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renewable energy

20 November 2021

RACE INFORMATION



**ADVENTURE
CUP 2021-2022**

UNIQUE SERIES OF MULTISPORT EVENTS



snow hydro





THANK YOU AND WELCOME

Welcome to the XVI edition of Upper Murray Challenge!

We're thrilled to seeing you again soon in Snowy Mountains.

Firstly, we would like to thank all participants and their assistant crews who is making it to the race, your support means a lot for the region and for the event, especially in these tough times.

The Upper Murray Challenge is an iconic Australian multisport race and it's you, participants, who create this unique atmosphere.

This year we welcome a new addition a Novice course with shorter, more accessible distance and logistics. The Classic course remains the same- one of Australia's toughest one day challenges.

Another important change is an introduction of a live tracking system for the Classic course. Your family, friends and assistant crews will be able to follow your progress online. It will also hugely benefit the safety of the event, which never been a concern, thanks to Albury-Wodonga radio Club and SES but now it will give peace of mind to all followers and an opportunity for much more people to engage with the event even if it is virtually.

Should you have any questions please do not hesitate to get in touch.

Serge 0455570478

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info@adventurejunkie.com.au





BEFORE YOU HEAD TO THE START

- If you are Solo or Relay participants, please make sure you book your boat if you require one. The online booking is available till Tuesday 16th of November. Please follow the registration link and add a boat hire to your registration.
- Talk to the support crew and discuss your race plan. If you are racing a Classic course and do not have a support crew, we still have a limited amount of support packages available. Please follow the registration link and add a support package to your registration.
- Some course areas have limited reception, please bring your Telstra phone for the race and please make sure your support crew have got a printed maps of the transition area locations.
- Food is available in Khancoban and Corryong, no catering on the course. Racers have to be self-sufficient for the entire event. Assistant crew is only allowed in Transition areas and near the Thougla Public Hall at the end of running course.





RACE SCHEDULE

Pre-Race day 19th of November

6:00-7:30 PM - Registration near the start line. No briefing. *Dinner is available in the Pickled Parrot, next to registration please pre-book www.pickledparrot.com.au 02 6076 9383*

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Race day 20th of November

Before the start (both Novice and Classic):

6:00 AM- Transition area at the finish of MTB-start of kayak open for boat drop off

6:30 AM- Late registration is open at the start

7:00 AM – Coffee shop is open at the start

7:30 AM – Late registration closes

7:45 AM - Pre-race check in, race briefing

8:00 AM - Start of the race (all riders, SOLO and AR Duo racers, both Novice and Classic courses)

On the course (Novice)

8:45 AM - Leaders are expected at the finish of the MTB

9:10 AM - Leaders are expected at the finish of the paddle

9:30 AM - Leaders are expected at the finish-

11:00 AM - Finish (TA1) closes

On the course (Classic)

9:30 AM - Leaders are expected at the finish of the MTB

9:45 AM- Start of Paddle race (participants doing just a single leg paddle)

11:00 AM - TA1 closes

11:15 AM - Leaders are expected at the finish of the paddle

12:00 PM - Start of Run race (participants doing just a single leg Run)

2:00 PM - Leaders are expected at the finish

4:00 PM – Presentation of both courses (if category placers still not finish by then, they will get the certificate at the finish of their race).



WHERE IS THE RACE

The Classic race course starts in Khancoban and finish in Corryong, while the Novice course is held around Khancoban.

The registration will be in Khancoban while presentation in Corryong.

Khancoban lies at the south western edge of Kosciuszko National Park, on the Alpine Way, and provides an excellent base for enjoying a wide range of nature based activities.

Travel time:

5h From Melbourne

4h From Canberra

2h From Albury

6h From Sydney





ACCOMMODATION

Multiple options are available. Some people prefer to stay in Khancoban to get up in the morning and go to the start line, others stay in Corryong.

Please check the event website for the full list of accommodation providers.

uppermurraychallenge.com.au/race-information/accomodation

RACE GEAR

This list is created for your safety and enjoyment of the event in most weather conditions.

All time compulsory equipment:

- Timing chip (provided by race organisers)
- Race bib (provided by race organisers), has to be your outermost garment
- First aid kit (per team): 2x 1.5 m long (unstretched) roll of 5 cm wide crepe bandage, 5m long roll of 2 cm wide strapping tape, 10 Band-Aid strips, Triangular bandage, 4 x pain relief tablets (that can be used to treat pain in case of injury while help arrives – always follow the directions for taking medications) ,Any Competitor specific medication
- Emergency blanket (per person)
- Mobile phone in waterproof bag (Telstra 3G)
- Live Tracker (Classic course only)

MTB leg compulsory equipment

In additional to the all-time compulsory equipment list:

- MTB number plate in the front of the bike (provided by race organisers)
- MTB, cyclocross is not recommended.
- Pump, repair kit, spare tube/tubular
- Helmet Australian Standards Approved

Paddle leg compulsory equipment:

In additional to the all-time compulsory equipment list:

- Kayak sticker (provided by racer organisers)
- Dry bag with spare dry cloths: thermal top, thermal bottom, socks.
- Helmet
- Paddle
- PFD
- Whistle attached to PFD
- All boats should have trailing rudders or no rudders.
- For kayaks: spray skirt is highly recommended.
- **AR DUO teams are provided with sit on top kayak, 2 paddles, 2 PFDs**

Run compulsory equipment:

In addition to the all-time compulsory equipment list:

- Drinking system (at least 1 liter capacity). There are no drinking stations on a course. Assistance crew is allowed at the Thougla Public Hall only.





RACE REGISTRATION

All competitors need to check in either in the evening prior the event or in the morning before the start. The registration is held next to the start line in the center of Khancoban. Please check in with COVID - safe QR code and also bring printed and signed waiver form. You will receive a pack, consisted of race bib, stickers and timing chip.

MTB plate has to be place in front of your bike

Boat sticker has to be placed on right front deck of your boat.

Helmet sticker has to be placed on the front on your helmet.

Timing stick is recommended to be fastened on the wrist with wristband provided for AR Duo, Solo competitors and single leg competitors. Using necklace is advised for Relay teams.

SINGLE LEG PARTICIPANTS

Please register at the registration venue. You will receive a timing chip, racing bib and stickers/number plates. Run and paddle single leg racers can start within one and half hour after a leading team or individual passed appropriate transition area. It is critical to punch timing station when you are starting your leg.

Based on previous years start time would be:

1. **MTB leg 8 AM** , mass start along with Solo and team racers.
2. **Paddle after 9.30 AM**. The latest time to start is 10.00 AM.
3. **Run from 11.15**. The latest time to start is 12.45.

