

## MULTISPORT CHALLENGE

Welcome to the Mars Petcare Multisport Challenge 2010. This event is one of several events in Multisport AlburyCity 2010 ("MAC 10") conducted by AlburyCity.

The Mars Petcare Multisport Challenge is coordinated by the Mitta Mitta Canoe Club (Albury-Wodonga) Inc. ("MMCC") and sponsored by Mars Petcare Australia.

### SUMMARY OF THE EVENT DISCIPLINES

Road Ride 34km

Trail Run 8km

Murray River Kayak 26km

### DATE AND TIME

Sunday 28 February 2010 at 7:30am commencing at Hume Boat Club, Bellbridge Vic

### ENTRY AND REGISTRATION

Entries are available on line at: [www.multisportalburycity.com.au](http://www.multisportalburycity.com.au). Note that the race is capped at 200 competitors and no new entries will be accepted on race day.

It is compulsory for all competitors (individuals and all competitors in all teams) to attend registration at the Multisport Village, Noreuil Park Albury on Saturday 27 February 2010 between 3.00pm and 4.00pm.

Late registration will be permitted only if arranged with the Mitta Mitta Canoe Club who can be contacted by email at: [mittamultisport@hotmail.com](mailto:mittamultisport@hotmail.com).

### RACE BRIEFING

The race briefing will be held at 7.15am on Sunday 28 February 2010 at the Hume Boat Club, Bellbridge Vic.

All competitors (individuals and teams) must attend the race briefing where further race details and any last minute changes will be advised.

### RACE START

The race start is at **7.30am** on **Sunday 28 February 2010** at Hume Boat Club, Bellbridge, Victoria. See the course description below for further details.

Note: Any competitor who misses the start by more than 2 minutes will not be allowed to begin the race as the following escort vehicle will have left and no competitor is allowed to proceed behind this vehicle.

## COURSE DESCRIPTION

A map of the course can be found here:

[http://www.multisportburycity.com.au/events/images/MAC\\_MSC2010Overall.jpg](http://www.multisportburycity.com.au/events/images/MAC_MSC2010Overall.jpg)

### ROAD RIDE – 34 KM:

The start will be a mass rolling start from the Hume Boat Club, Bellbridge. This will be a rolling start with competitors proceeding behind the lead escort vehicle until the intersection with Kurrajong Gap Road (approximately 2km). This is a no-race section and competitors must not pass the lead vehicle. Once the lead vehicle passes Kurrajong Gap Road the flag will drop and the race will start.

The course proceeds along Bethanga Road through the intersection with Bethanga Park Road to the town of Bethanga, turn left into the Talgarno-Bethanga Road. The road climbs gradually and then more steeply to Talgarno Gap. Follow Talgarno-Bethanga Road to the intersection of Talgarno Road where there is a left hand turn (be careful of loose gravel on this corner) and following this road back towards Bellbridge. Cross Lake Hume by Bethanga Bridge. About 600m after the bridge turn left to transition area at Lake Hume Park ("previously called The Pines").

See Road Ride Course Map here:

[http://www.multisportburycity.com.au/events/images/MAC\\_MSC2010Cycle.jpg](http://www.multisportburycity.com.au/events/images/MAC_MSC2010Cycle.jpg)

[http://www.cyclingprofiles.com.au/HTM/MAC09/MAC\\_MSC2010Ride.htm](http://www.cyclingprofiles.com.au/HTM/MAC09/MAC_MSC2010Ride.htm)

### Transition T1 (Ride to Run)

Cyclists must dismount before entering the designated transition zone. Bikes must be racked before individual competitors commence on the run leg or before teams change the bib. Team riders must hand the bib to their runner which operates as the baton. Support crews must be aware as they leave Lake Hume Park to be aware of riders entering the transition area.

