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## **The race report (Rogue 24 hour adventure race)**

Posted on April 30, 2013 by Sit Down Mummy

I discussed in a prior blog post [‘What you waiting for?’](#) the 24 hour adventure race my friend E and I were about to embark on. Well, we are back, without too many injuries, and here my friends, is the race report.

As outlined in the prior post, the Rogue Adventure Race was an unsupported 24 hour race of long distance cross-country navigation, using a compass. The event included mountain bike (MTB), trail running and paddling legs, and we had to carry all our gear with us (including food and water).

This post could be all about times, speeds, points, and placings. But that’s not my style. If it is your style you could always check out the [race website](#). Our team was TEAM CHOO CHOO. The race organisers really excelled with the race tracking IMO, as our loved ones at home were able to follow us online throughout the race using supplied GPS trackers (a mandatory item in the bottom of our packs)\*. These GPS systems also had an emergency SOS button on them, that E and I considered pressing at 11:35pm when it looked like we were about to become leading actors in the next Wolf Creek movie (in our minds anyway), but that is another story for another blog post. (I will see if I can talk E into writing it, as an ex-cop E handled the situation way better than I, who just wanted to lie down like a stick in the long grass and cry and wait for daylight while chanting “mumma”).

This post instead is about the fun/crazy things that happened along the way. E and I always have a laugh when we are together, and spending 2 whole days together (1 day racing, 1 day getting to and from the location) meant for lots of abdominal workouts and crazy jokes.

### **PRE RACE**

We raced around like tools the couple of days before the race getting all the gear ready. There are a lot of things you need to take for an unsupported 24hr race.

Luckily hubby is an old-school adventure racer so most of what we needed was pilfered from his gear room (aka messy fecking garage). We also ordered some last minute essentials from local adventure racing company [Area 51](#). Greg the owner was also racing and is the most helpful man on the planet. Check out their [website](#) – a great local business.

I got my bake on and did some cooking prior to the race for food to take out on course. I hate all the shop racing food (gus and power bars make me vom) so cooked up some treats. I will do a separate post on endurance race nutrition with recipes etc.

Fri arv we loaded up the ute. First challenge completed – getting all the gear to fit in the car. High five.

We drove out to the location of the race headquarters, Imbil, a small town about an hours drive from our place, and thanks to the OzTent on loan from E's partner, had a bed set up in 10 minutes. Those tents are the bomb. Totally want one.

We chatted with some of the campers at the camp ground who offered to make us hot cups of coffee if we happened to race back past them in the coming day. Lovely lovely generous strangers.

Don't tell anyone about this next bit, but we then fired up YouTube and watched some videos on using compasses for reading maps. Given that the race required intermediate compass and map experience, we turned the volume down low and hoped no-one could hear the videos haha. We had a team of Korean pro-adventure racers camping next to us and we were waiting for someone to pop their head into our tent and say "no, girls, if you are Youtubing how to use a compass at this late stage, then this race is not for you".

## **PRE RACE**

The morning of the race we had some cereal and bananas for breakfast and dropped our MTBs (mountain bikes) and a plastic tub of gear out at a designated point and then headed over to race HQ about a 30 min drive away.

[Spend your money on bike gear instead of Tupperware!]

We got our maps and were given 2 hours to prep for the race and plan our course on the maps. There were 3 maps in total that we had to work on and plan 4 different discipline legs on.

We raced the clock trying to get as much course prep done as we could manage, but really only made it through the first map, before contacting them all and getting our clothes on and packs ready for race start. Have you ever tried to contact things in a rush. Talk about a fecking mess. It was bubble city. We then headed down for the race briefing where we were given a few more 'clues' about the course.

## **GO!**

### **LEG 1 – PADDLE**

44 teams headed off. We had to run to the first check point (CP) before getting out the big plastic canoes and paddling down the river to get the next 9 CPs. This was so much fun as there were mini rapids and obstacles all the way down the river. It was so beautiful (apart from a couple of dead animals we had to navigate around).