Do not forget to punch finish or entrance to transition station, this is when time stops for you and to give your timing stick to the race official.



SETTING UP GEAR IN TA1/START OF THE PADDLE

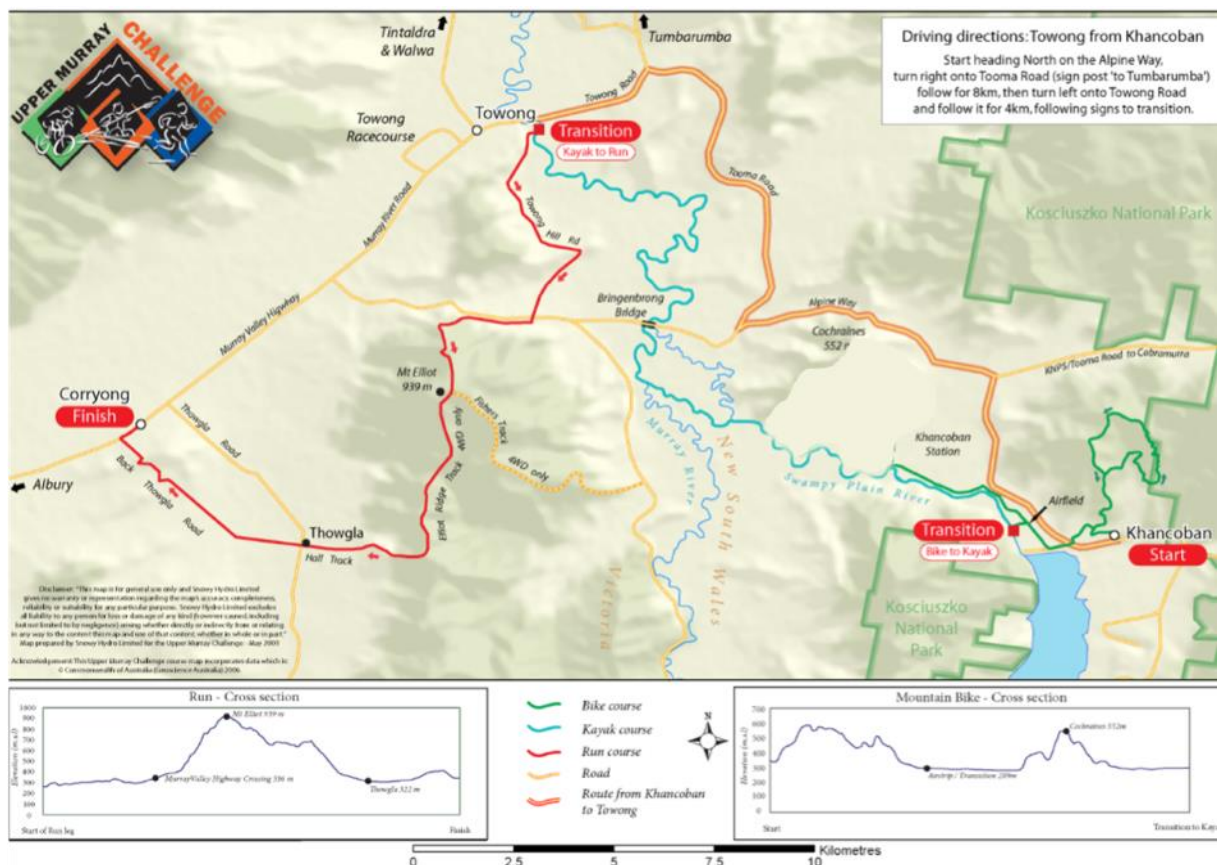
AR Duo teams should place their boat stickers and set up their kayaks in the morning of the event from 6:30 AM till the 7:20. Please ride your bike to the TA to avoid traffic congestion, there will be a lot of racers dropping kayaks to the TA. It is 10 minutes leisurely ride one way from the start to the TA.



LOGISTICS CLASSIC

The race course is almost linear and support crew is required to assist you to transport your gear around. Majority of racers take their paddling gear to transition area in the morning before the race. Once participants ride through and proceed to the kayaking leg support crew pack their mtb gear and drive to the next transition area - end of the paddle. After the end of the paddle support crew can either drive directly to the finish to Corryong and wait at the finish line or meet you before at Thougla hall.

For those booked a support package- you will need to arrive to TA1 in the morning to adjust your boats and set kayaking gear. Your running gear will be transported to TA2, you will need to drop it at the start line. After the finish your MTB and personal kayaking gear will be transported to Corryong.





LOGISTICS NOVICE

The Novice course is based around Khancoban and no support crew is required.

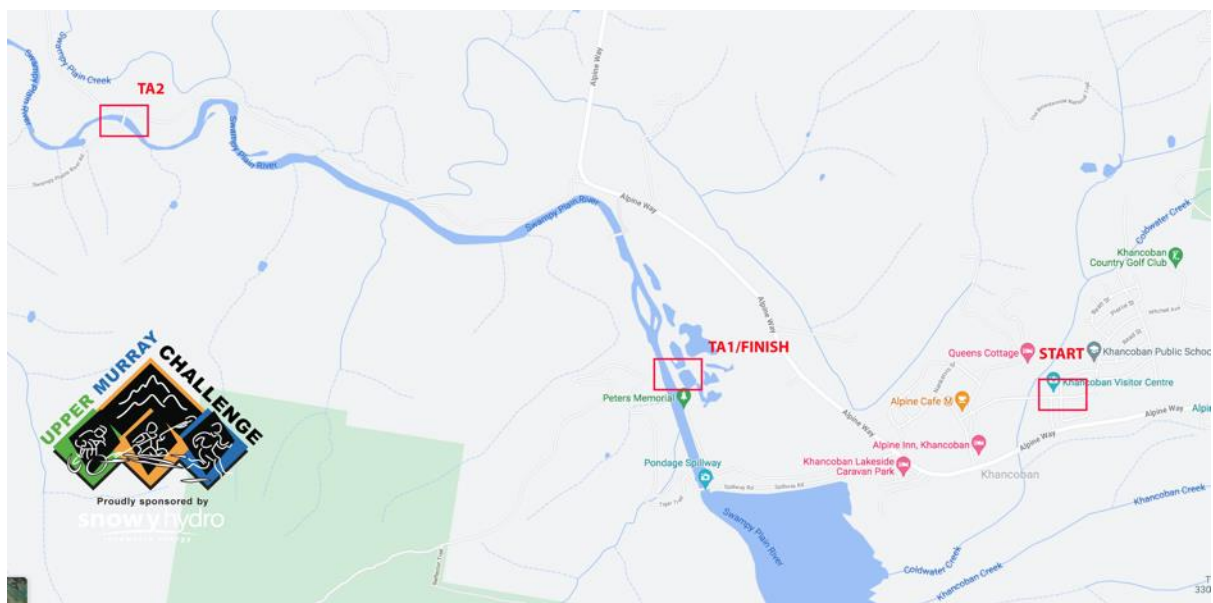
However, if you have got your support crew they are allowed to assist you in Transition area 1 only.

