



EVENT GUIDE

The Local Organising Committee and Fully Rad Adventures welcomes you to the Gloucester Mountain Man Tri Challenge - a multisport adventure with a difference. We're seriously excited to have you join us for one of Australia's great grassroots adventure events. A special shout-out to those coming back for another crack at the Mountain Man, and an equally big welcome to those lining up for the first time.

Born in 1991, this event has always been a little different. Mountain Bike. Paddle. Trail Run modelled on a triathlon but designed to capture a local feel and adventure. Three disciplines, one spectacular course and an adventure through some of the best country the Gloucester region has to offer.

Right off the bat, you should know that you're going to get exactly what you signed up for - a proper adventure. You'll ride across country, swap two wheels for a kayak on the Barrington River, navigating rapids and flowing river, then finish on foot with a trail run through fields and paddocks. Along the way you'll be challenged, probably get a little dirty, discover some beautiful places and almost certainly have moments where you wonder why you thought this was such a good idea. That's part of it. This is what you signed up for, right!?

The Gloucester Tri Challenge isn't about polished roads, perfect conditions or chasing a traditional triathlon experience. It's about adventure, challenge and having a crack. It's about getting outside, stepping beyond your comfort zone and discovering what you're capable of. It's about mates, stories, community and that unbeatable feeling of crossing the finish line knowing you earned it. Most of all, it's about showcasing this incredible part of NSW - the trails, farmland, river and rugged landscape that make Gloucester such a brilliant natural adventure playground.

You'll ride. You'll paddle. You'll run. You'll explore some incredible country, test yourself across three very different disciplines and hopefully redefine what you thought was possible.

Welcome to the Gloucester Mountain Man Tri Challenge - adventure awaits.

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the Worimi and Biripi people, Traditional Custodians of the land on which we will gather and move through on race day and pay respects to their Elders past and present. We extend that respect to Aboriginal and Torres Strait Islander peoples that are present on race day.

SCHEDULE

Saturday 12 September

- 2pm till 5pm Pre-Race check in
@ RACEHQ – Gloucester Recreation Centre
<https://maps.app.goo.gl/MYDCJiYKU92G1Q8y6>
- 4pm TA1 close
Kayak drop off area Rocky Crossing – before 4pm
<https://maps.app.goo.gl/iLkLrbgvW1tHpRfWA>
- 5:30pm **Pre-Race Briefing** @RACEHQ
Not compulsory – but we'd love to have you there ☺
- 6pm **Carbo Dinner** @RACEHQ
All competitors get a free ticket.
Extra tickets can be purchased at check in.
Adults \$30 and children over 5 to 15yrs \$15

Sunday 13 September

RACE DAY

- 6.30am RaceHQ OPEN
Race numbering
- 8am **START**
- 10:30am MTNB Leg Close
- 12noon KAYAK Leg Close
- 2pm Presentations

RaceHQ

RaceHQ is Gloucester Recreation Centre and the finish line is Bert Gallagher Football Ground, Boundary St, Gloucester – right beside the Rec Centre. There is plenty of parking around HQ however please note that it will get busy in the morning. When parking make sure you do not block any local driveways or roadways. There are toilets, and shops are nearby.

RACE INFORMATION

CHECK IN, BRIEFING, CARBO DINNER & LATE ENTRY

The Check-In will be at RaceHQ on Saturday 12 September from 2pm until 5pm. There will be a 20min pre-race briefing at 5:30pm – this is a good chance to get those last-minute questions answered. The carbo dinner starts at 6pm – all participants get a ticket – you can buy more. We will accept late entry on Saturday only – no late entry on race day.

GEAR CHECKS

We will not be conducting gear checks at Check-In. It is your responsibility to ensure you have your mandatory gear with you at all times – it is there for your safety. Please refer to the mandatory gear list at the end of these notes.

START LINE

The race starts on Boundary St, 2.5km from RaceHQ - here

<https://maps.app.goo.gl/BbAQ8hNWqHDFrwJp9> - on the morning look for the flag.

FINISH LINE

The finish line is Bert Gallagher Football Ground, Boundary St, Gloucester – right beside RaceHQ.

