







# COURSE NOTES




3 HOUR

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LEG 1		11km		BIKE CLUMBER	
	POINTS <b>520</b>		1	<ul style="list-style-type: none"><li>Teams to collect minimum of 1 checkpoint (CP) for this leg.</li><li>CP's may be collected on foot if teams prefer not to ride but the bike LEG 1 must be treated as a separate leg with teams transitioning at HQ prior to undertaking LEG 2 or LEG 3.</li><li>Australian Standards approved helmet must be worn at all times on bikes.</li><li>Gates on properties, please leave them as you found them, teams have permission to climb over steel gates at hinge end.</li><li><b>CAUTION:</b> Public roads, road rules apply.</li><li><b>TRANSITION:</b> HQ - Punch at HQ on completion of this leg.</li></ul>	
			36 - 43		
• Event starts at 9am <b>SHARP</b>					

LEG 2		14km		TREK CLUMBER	
	POINTS <b>460</b>		1	<ul style="list-style-type: none"><li>Teams to collect minimum of 1 checkpoint (CP) for this leg.</li><li>Gates on properties, please leave them as you found them, teams have permission to climb over steel gates at hinge end.</li><li>Minimize crossing any barb wire fences.</li><li><b>CAUTION:</b> Livestock in all paddocks.</li><li><b>TRANSITION:</b> HQ - Punch at HQ on completion of this leg.</li></ul>	
			11 - 17 49		
• Water available at HQ					

LEG 3		3km		PADDLE LAKE MOOGERAH	
	POINTS <b>60</b>		1	<ul style="list-style-type: none"><li>Teams to collect minimum of 1 checkpoint (CP) for this leg.</li><li>Team members must wear an Australian Standards approved PFD at all times when on the water.</li><li><b>FIRST RESPONSE:</b> Wave paddles vertically to attract attention. Use mobile phone in emergency.</li><li>Kayaks can only be landed at CP locations. No portages are permitted.</li><li>Boat traffic travels generally in an anti-clockwise direction on lake.</li><li><b>CAUTION:</b> Other powered boat traffic on lake.</li><li><b>TRANSITION:</b> HQ - Take kayaks to area as directed and punch at HQ on completion of this leg.</li></ul>	
			1 - 3		
• Water available at HQ					