In the morning before the start you need to prepare kayaking and running gear in TA1 (end of mountain bike, start of the paddle). We expect you to paddle with all your running gear to the TA2 because the access to TA2 is limited.

During the race after completing MTB leg please rack your bike, proceed to the kayak, after completing the kayak leg leave your kayaking gear in TA2, run back to TA1-Finish.

After the finish ride back to the start to get your car and then drive to TA2 to collect your kayaking gear.

The TA2 access is limited therefore we kindly ask you to not drive there before 11 am. Additionally, in case of wet weather it will be 4wd access only. In this case all boats will be taken to Khancoban to the start line and can be collected there soon after 11 am. We will know road conditions on a day and suggest you at the registration or start line what the exact procedure with boats collection will be.



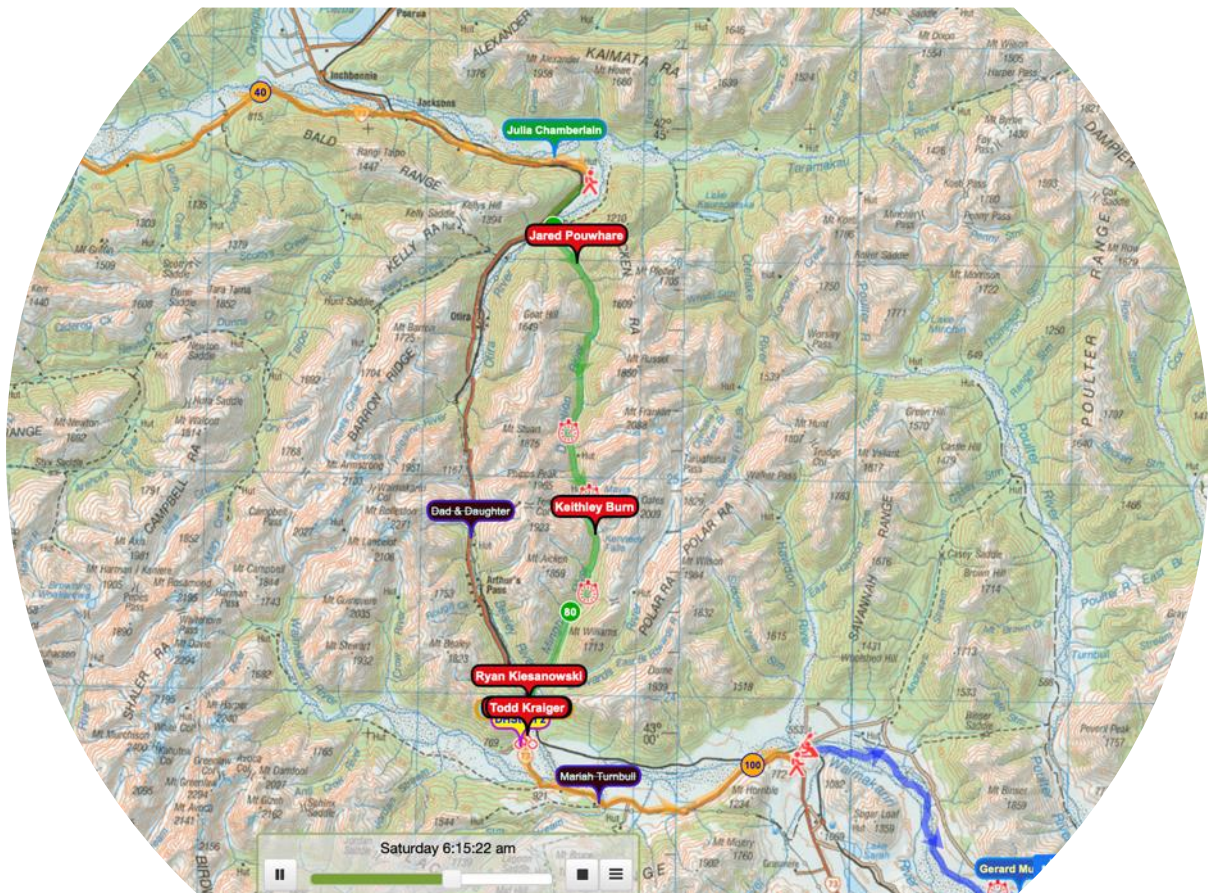
LIVE TRACKING CLASSIC COURSE

Each Solo participant and team will be carrying a tracker which will be showing their progress on the course. Support crews, friends and relatives at home will be able to follow your race live.

The link will be emailed to all participants, posted on the event website and social media. Please follow #uppermurraychallenge for the updates.