### Rules for Road Ride:

1. In the absence of a *Section 40* the portion of the race (approximately 700m) on NSW roads will be a transition non-race portion of the event (this is an amendment to the event management plan - dated Thursday 11 February 2010).
2. Drafting is allowed but cyclists' code or etiquette to be applied.
3. This is a public road and not closed to traffic. At no time are cyclists permitted to cross to the right hand side of the road under any circumstances whether marked by a white line or not.
4. Competitors must carry a spare tyre or tubes and be able to carry out their own repairs.
5. Competitors must be self sufficient and carry their own fluids and energy food. It is recommended they carry at least one drink bottle.
6. Assistance from vehicles or supporters at any stage of the ride is not permitted. Support vehicles are not permitted on the course to follow or give support to competitors.
7. Cycle helmets meeting Australian Safety Standards must be worn and firmly secured until the bike is stationary inside the transition area.
- 8. Tri-bars are not permitted.**
9. No competitor shall interfere or block another competitor.

## **TRAIL RUN LEG: 8KM:**

Competitors proceed where directed out of the transition area towards the bottom of the public area following the markers onto a dirt track through the forest generally following the trail.

Cross a small footbridge over a gully into the Lake Hume Resort and follow markers around the lakeside of Lake Hume Resort through to the Lake Hume Caravan Park. Follow directions up the road of Lake Hume Caravan Park out onto the service road leading to car park area in front of the Hume Dam. Follow the footpath onto the Hume Dam wall and run to the end of the Hume Dam turning clockwise around marker at the end of the Hume Dam and proceeding back along the Hume Dam up the road a short distance. Turn left into the State Water Hume Dam maintenance area. Follow road around past workshops and then proceed through a small gate on the edge of Murray River. Follow small track down to the kayak transition.

### **Transition T2 (Run to Kayak)**

Due to limited parking at Transition 2 support crews and competitors will be required to drop off kayaks between 6am and 7am on race day (Sunday morning). Transition 2 can be accessed by turning left off Talgarno Road (if coming from Lake Hume Village) onto a dirt road (opposite the trout farm). When runners have completed their leg, they may assist their kayaker into the river. Once kayaker has entered the water, they can then proceed to walk out to the main road, when they get to Talgarno road; they turn left and wait in the trout farm parking area for their support crew. Cars will not be able to access Transition 2 after 7am on race day.

### **See Trail Run Course Map here:**

[http://www.multisportalburburycity.com.au/events/images/MAC\\_MSC2010Run.jpg](http://www.multisportalburburycity.com.au/events/images/MAC_MSC2010Run.jpg)

### **Rules for Trail Run:**

1. Competitors must take care when crossing footbridges and be aware of all obstacles.
2. Competitors must be self sufficient and carry their own fluids and energy food.
3. Note that part of the run course is not closed to the public and you may encounter walkers, children, tourists and dogs as well as possibly some vehicles.
4. Support crew/spectators should be careful and considerate of other park users in the area.
5. Teams are to hand over the bib to their paddlers in the transition area.

## MURRAY RIVER KAYAK LEG – 26KM:

Paddlers exit Transition Area 2 and enter the water at a small beach about 80m downstream of Hume Dam and head down the Murray River towards Noreuil Park. The course is down the river and competitors must at all times stay to the right of any junctions. That is, competitors are **not** to paddle:

- Over the rock wall down Ryan's Creek,
- Down Wodonga Creek
- Shortcut or Flannigan's Creek.

The Finish is located at the second set of steps in the middle of Noreuil Park. There is a small beach where competitors can land their boats. They must carry their boats up the steps placing them in the transition area near the finish and run through the finish line.

