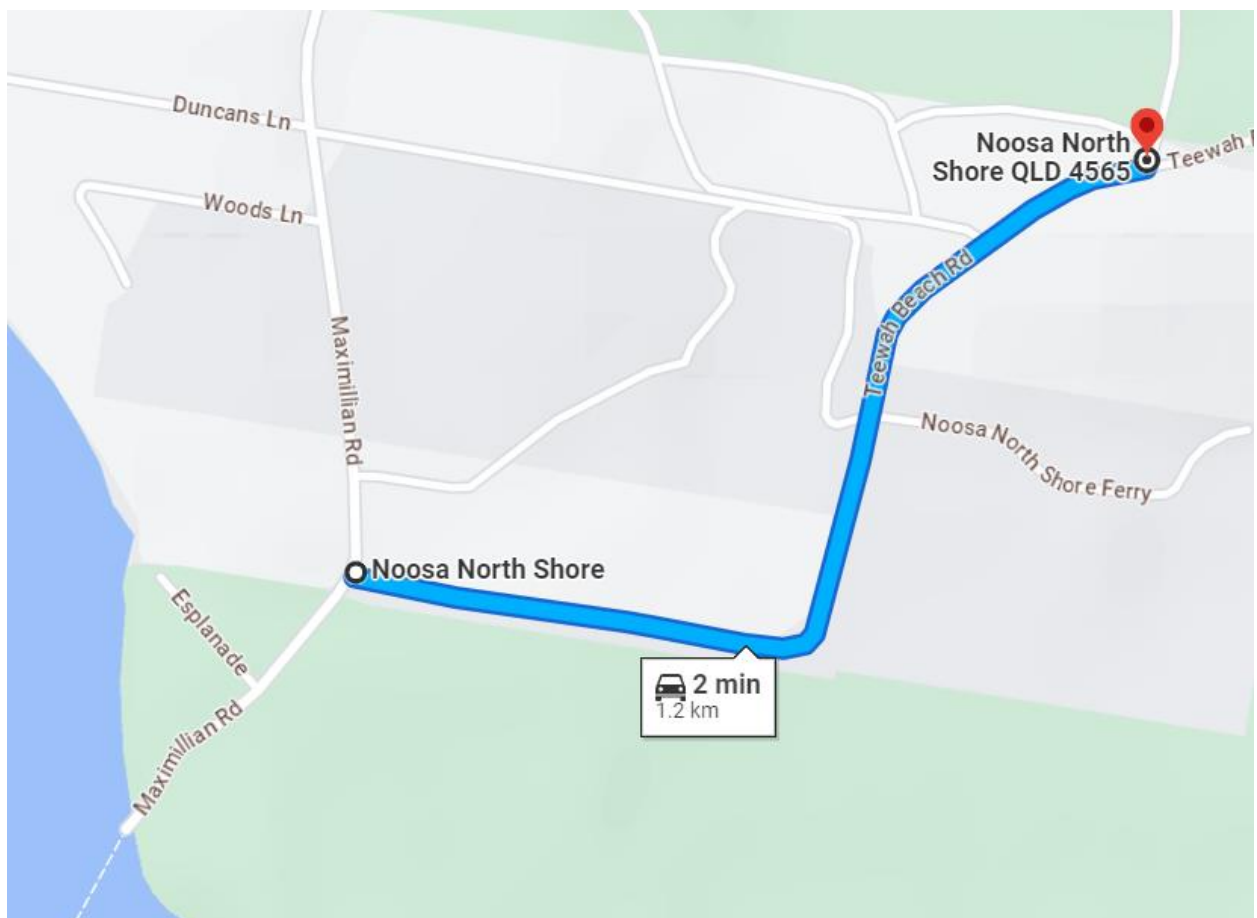
EVENT SCHEDULE – Saturday 14th October – Wild Women Adventure Race

- 6.30am – Bike drop opens
- 7.00am – Registration Map handout - HQ
- 7.30am – Event briefing - HQ
- 8.45am – Final Briefing - Be there ready to start
- 9.00am – Race start
- 3.00pm – Race finish
- 3.30pm – Presentations & Random prize draws

BIKE DROP

This year there is a bike drop **before** registration. The bike drop will open at **6.30am**.

The bike drop is located on Teewah Beach Road, Noosa North Shore. After crossing on the ferry take the first road on the right onto Teewah Beach Road. Follow this road for 1.2km and you will see the bike drop adjacent to the National Park track on the left. You will need to drop your bike, helmet and anything else you require for riding at this location before you head to registration. When you arrive at your bike later in the event, you will need to take everything with you – nothing is to be left at the bike drop. **DON'T forget CASH for the Ferry it's \$10 per car one way!**



TOILETS & WATER

Toilets will be open in Noosa North Shore Retreat and there are plenty of taps in the area that you can access for drinking water. There is also a toilet at TA3 (paddle TA).