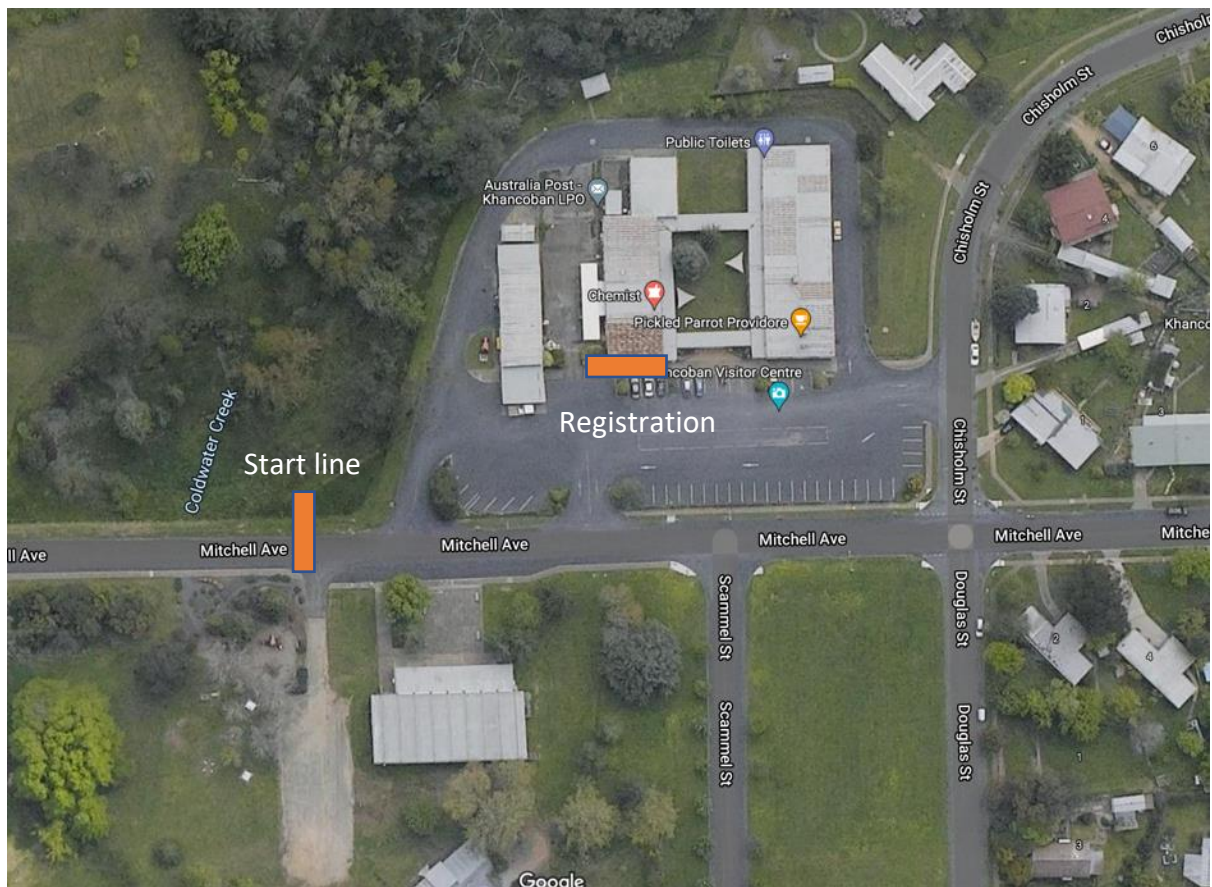
The tracking device will transmit your location where the GSM signal is reasonably strong. The course has mainly good coverage, but it will not be 100% accurate, especially in lower sections (gullies, gorges), however, once you reach an area with the signal, the device will transmit all data and your position will be updated.

Please explain it to your support who will be watching you at home, so they do not panic too early, if your dot is not moving for some time.



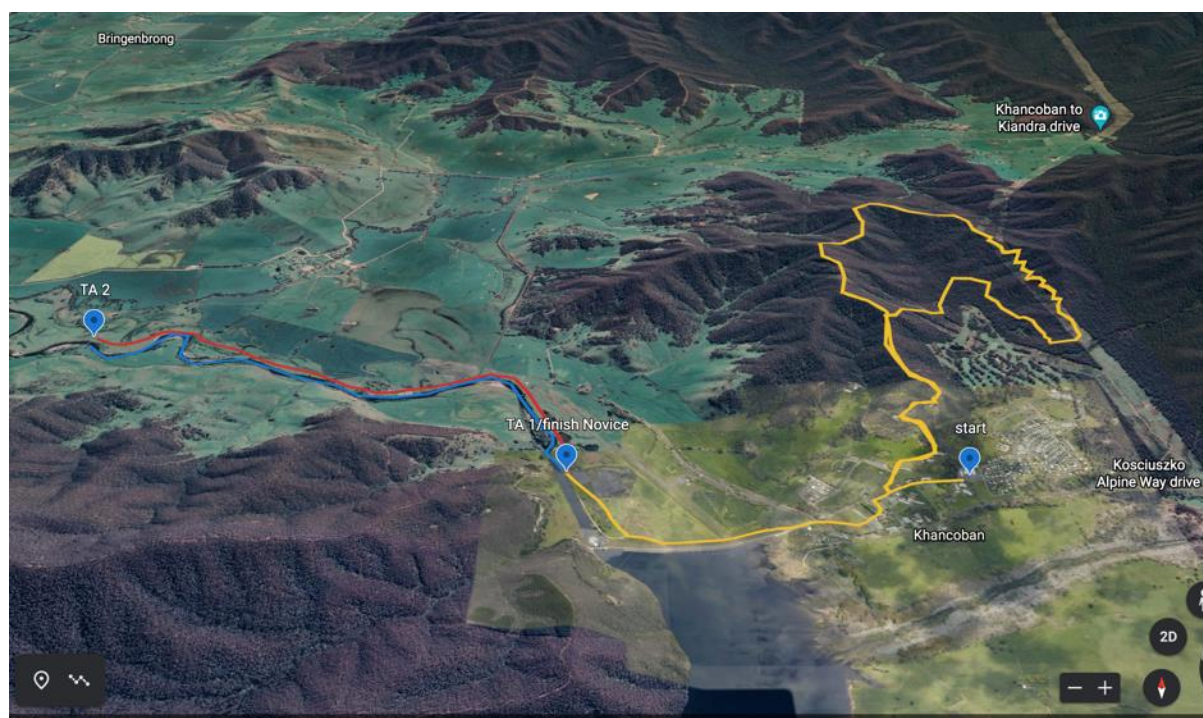
RACE START AND REGISTRATION

Participants line up under the arch. It's self-seeded race. Please use a common sense and place yourself accordingly. Novice and Classic course start together. Due to social distancing rules not being practical at the start line we recommend wearing masks for the start.



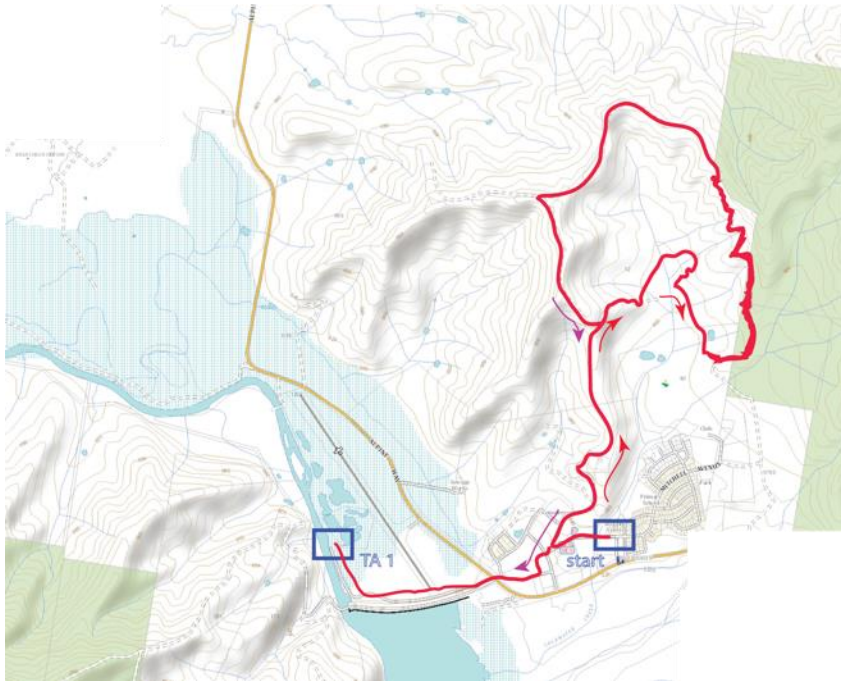
RACE COURSE NOVICE

The Novice course is a new addition to Upper Murray Challenge program. The course starts at Mitchell street, Khancoban, and the finish is near the river below the dam wall. The course is suitable for the beginner competitors and those who prefer a shorter distance.