At one point we had to leave the canoes and head off on foot to grab a couple of CPs. We made a mistake here and started following other teams and lost our location on our maps – and got a bit lost. It is here we lost our water proof camera (more on that later). We tramped around the bush and rivers for awhile before finding our way back to the main river an hour and a half later, and hopped back on the canoes and headed back on course. It was here we paddled along with one of the other girls teams for awhile which was fun. Because we had not done much rapid paddling we spent some of the paddle going backwards down the river, which was kind of fun too.

All up it was a 20km+ river paddle with the foot trek on top of that. We managed to get all but one CPs along this leg, with the last CP right on dark just before 6pm, climbing up a rock face to get the point. It was beautiful and took our breath away. Just before we finished this leg we saw a couple of platypi which was all kinds of awesome.

We then headed in to the transition point where we had to lift the heavy canoes into the truck (fecking ouch!) and get our bikes ready for the next leg. It was dark by this stage and we switched on our Ayup lights on both our helmets and bikes.

## **LEG 2 – MTB**

It was starting to get pretty cold by this stage so we rugged up in thermals and Goretex jackets and headed off on the bikes. We made a decision to go for the CPs the furthest away, as we wanted some good navigation practice and there was a bit more dirt road this direction rather than just grass trails (which can be difficult to spot in the dark). Our plan was to try to clear all the CPs on the northern side of the river and then check the time before either heading back to HQ or attempting some CPs on the southern side of the river. As a result of this decision, we went hours without seeing a single other competitor. This was empowering but also fecking scary as shiz at the same time. We found the first couple of MTB CPs and started to get some confidence up and a bit of a hang of the MTB navigation. We both had maps on mapboards (which is not usual in races), so we both shared responsibility for the navigation, and as a result both learnt a lot. At one point we had to cross a river that had the bridge washed away, and practiced our tight rope walking skills to get us and our bikes over to the other side. Total Indiana Jones style.

We had a scary Wolf Creek incident around 11:30pm just before heading towards the Forest, where a ute seemed to be driving back and forth stalking us a bit. So we actually turned all our lights off for about 15 minutes and rode in the dark. Luckily it was a big bright moon so we could still see our way. Let's just say we were very happy to reach the forest and head onto some skinny grass trails away from where cars could get to.

In the forest we navigated to another couple of CPs and hit all the ones we aimed for. We were ecstatic when we ran into 2 guys from the race at CP13 and worked with them to find that one before waving goodbye and heading off in different directions again just after midnight. I think that is what I loved about this race the most, that teams could get the CPs in any order, so everyone was on a different course and it wasn't just a follow the leader (and trodden grass path) that some of the races are like.

We then turned and rode back to the river picking up another 3 CPs along the way. We met some fun guys at CP16 and they helped us locate that one which was a bit difficult to find in the dark (it was hidden 80m out in the scrub from the closest bike drop point). We got back to the river (and to a water refill station) about 1:30am. It was here we realised we were really close to where we had lost the camera earlier in the day, so made a decision to leave our bikes, jump a fence and head off on foot to find the camera. We trekked for about 10 minutes and then up ahead saw eyes peering at us through our lights. After pooping ourselves (remembering the Wolf

Creek incident not many hours prior), we realised they were cows and pulled ourselves together and headed on. We walked on a bit further and then saw another couple of sets of eyes peering at us about 5 metres away. Cow, cow, cow, cow, big horns..... feck its a big fecking bull! We both turned and bolted as fast as we could back along the trail and back over the fence. I am not a fast runner (my rolling along jogging pace is 5:50 and my sprinting pace is high 4:50s), but E swears we were clocking along at 3:00 pace. I don't even remember climbing back over the fence. Feck. Heart was a pumping and we collapsed in a fit of nervous giggles on the safe side of the fence. It was at that point we decided that the camera was dead to us. lolz. At least the incident had woken us up a bit and given us some extra excitement to stay awake at 2am.

We kept going on the MTB course and went and picked up 4 CPs on the southern side of the river. One of them was up a huge hill that went up and up and up and up and our legs were screaming after about 20 minutes of up. It was shortly after this we decided to call an end to leg 2 and head back to HQ, getting back shortly after 3am.