WITHDRAWING

Any withdrawal must be at a transition area unless you are assisted from the course. To withdraw notify the transition staff that you are withdrawing. After you have withdrawn, your support crew may collect you. If you do not have a support crew, transport will be arranged for you back to RaceHQ. However, please note, that unless it is an emergency this may not happen for some time.

MEDICAL

Medical will be available at each transition, the Finish and roaming on the course. However, each participant is responsible for their own wellbeing and basic first aid. You should carry your own blister pads/band-aids, lubricant, sunscreen and strapping tape. Please be aware of the effects of dehydration, hypothermia, and extreme fatigue.

If you pass an injured participant, please assist them. Record how long you stopped and notify the staff at RaceHQ and they will adjust your time accordingly.

Participants are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that you hold adequate personal insurance and private health insurance (inclusive of ambulance cover).

PERSONAL RESPONSIBILITY

Be advised that rescue by officials or emergency services will not be possible immediately. In the first instance you are responsible for yourself. The race has systems, staff and procedures in place to create a safe race; however, there may be reasons/events outside of our control that may impact them. It is not practical to provide all the safety needed for all possible scenarios. If you are not willing to accept this and take personal responsibility, you should not start. If at any time you feel that a section is unsafe or you are not comfortable with the level of risk, take action immediately. This is your call and your responsibility.

RESULTS

All results will be available from Tempus Timing, on their website, within 36hrs. We will also post a link on our website and Facebook page.

SUPPORT CREWS & SPECTATORS

We ask that support crew and spectators looking to watch their racer on course respect road rules and move around the course in a safe manner. Also, be aware some of the course travels through private which will not be accessible. Racers and supporters do not have right of way on any part of the course. When driving to and from transitions and RaceHQ be safe and considerate of where you park. Please be considerate of residents and keep noise at a minimum when arriving at and leaving event areas.

VOLUNTEERS

Events like the Mountain Man do not go ahead without the help of the many volunteers. Thank you to all those that have registered to volunteer already. We have volunteer roles for everyone if you can help at this year's event please drop us a message – rich@fullyrad.com You are encouraged you to say *THANK YOU* to the volunteers whenever possible! Without the volunteers, we simply would not be able to hold this event.

HYDRATION

There will be water on the run and at transition. Please note that this is a cup free event. It is important that you consider your hydration and refuel plan. (reusable cup, drink bottle or hydration vest.)

THAT'S IT!

Thanks again for entering – we are looking forward to you having a great race and welcoming you to Gloucester. Don't forget, there is information on the web site and on Facebook that you will need to be aware of. This is where we will be posting any updates. Also, this information has only been sent to email addresses you provided on your entry form. Don't forget to tell your friends, family and supporters what is happening! If you have any questions that haven't been answered here or on the website then email rich@fullyrad.com

See you in Gloucester.

MANDATORY GEAR

The following is the Mandatory Gear List for the Gloucester Mountain Man Tri Challenge.

It isn't a long list but the items are there for your safety.

Remember you will be racing in a dynamic environment.

To be carried at all times during the race

- Race number (provided) - This must be worn as the outer most layer and visible at all times. A race number belt is recommended
- Ankle timing band (provided) Teams – you will need to transfer this to before starting each leg.
- Emergency Space Blanket
- Minimum 500ml of water capacity. Remember this is a cupless event – you need to bring your own foldable cup, drink bottle or balder pack.

Mountain Bike Leg (to be carried at all times)

- Mountain or gravel bike with relatively new brake pads, serviced and in good repair
- Rear mounted flashing red light
- Australian safety standards Approved helmet

Paddle Leg (to be carried/worn at all times)

- Your own craft – sit in or sit on top
- Helmet – bike helmet will suffice
- Throw Bag - Rescue device with length of rope stuffed loosely into a bag so it can pay out through the top when thrown to a person
- Personal Flotation Device (PFD) - Right size & meet Aus safety standards. (Inflatable vests not acceptable)
- Whistle. Must be attached to the PFD/ Lifejacket
- Paddle
- Closed in Footwear – must be worn at all times

Plus we recommend

- Hat
- Sunglasses
- Lube – trust us – this stuff could make the difference in your race
- Sunscreen
- Nutrition that is right for you
- Sense of adventure