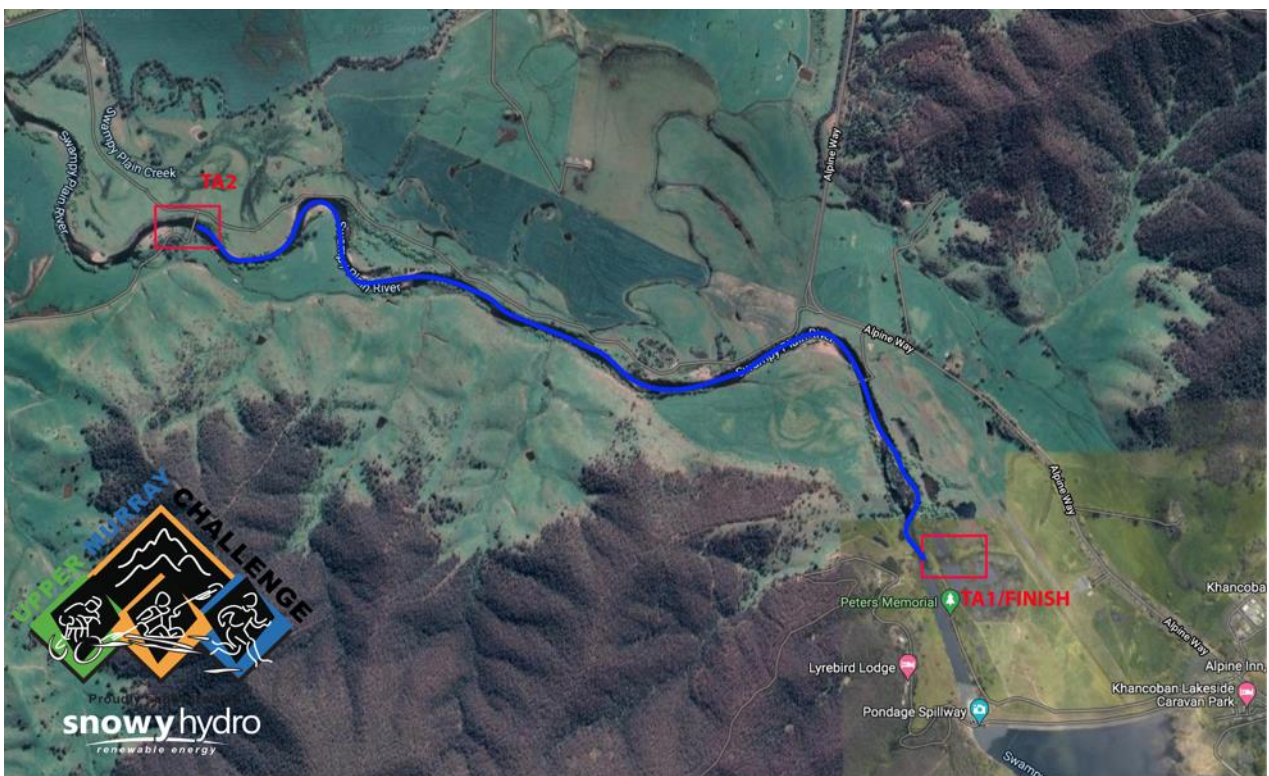
LEG 1 MTB

Participants start together with Classic course. First section of the MTB distance Classic and Novice racers follow the same course. At the top of Cloudseeder uphill there is an intersection where the Classic course teams will turn off to the single track while the Novice course teams will follow the second lap of Classic course team. There will be a sign "Novice course" and "Classic course lap 1", "Classic course lap 2". Be extra careful at the downhill section, especially in the wet weather. After returning back to the town participants cross the Alpine way, ride along the Dam wall and turn towards transition area.



LEG 2 PADDLE

The paddle course consists of the most exciting and challenging upper section of the river. Participants navigate through the rapids grade 1+ before arriving to the Transition area located next to the second bridge.





LEG 3 RUN

The Run leg follows the river back to the start of the paddle/finish of the Novice race. The surface is rough 4wd trails and some paddock section. It's a challenging terrain for road runners, choose your shoes wisely.



RACE COURSE CLASSIC

The race starts with mountain bike leg, competitors cycle 28 km over hilly forest trails, and some open paddocks in and around Khancoban township.

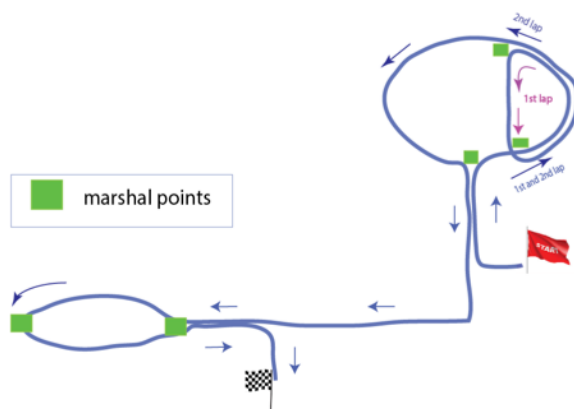
The second leg is a paddling leg, from the transition, competitors paddle down the swift-flowing Swampy Plains River with rapids up to grade 1+ for 11km to its confluence with the Murray River. From there they continue for another 15 km to the transition at Towong Bridge.

The final leg is a trail run. Runners head south along Towong Hill road for approximately 7kms to the Murray Valley Highway. This is a gently undulating dirt road, then some flat off-

road section along paddock and a gruelling climb to the Mount Elliot Ridge track with a 500 meters gain over 3 km to the summit, then undulating track and paddock descending to Thowgla valley and the road to the finish at Corryong town centre.



LEG 1 MTB



The course is fully marked. No navigation is required in any parts of the course, but you should have a general idea of the course direction. If you have not done the race before please check the mtb course video to get an idea of course flow.