### **LEG 3 – TREK**

We went back to our tent and had a full change of clothes to try to get warm and sat and ate to try to revive a bit. We didn't dare lay our heads on our pillows as that would have been the end of the race for us. We got out the maps for legs 3 and 4, and decided that a lot of the trekking was a bit too advanced for our skills (a lot of it was bush bashing up large mountains with not many identifiable points to take compass bearings from). We instead decided to go for one trek CP that was up a big mountain (but on a trail), and then come back to HQ and prep for the final paddle leg (we both have paddling backgrounds so were kind of looking forward to this leg).

| We headed off after 4am and located the trail and headed up the ~~big~~ huge mountain. It went up and up and up and then up some more. It got to the the point where we could not walk up anymore, so we put our full-finger MTB gloves back on and scrambled up the mountain on our hands and knees. It was hard work and character building to say the least. I am not sure how long it took us to get up the mountain, but as we reached the peak and located the CP in the scrub at the end of the trail, the sun had started to peek through the clouds and we were treated to the most magical view looking across the mountain tops, seeing the tallest of tree tops poke through the mist and streams of light fight the dark night. The sight was all kinds of rad and filled our hearts.

What goes up must also come down, so we then turned and attempted to head back down the mountain. Easier said than done. It was way too steep to walk down so we got down on our bums and hands and feet and slid down the rocky dusty trail like kids sliding down a slippery slide (a very rocky slippery slide). It was hard and I had a big fall here onto my wrist but slowly we made it back down the mother fecking mountain, back to HQ. Time wise, it was a long time to spend just to get a 60 point CP (we were chasing it for over an hour), but it was just the thing the both of us needed to pull us out of our sleep monster 4am funk.

## **LEG 4 – PADDLE**

The final leg in the race was a paddle, but different to the first paddle which followed a river system, this was a paddle on a big open lake. We jogged down the the start (ok yeah well we walked!), got the heavy canoes out of the truck, carried them down the boat ramp, took a compass bearing to where we thought the first CP would be and paddled off. We quickly found 3 CPs by following the lake edge on the north side and then headed out to the middle of the lake to find the 100 point CP (clue: dead tree). This was heaps of fun as we cruised through a dead tree graveyard in the middle of the lake to locate it. The bird life on the lake was amazing and we saw at least 10 different types of birds.

At this stage our injuries (from my trek fall and E's MTB stack earlier in the night) started hurting like a mofo, so although we still had another 3 hours of race time available to us (and another 300+ points of CPs able to be found on the lake), we made a decision to head back to the boat ramp and back to HQ. We paddled over to the other side of the lake, and got another couple of CPs on the way back home and headed back to HQ. We finished the race just after the 21 hour mark, tired, sore, but happy. Here is a post-race selfie we took with Es phone on getting back.

## **POST RACE**

Tired and hungry we took 59 attempts to load all the gear back into the ute. That shiz would just not fit back in (I think because our brains had stopped working by that point – we were flat out stringing 2 words together). We didn't stay for presentations as we wanted to head back home asap.

Overall, it was the most amazing thing I have ever done in sport. It was so challenging physically and mentally and I would not have dreamt I could do half the things E and I accomplished in the race. We just had so much fun, I sit here laughing and snorting out loud remembering and I will be smiling my face off for the rest of the year thinking about our little adventure. E was the most amazing race partner and I love her long time.

Massive props to the race organisers Rogue Adventure. It was a beauty of a race, and so well run. Both E and I feel so lucky to have been able to participate in their amazing race.

Also an extra special thanks to two very inspiring ladies, the Aunties from [TriAdventure](#). It is these two ladies who planted the seeds in E and my heads that yes we can do this. We can get out there and give these amazing races a go. If you live in Qld and are interested in trying adventure racing, you should look these ladies up at [TriAdventure](#). They run weekend courses (sometimes for girls only) that will introduce you to all the skills required. Thank you Jan and Kim for all the love. Xxx

\* Yes it did cross my mind quite a few times in the race that hubby might be sitting at home on the computer, watching our 'dot' and thinking "why the fug would they be going that way?". lolz. He totally was.