### See Murray River Kayak Leg Course Map:

[http://www.multisportburycity.com.au/events/images/MAC\\_MSC2010Kayak.jpg](http://www.multisportburycity.com.au/events/images/MAC_MSC2010Kayak.jpg)

### Rules for Kayak:

1. Competitors may use any type of kayak or canoe with fixed buoyancy.
2. Competitors may wash ride other boats.
3. All competitors must wear approved buoyancy vest complying with Australian Standards.
4. Competitors must be self sufficient and carry their own fluids and energy food and equipment for repairs.
5. Paddlers who are not familiar with swift flowing conditions are advised to gain some experience before the race. There are sections of the river where there are overhanging trees and submerged logs making capsizing potentially dangerous. The water is cold and fast moving.
6. The official sticker with race number (provided in your race pack) must be clearly visible on the front right hand side of your craft (as you sit in the craft).
7. The race bib must be the external clothing worn (i.e. over the top of your life jacket).
8. Competitors who choose to leave the river for any reason, or without their craft, must notify two competitors or one official before they leave the riverbank. This rule is required to avoid unnecessary searches.

A sweep boat will be following the last kayak down the river. If for some reason you cannot continue, wait for the sweep boat who will collect you and, if possible, your kayak and take you to the finish.

There will be a cut off time of 11.00am for the start of the kayak. Any competitor who is not able to start by this time will not be permitted to continue and their entry will be a DNF.

## EQUIPMENT LIST:

### **Compulsory Road Bike Equipment:**

1. Certified bike helmet to Australian/NZ/US standard.
2. Tools, pump, tube to effect own repairs.
3. At least one drink bottle of no less than 750ml.

### **Recommended Road Riding Equipment:**

1. Small first aid kit containing crepe bandage and one triangular bandage, absorbent non-stick dressing, wound closing strip and safety pins.
2. Bike gloves.

### **Recommended Running Equipment:**

1. Water/hydration and food.
2. Hat and sunscreen
3. Small first aid kit, particularly for snake bite and sprained ankle (minimum contents – two crepe bandages, one triangular bandage, absorbent and non-stick dressing, wound closing strip, safety pins).

### **Compulsory Kayak Equipment:**

1. PFD (personal floatation device) must be type 2 or type 3 and must not be of an inflatable nature.
2. Paddle.

### **Recommended Kayak Equipment:**

1. Dry jacket;
2. Booties;
3. Paddle leash;
4. Paddle clothing suitable for conditions;
5. Water/hydration and food;
6. Whistle attached to PFD;
7. Spray deck.

## GENERAL RACE RULES:

1. SAFETY IS A PRIORITY – any infringement of race rules by competitors may incur time penalties or disqualification.
2. The race organisers reserve the right to reject any entry.
3. Competitors must render assistance to any fellow competitor in distress or any form of danger.
4. It is the competitor's responsibility to ensure their equipment is in safe working condition.
5. Any competitor retiring from the course must notify the nearest official as soon as possible.
6. Any competitor who retires or requires transport out of a stage will not be able to continue in the race. Relay teams will be able to continue at the start of the next stage after receiving their team's bib from their withdrawing team member and checking with official and time keeper. The team will not qualify as finishers.
7. Any protest must be lodged within 30 minutes of competition of the event in writing to the race director. Protests must be lodged with a \$50.00 fee which is refundable only if the protest is upheld.
8. The decision of the Race Director in any appeal is final.
9. No person is to take part in the event who is not named on the official entry form or who has not signed the official entry form. Teams may nominate who is competing in which stage prior to the race start.
10. Competitors must wear their issued race bib with logo facing to the front and ensure their logo and number is visible at all times. Teams are to use the race bib as their change over baton. Change-overs must take place inside the designated transition area. Competitors must pass through all timing gates wearing their race bib.
11. Team members are not permitted to assist in any way their team mates or other competitors in forward movement in any part of the course during the race unless specifically authorised beforehand.
12. At all times competitors being overtaken shall have right of way. The responsibility for safe overtaking lies with the person doing the overtaking.
13. Any competitor with a medical problem must declare it in writing to the organisers not less than two weeks prior to the event.
14. Competitors must be self sufficient and carry own fluids and energy foods and equipment for repairs.
15. All competitors must obey directives by an official.
16. All individuals and relay teams must hand in their race bib immediately after completing the run. There will be a charge of \$50.00 for any unreturned bibs.

***Mitta Mitta Canoe Club (Albury Wodonga) Inc  
February 2010***