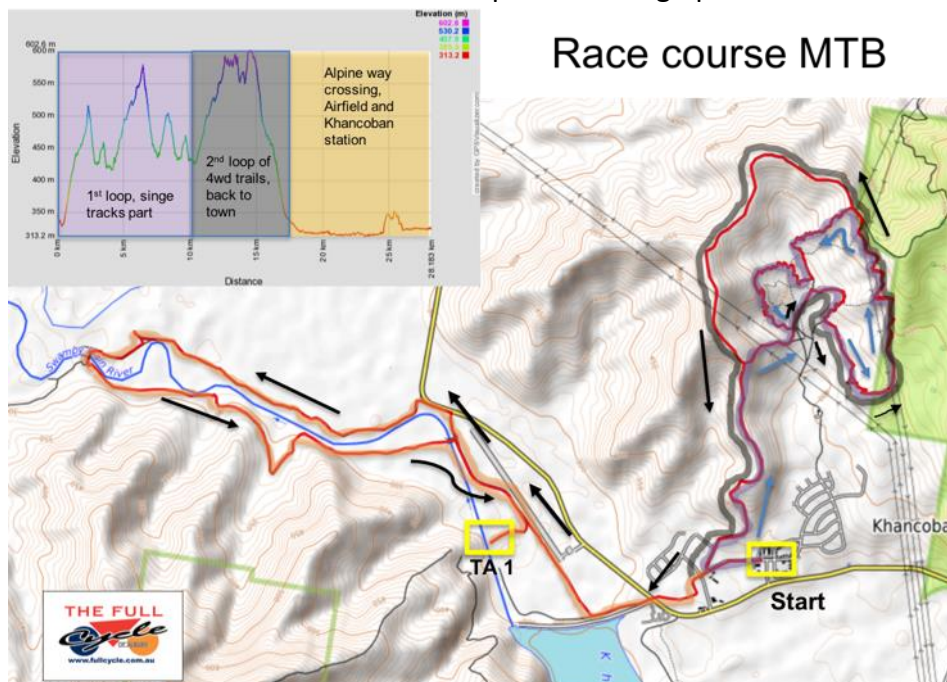
<https://youtu.be/hcXAU2PvuRE>

From the start competitors follow residential streets onto a section of forest trail that leads onto a hilly 6,5km loop on 4wd tracks and single tracks above the town.

Instead of heading back, competitors will complete **another larger (10km) loop** with less single track and more of 4wd tracks (and climbing again).

The route then returns to the town, **crosses the Alpine Way** near the dam wall after 18 km of hard work.

Follow the flat dirt track for the full length of the airstrip before entering Khancoban Station. The route follows internal farm tracks as it passes through prime cattle country.



Section 1 (blue arrows):
From the start to the end of first loop. Pay attention that you will be turning off 4wd trail to single tracks section and then joining the same 4wd trail. This is called loop 1.

Section 2 (black arrows):
You are on the same 4wd trail, more climbing and downhill back to town following the same trail. Do not turn to the first loop again!

Section 3 (black arrows):
Once you crossed Alpine Way there is one place to pay extra attention - where turn off to the TA is. First time you ride pass it, cross the river, ride "back" and then cross the river again and turn to TA

LEG 2 PADDLE

From the transition, competitors paddle down the swift-flowing Swampy Plains River for 11 km, to its confluence with the infant Murray River. The characteristics of the Swampy Plains River change significantly depending on the volume of flow. At high levels (which is normal in spring) there are 0.5m high standing waves in places and a couple of tricky 'chutes' to negotiate. From the confluence competitors continue for another 15 km to the transition at Towong Bridge. The whole paddle is not usually suited to craft with an understern rudders. Kayaks and other craft, including K1, skis (Endorphinn etc), sea kayaks and Down River Racers, with trailing rudder, are recommended.

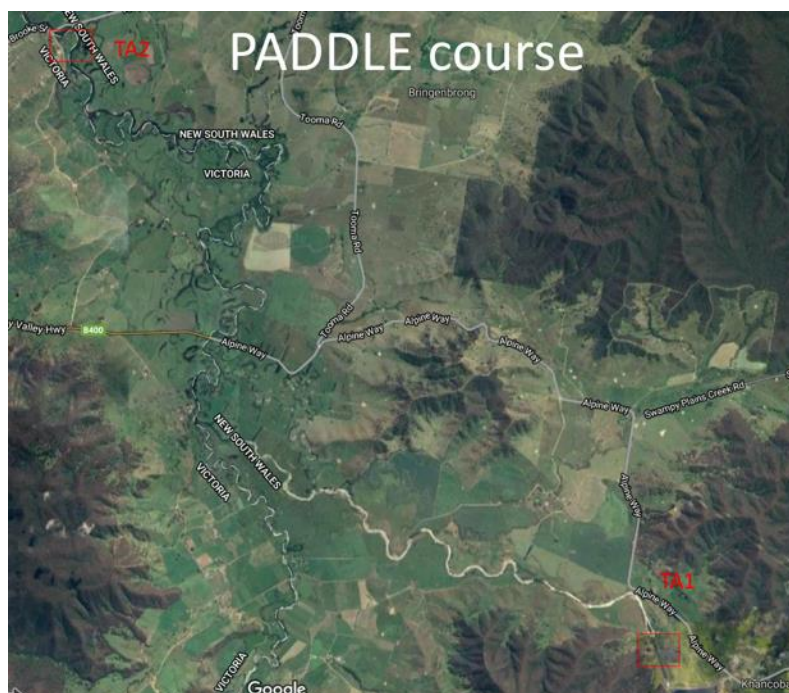
Total distance is 27 km and will take between 90 and 150 minutes to complete. Make sure your compulsory equipment is with you as per Equipment list.

If you fall in, you will get cold very quickly and due to limited access, it might take us a while to rescue you. Your mobile phone and tracker should be on you (in PFD), not in the boat.

There will be safety on major rapids, however, you should be self-sufficient, practice dismount and choose a right boat.

