

## Race Report Northern Rivers 4 Hour Sprint Race

The MOJO Crew have been racing together for a number of years now and between us we have gained a wealth of experience. This weekend we raced the Northern Rivers Raid which is one of the awesome Raid events on the QRA calendar using a multisport format. (The MOJO Raid on the 19th of August still has 6 hour spots available..just sayin..)

After pulling off a win in our category in the 4 hour event we wanted to give you a (tongue in cheek) glimpse into the MOJO guide to how to do a multisport Rogaine...

1. Sign up well before the race.. give yourself and your team mate at least 5 days notice. Message your team mate and say "those pics of the Northern Rivers look awesome and we could still enter... just sayin"
2. Do a major 30 hour race about 3 weeks before so at least one of your team is still technically recovering and whose body will tell her many times during the event it dislikes her doing this again!
3. Wake up at 3am to drive 5 hours to Brooms head and back in one day.
4. Bust the seatpost on your bike before the event and hope like crazy it's not going to slide down during the event making you look like a clown rider.
5. When marking up maps don't put any marks on the paper but agree to wing it and make it up. Then spend the rest of map prep time searching for whales breaching in the distance.
6. Make sure at least one of your team has never actually done a multisport Rogaine - it adds to the fun!
7. Be sure to take nothing much in your pack. Take your pack minimalism to the extreme. I had water first aid and 4 gels. E had not much more than me.
8. Start at the back of the pack and always be the last people to leave the HQ..that way you know everyone is ahead of you to chase down!
9. Make sure at least one of the team has an injury that means you may need to pull out at anytime. Particularly one that will impact on the strongest leg your team can do.
10. Always spend the most time on your strongest leg (paddling for us) but be sure to break your rudder just for a bit of fun at the end of the leg so you have to make your injured team mate paddle harder and do running rudder repairs.
11. Take lots of photos to enjoy the moment! (Really truly do this!)
12. Make your team mate who is not a sprinter and who is recovering from her big race run heaps of the last leg to get more points after 4 hours of fast racing..
13. Choose a team mate who pushes you a bit encourages you and who you can spend most of the event cracking jokes with and laughing at their impressions of people to distract you from the task at hand.
14. Drive 5 hours home (via the light houses of course) with big smiles on your faces after the most excellent day out!!

Well there it is folks. The MOJO guide on how to race!

Thank you to Michelle and Grant and their crew for the awesome event and thanks to QRA for allowing us to run the Raid Series!

We hope that you are inspired to come out and play next time!

Jo