## 13 Responses to *The race report (Rogue 24 hour adventure race)*



1. [Sarah @ Slapdash Mama](#) says:

April 30, 2013 at 5:50 am

You are amazing.

[Reply](#)



- o [Sit Down Mummy](#) says:

May 5, 2013 at 11:16 am

if you ever have the inclination to do one of these Sarah I would totally be on a team with you xx

[Reply](#)



2. [Have a laugh on me](#) says:

April 30, 2013 at 7:51 pm

Couldn't agree more with Sarah, legend!

[Reply](#)



- o [Sit Down Mummy](#) says:

May 5, 2013 at 11:16 am

I can picture you doing these races Em. Seriously.

[Reply](#)



- [Have a laugh on me](#) says:

May 5, 2013 at 11:32 am

You know I do have the determination and stubbornness – I just need the motivation and fitness x



3. [Scott Sawyer](#) says:

May 1, 2013 at 2:24 am

Great report. We were the team camped just in front of you girls. I am sure we bumped into you two repeatedly on kayak 1, shared some directions on the mid paddle trek and appreciated your offer for kayak seat cushions for the last stage. You were both smiling the whole way and looked like you were really enjoying it.

Cheers

Scott

[Reply](#)

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o **Sit Down Mummy** says:

May 5, 2013 at 11:18 am

Hey Scott yes totally remember you guys. You guys totally helped us out when we were lost (after CP5) and I think we rammed you a few times on the ski leg (I think we rammed almost everyone – woops!).

Great race hey. How did you guys pull up? 😊

[Reply](#)



▪ **Scott Sawyer** says:

May 6, 2013 at 12:50 am

We had a blast. It was my team mates first Adventure Race or Rogaine. He had walked the Kokoda Trail and completed Oxfam Trailwalker 100 km last year so our per race thought was the Rogaine format would allow us to select shorter route options for kayak and MTB whilst focusing on his trekking strength. Ha ha, Liam's 20 km kayak on leg 1 put an end to that idea.

With our focus being fun we even stopped at the Imbil Pub for dinner before the MTB. By the time we returned to HQ for trekking T was exhausted. (no kayak training and only 3 rides on his new MTB beforehand). We headed up that massively steep hill and grabbed the checkpoints south of HQ where you slid back down. Near the top we also had a cow experience. The only way forward in the scrub was through a small herd of cows. I couldn't take my eyes of the bull's long horns and tried to keep a tree between us and the unsettled bull as much as possible. I didn't sign up for a Pamplona running with the bulls experience at 2am.

We saw you again after we had caught some sleep before heading out on that last kayak.

I am still smiling about it. It was a fantastic experience.

Well done for you two winning the all female division. Very impressive.

Cheers

Scott

4. Pingback: [Rogue24 Wrap Up | Rogue Adventure](#)



5. [AndrewGills](#) says:

May 1, 2013 at 6:52 am

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Great RR. Sounds like you had a fantastic time out there. Am a fellow local adventure racer so am going to follow your blog 😊

[Reply](#)

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- o [Sit Down Mummy](#) says:

May 5, 2013 at 11:18 am

Thanks Andrew – see you out there 😊

[Reply](#)

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6. [Andrew Paszkowski](#) says:

May 6, 2013 at 10:55 am

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Well done ladies. Sounds like you had a great time. Please share it with anyone who hasn't tried an AR (though it's kind of hard to describe how much fun it is climbing through lantana and coming across a herd of cows at 2am to someone who hasn't done it). Hope to see you at an AR in the future. Andrew P – part of team isodopes

[Reply](#)

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7. [mummawoosah](#) says:

May 8, 2013 at 1:37 pm

I am in awe!! Yep, legend, amazing, the words have been said but Ill say them again. I freak out at anything outdoorsy! (my poor boys 😊)

[Reply](#)