Video fly over

<https://youtu.be/hVLLDoN3szo>



LEG 3 RUN

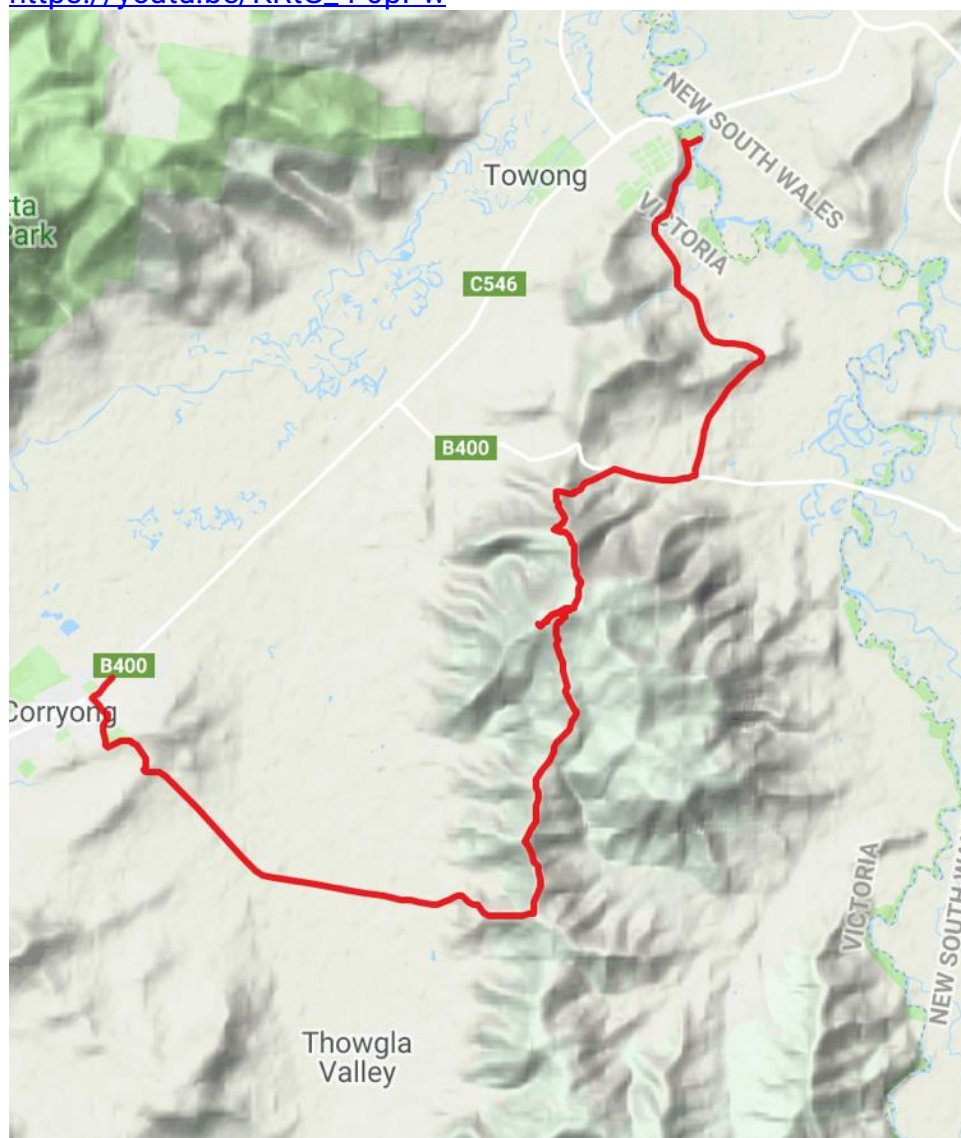
Runners follow a gently undulating dirt road for 7 km (that offers outstanding views over the Murray River flats towards the Main Range), cross the highway before a grueling and at times very steep climb, gaining 500m to the summit of Mt Elliott.

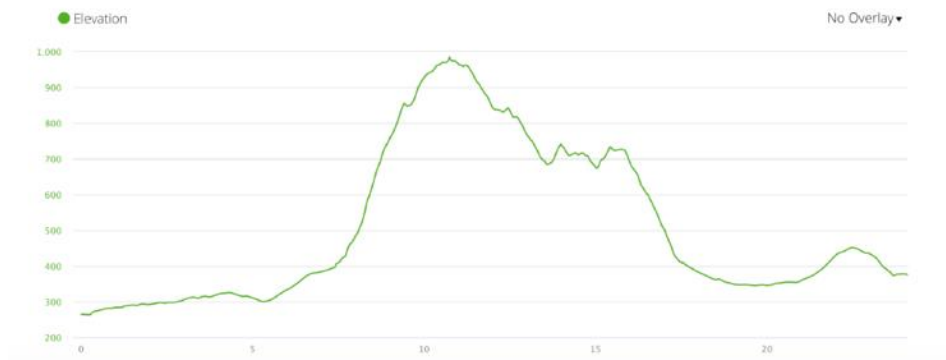
The climb is a complete off-road section and appropriate shoes are recommended.

Then you follow the undulating Mt Elliott Ridge 4WD Track until descending into Thowgla valley and then through farmland and later roads to the finish at the main street in Corryong.

Course flyover:

https://youtu.be/KRtG_4-0pPw





COURSE MARKING

The course is fully marked, and no navigation is required in any part of the course. River is not marked.

The general rule we follow during the course marking is placement of marker every 250 meters, if you run/ride and do not see a marker for 500 meters you are in the wrong place and should go back. Sections with tricky navigation are marked more frequently. Intersections are marked with arrows and banting. Straight sections are marked with pink ribbon.

The sections where Novice run course interferes with Classic mtb course will be clearly marked with "Runner" /"Rider" signage.



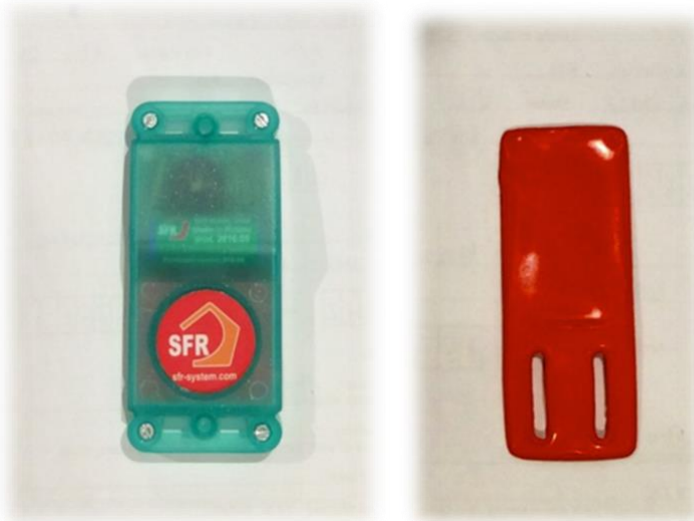
UPPERMURRAYCHALLENGE.COM.AU

RACE INFORMATION
20 NOVEMBER 2021



RACE TIMING

- Each relay team and solo participants will be provided with one timing chip which has to be carried during every leg of the course.
- It will be shown during registration and you can practice how to do it.
- AR DUO will be provided with 2 timing chips.
- Timing stations are located on stands
- Timing tag must be attached to the wrist or carried on a lace.
- Timing is contactless. Swipe your timing tag past timing point
- Each TA has in/ out stands
- Must check in at finish station
- A station will flick and beep, which means the time is recorded.
- Make sure you hand over your timing stick at the finish line.





