



WILD WOMEN ADVENTURE RACE 2024

FINAL UPDATE



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Tri Adventure welcomes you to the 14th edition of the Wild Women Adventure Race. An event created by women, for women, in the Sunshine Coast Hinterland.

Acknowledgement of Country

In this event you will be travelling through the home of the traditional owners of the land - the Kabi Kabi & Jinibara people. It is important we pay our respects to the traditional owners of this land – past, present and emerging – and their rich history.

Thank you to our sponsors and supporters for their involvement in this event – [Mountain Designs](#), [Skirt Sports Australia](#), [Venture Cycles](#), [Footmotion Noosa](#), [Fibril Mapboards](#), [Have Fun Tours](#), [Trail Gaiters Australia](#), [Fresh Property Noosa](#) and [Café VinCino](#) for helping to promote women in adventure racing. We must also acknowledge Qld Parks and Wildlife Service, Maritime Safety Qld and Sunshine Coast Council for allowing this event to be conducted in this beautiful area of the Sunshine Coast. 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 North Arm State School, Fairhill Road, Yandina.



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 outside the school grounds on North Arm Yandina Road and Fairhill Road. We recommend that you arrive at least 30 minutes prior to registration, so you have time to park.

EVENT SCHEDULE – Saturday 12 October – Wild Women Adventure Race

- 7.00am – Registration Map handout - HQ
- 7.15am – Event briefing - HQ
- 8.15am – Final Briefing - Be there ready to start
- 8.30am – Race start
- 1.30pm – BBQ starts
- 2.30pm – Race finish
- 3.00pm – Presentations & Random prize draws

BIKE DROP LOCATION

This year the bike drop is at HQ. We suggest you arrive from 6.30am

Please bring your bike to HQ and drop off in the designated BIKE DROP area inside the school grounds **before** registration. You should leave any gear/equipment that you might require for the bike leg at this point. You will have access to this gear after registration and before the start of the event.

TOILETS & WATER

Toilets will be open in the school grounds and there are plenty of taps in the area that you can access for drinking water. There will be no access to toilets at the TAs this year, but there will be toilets on the course.

REGISTRATION AND MAP HAND-OUT

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 maps course notes and control card will be printed on waterproof paper, so there is no need for contact.

FINAL BRIEFING

A final event briefing will occur at 8.15am – at the start area at this time participants must be ready to start, so both team members must be present. The event will start at 8.30am.

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 Adventure Race – Mandatory Equipment 2024](#)

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 TA 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 Adventure Race – Rules 2024](#)

OUR COMMITMENT TO THE ENVIRONMENT

You will be travelling through QPWS and Sunshine Coast parks and conservation areas while participating in this event.

The Wild Women Adventure Race is on target for 7 years in a row of ZERO WASTE to landfill in support of 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 VAN

Jo from Jensen's Fine Brews and Chews will be at the event to satisfy your coffee fix before the event. There will be **NO TAKEAWAY CUPS** at the venue so please bring your keep-cups in the morning. Jo will be open from 6.00am serving hot and cold beverages along with homemade snacks and treats including gluten free and vegan options.

POST EVENT BBQ & PRIZE GIVING

This year we will be running a post event sausage sizzle and have some cold drinks to reward your efforts.. We hope that you all stay around for the prize giving as, not only will we award our category winners, but we will also have plenty of random draws including some special prizes for wildest outfits, wildest names and wildest event story from out on the course.

WILD WOMEN AR – MERCHANDISE FOR SALE

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

T-shirts \$20

Water Bottles \$10

Bufs \$10

For those of you who have pre-ordered any merchandise, it will be in your race bags...

AND FINALLY....

We thank you so much for supporting our event and look forward to meeting you all on Saturday 12 October for a day of fun and wild adventures ☺

See you out there!

☺ Jan & Kim