REGISTRATION AND MAP HAND-OUT

Only one team member needs to be present at registration where they will be required check their team details are correct. Maps will be handed out at registration which will be followed shortly after by an event briefing. Both team members need to be present for the event briefing where you will be provided with details of the course, rule reminders and safety updates. Competitors should **read event rules and review mandatory equipment list** before arriving at the event. Each team will receive one set of maps and course notes and a control punch-card. Teams should then spend the next hour or so preparing their maps and course route prior to the final briefing. If you need any clarification about course notes, maps and information after the briefing, please go to the registration area and ask for assistance. The legend will not be printed on the maps, so please familiarise yourselves with this.



FINAL BRIEFING

A final event briefing will occur at 8.45am - at this time participants must be ready to start, so both team members must be present. The event will start at 9.00am.

MANDATORY EQUIPMENT

Each team will be required to carry the mandatory equipment as outlined on our website for your own safety and that of other competitors. Random gear checks may take place throughout the event. If you have any questions about the suitability of your gear, please contact us prior to the event. Water will be available at HQ. **Please make sure you carry at least 2 litres of water per person.**

[Wild Women AR Equipment List 2023](#)

PADDLE EQUIPMENT

This year we will be paddling SURGE Kayaks. The SURGE Kayaks do not have any steering and, therefore no adjustments are required. Paddles and PFDs will be available at the Kayak TA.

This year you **are permitted to BYO paddles and PFDs or use those supplied on the day.**

If you are bringing your own paddles and PFDs you will be notified at registration where to drop these. Please ensure that they are tied together and clearly labelled with your team name.

EVENT SAFETY

The safety of you and your partner should be a major priority as you will be travelling through some remote areas during the event. If you encounter an emergency, remember that your team-mate is the first person to provide assistance and it is compulsory to stop and assist other teams if needed (where possible you will be credited with the time spent). Each TA will have access to emergency responders if required. In case of a severe emergency always call 000 first or 112 and also contact race directors with the information. Details will be provided in course notes.

COURSE AND DISCIPLINES

The course will be open for 6 hours. The disciplines this year will be running/trekking, mountain biking, paddling as well as some fun / mystery challenges. There may be some time cut-offs which will be outlined in your course notes and penalties for late finishers. These need to be strictly adhered to for safety reasons – also, we don't want anyone to miss out on the post-event celebrations!

EVENT RULES

The Wild Women Adventure Race is a primarily about getting women active in the outdoors however there are a set of rules in place for your safety and fairness in the event. You must always remain within 100m of your team-mate and carry all mandatory equipment throughout the entire course. All team members are required within 5m of all CPs (unless specified).

We suggest that you familiarise yourself with the event rules by clicking on the link below.

[Wild Women AR Event Rules 2023](#)

OUR COMMITMENT TO THE ENVIRONMENT

You will be travelling through the Noosa Biosphere, National Parks and other hinterland areas while participating in this event. By supporting this event, you too are contributing to the success of the [Tourism Noosa Trees for Tourism Project](#) which includes a focus on the [Noosa Trail Network](#) rehabilitation initiative.

The Wild Women Adventure Race is on target for 5 years in a row of ZERO WASTE to landfill in support of Plastic Free Noosa and the environment in general. We trust that, as a participant in the event, you will do your best to uphold these values as adventure racing, in general, is a sport that appreciates the natural environment and requires all competitors to show their utmost respect whilst racing, to protect it from harm. This means it is your responsibility to minimise your impact by following some of these simple guidelines: -

- Respect the flora and fauna that you may encounter on the course
- Carry all your litter out with you
- Minimise your waste packaging and consider some alternatives.
- If you spot something dropped from the event, pick it up and hand it in at the next TA.

- As mentioned, we are planning for a **ZERO WASTE** (to landfill) event, so we urge you **NOT** to bring any takeaway coffee cups, plastic contact (as maps and instructions are fully waterproof) and other such items that are not able to be placed in a recycle or compost bin.
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COFFEE & FOOD

The café at Noosa North Shore Retreat will be open and ready to fill your keep-cups in the morning. The bar/restaurant will also be open (later in the day) to refuel you with some yummy food and drinks post-event.

WILD WOMEN AR – MERCHANDISE FOR SALE

We will have some merchandise for sale on the day. If you are interested, please bring some **cash** with you.

T-shirts \$15

Water Bottles \$10

Bufs \$10

AND FINALLY....

We thank you for supporting our event and look forward to meeting you all on Saturday 14th October for a day of fun and wild adventure ☺

See you out there!

☺ Jan & Kim

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