TRANSITION AREA 1/FINISH OF NOVICE COURSE

-36.215213, 148.106844





TRANSITION AREA 2 NOVICE COURSE (END OF THE PADDLE)

-36.20256032418981, 148.07406458348922

Support crews are not allowed to the Transition area during the race due to limited access.



TRANSITION AREA 2 CLASSIC COURSE (END OF THE PADDLE)

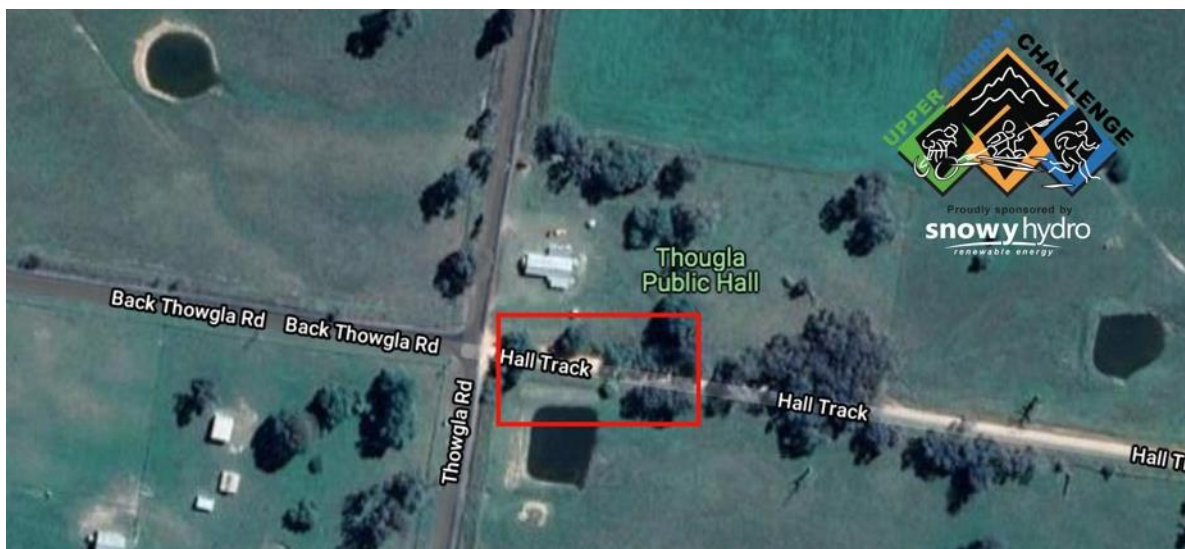
-36.125146028323364, 148.00064179395946

Please park on the road and drive only to pick up boats. Participants are running on the same road.



THOUGLA HALL (CLASSIC COURSE) – END OF OFF-ROAD RUNNING SECTION

-36.21873652322015, 147.94754051125753





FINISH LINE CLASSIC COURSE CORYYONG

Opposite Corryong college

-36.192851782535726, 147.90988766107222



COVID SAFETY

- Please stay home if you're unwell.
- Register with QR code provided at the registration.
- Follow social distance rules.
- It's Government requirements that participants have to be double vaccinated to attend events.
- Practice good hygiene use hand-sanitisers whenever possible
- Consider wearing a mask at the start line as physical distancing will not be practical.



- If you're travelling from interstate you need to get registered with Service Victoria. Currently all Australia is declared a green zone. However, you still need to get a permit, it takes 5 min to register.
If you're from cross-border community, you do not need a permit.

List of cross-border communities:

www.coronavirus.vic.gov.au/information-cross-border-communities

<https://www.service.vic.gov.au/services/border-permit/home>

PRESENTATION

There will be a presentation held at the finish line of Classic course in Corryong at 4 PM. If Classic course category placers do not finish by then they will be receiving their certificates at the finish line.

The Solo Female and Male Classic course winners receive \$500 cash prizes. All other winners receive trophies and \$AJ vouchers which can be used towards entries to Baw Baw Extreme Championship race.

RESULTS AND PHOTOS

Results will be published on the event website uppermurraychallenge.com.au in and photos will be available on the Facebook page.

The previous edition results are here <https://uppermurraychallenge.com.au/race-information/results/results-2019>

ADDITIONAL NOTES

- Be prepared for all weather conditions. As far as there is no severe weather warnings the race goes ahead.
- This is the long and gruelling event, start race well hydrated and do not forget to have a nutrition plan. Even if it is cold fluids are essential.



- Tape your ankles if you are susceptible to twists and strains, there are some serious off – road rocky sections.
- Plan your morning and do not forget breakfast. For last minute caffeine kick Pickled Parrot will be open from 7 AM.
- If you are racing AR Duo category do not forget to prepare your boat: place your team sticker and other gear. Steering is working only if pedals are adjusted to appropriate length.
- Race hard but smart. It is all about fun first of all.

THANK YOU, RACE SPONSORS, LAND OWNERS

The race course goes through multiple private properties.

We would like to thank David Yule, Charlie Finlay, Tony Lebner and Ian Lloyd, Bertie Butler-Khancoban Station, Khancoban country club.

The event is generously supported by Full Cycle Albury, Towong Shire Council and Snowy Valley council.

Snowy Hydro is the main sponsor of the event and without their support the race would not be possible.



Albury Wodonga Amateur Radio Club

ADVENTURE CUP



ADVENTURE CUP SERIES

The Upper Murray Challenge is a first race in 2021-2022 Adventure Cup Series.

The Adventure Cup is Australian Multisport Series consisting of three stand-alone races.

2021-2022 season

- **Upper Murray Challenge**
uppermurraychallenge.com.au
- **Grampians Challenge**
grampianschallenge.com.au
- **Baw Baw Extreme**
bawbawextreme.com.au

Each course is unique however the main disciplines are trail running, mountain biking and paddling. Although leg distance and order differ in each event, all courses are set with no navigation involved.

After each race the finishers receive points which then added up together and ranking is calculated. Only Classic course participants qualify for Adventure Cup points.

The 2019-2021 Adventure Cup winners are Liz Dornom and Josh Roy.

Will you put your name down for the 2021-2022 Series?



**36 HOUR EXPEDITION
RACE IN THE HEART
OF EAST GIPPSLAND**



WANT EVEN MORE

ARE YOU TOUGH ENOUGH?

Half and Full courses,
Registration is open for
teams of four



26-28 November 2021

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