



Welcome to The Edge of Reality – the ultimate expedition!apart from the expedition performed by the Aussie kayakers who just made it to NZ on Sunday. When you are feeling tired in the race just try to think about what those guys might have gone through. Hats off to two crazy blokes who were never really into playing video games when they were kids.

Entries closed off last night and there is just under 2 weeks to go until you will be having the adventure of a lifetime. We hope you are excited and we have put up some new photos of the course on the web to get you drooling. Also check out who the competition is from the [latest news](#) report.



The course

In the 50 hour Edge of Reality you will cover at least 205km with 35km of kayaking, 120km on bike and 50km on foot. In the 25 hour Edge of Reason you will cover at least 130km with 25km of kayaking, 72km on bike and 33km on foot. In addition, there is the Kiehl's rope challenge.

There is the ability to waste huge amounts of time on this course by making bad route choices so get whatever navigation practice you can between now and the race.

Coasteering

One coasteering section has fantastic channel swims and jump ins. The jump ins vary in height from 0.5m to 7m. You can avoid all of the high jump ins if you don't feel like doing them. It is no slower and there is no penalty if you avoid the jump ins.

Kayaking

The sea kayak leg will be amended if the surf is too big. It was way too big this past week with the cyclone off the Queensland coast. There will be 3 safety boats along the sea kayak section. Part of the skills testing will be to test your ability to competently steer the kayak. This is important to ensure you can keep clear of rocky headlands even when paddling in cross winds and swells. The river kayak leg will be on gently flowing water. Again you will have to be competent at steering the kayak as there are sections of river where you will need to steer around trees and other obstacles. If there is no rain the river could drop quite low – be prepared to tow your boat.

Mountain Biking

You will love the mountain biking sections. There are some stunning single tracks, beaches, lakes and plenty of beautiful forests that you will ride along and through but there are also a few slog sections on the bike in the 50 hour event. You still have time to get in at least one good 10 hour hill training session if you subscribe to the Team AROC patented anti-taper method.

Trekking

Dry open bush, thick bush, lakes, rainforest creeks. There are some steep, hilly areas you will go through in both events. In the 50 hour the hills just get bigger and even more fun.

Some important updates

Bike Helmets

You need to wear your Australian Standard bike helmets on all biking legs, coasteering and the ocean and river paddle sections. This will mean that you will be required to carry your bike helmet on some other legs within a section of the race (ie while you are trekking).

Make sure your bike helmet is in good condition and fits you correctly. It should not be able to slip around on your head. A competitor once nearly choked themselves on a kayak leg due to a very loose fitting helmet that slipped right off the back of their head.

Bike Drop

There will be a bike drop that you will find out about when you receive your maps. You will need to take your bikes to the bike drop between the hours of 7:30PM and 9:30PM on Friday night. The bike drop is 31km by good road from the HQ.

Plastic Gear Boxes

Teams in the 50 hour will need 3 hard case plastic boxes and teams in the 25 hour will need 2 hard plastic boxes of NO BIGGER THAN 65 LITRES each. They must have lids that fasten. When packed with your gear the lids must clip securely onto the box with no items poking out. The boxes will need to be clearly labelled with your team number in large lettering on the lid and on all four sides.

One of the box needs to be labelled 'A', one box labelled 'B' and one box labelled 'C' on the lids and all four sides. The 25 hour will only need a box 'A' and a box 'B'. All team boxes will need to be brought to HQ by 6:30AM on Saturday 26th January. Box A will stay at HQ for the entire event. (Note that if you are setting up camp at HQ you do not need a Box A but can keep your stuff with your tent) Box B and C will be taken to remote transitions.

Part of doing your maps up is to estimate how long each leg will take you. Make sure you think carefully through how much and what kind of gear and food you will need in each gear box. Novices have got into difficulty in the past by underestimating how long a leg may take and not carrying enough batteries, then getting caught without any lights at night. A common mistake made with boxes is to put far too much in them. Remember that the more you have in them the harder it is to find things and the slower it is to sort things out at TAs. There will be water at the TAs so you won't need water in your boxes. The critical things are headlight batteries, food, spare socks, Vaseline and spare sunscreen.

Make sure you read the instructions as there may be a few compulsory equipment items that you will not need to carry at the start of the race but can put in a box for later.

Kayak Paddles, PFDs and kayak seats

Paddles will be provided but you can bring your own if you prefer. If you choose to bring your own paddles they will need to be strapped together stored together in one paddle bag. The paddles as well as any straps or bags all need to be clearly labelled with your correct team number. If they are not we may not be able to get them around the course for you in time for your next kayak leg. You must take your strap / bag with you when paddling so you can tie your paddles back together at the end each kayak leg. If you use your own paddles they will need to be handed in to HQ by 9PM on Friday 25th Jan. You will find out your team number at HQ during registration.

PFDs will be provided but you can bring your own if you prefer. If you choose to bring your own PFDs you will also need a mesh bag or a strap so that you can tie your team's PFDs together when you are not using them. This will help us to transport them to the next leg. The PFDs as well as any straps or bags all need to be clearly labelled with your correct team number. Whatever you use to hold your PFDs together will need to be taken with you when you are wearing your PFD so you can regroup them at the end of that leg. If you use your own PFDs you will need to be wearing them at the start of the race. If you leave a water bladder with liquid in it in your PFD then the bladder hose must have a shut-off valve so liquid doesn't go everywhere when we are transporting them.

A few teams bring home made seats for the kayaks. These are quite a good idea to give you more comfort and to lift your bum up a bit higher so it sits slightly higher than your feet. The best seat is thick closed cell foam or multiple camping mats glued together on top of each other and cut to a size a bit bigger than your bum print. If you label them with your team number we should also be able to take them around the course for you to the start of most kayak legs.

The ropes section

The Kiehl's rope challenge features in both courses and is run by a professional rope access company. The rope work does not require any previous roping experience and all equipment will be provided for the rope section. You do not need to bring any extra gear.

Glow sticks and zip ties

Many of the field in the 50 hour and some of the 25 hour field will be paddling on both Saturday night and on Sunday night. It is important to make sure that you have two full sets of glow sticks to cover both the nights. You will need 5 glow sticks and zip ties for each night. You must use proper 100mm glow sticks that you buy at camping shops. The \$2 shop variety and glowing necklaces are not sufficient.

First Aid

There will be two search and rescue teams at the event however you can't beat immediate assistance from a team mate. Hence two people in your team should brush up on a few first aid skills such as CPR, stopping bleeding, treating snake bites, treating hypothermia and hyperthermia (just a hint as you will be tested on these things at the skills testing).

Mobile Phone coverage and waterproofing your emergency phone

You must have a phone with an Optus or Telstra SIM card. Other networks (eg Vodaphone, 3, Virgin) do not work at all in the area. Note that during the event, even if your phone does not show any reception that you may still be able to get through to emergency services by dialling 112 as this allows the call to go through to any available network.

On the course mobile reception is very patchy but generally if you go up on the nearest ridge or hill you will get coverage through Optus or Telstra.

While there is no mobile signal at all in the main area of Beachcombers Park, you can get Telstra and Optus mobile reception at the Park entrance at the top of the hill, 200m from the Beachcombers shop.

Make sure you waterproof your phone. You don't need the expense of having to buy a new one and you will not have any form of communication apart from another team or your whistles if you are in an emergency situation. You will be swimming with your backpacks on so you need to get your phone inside multiple barriers to water. Use a combination of Ziploc bags and dry bags or get a proper waterproof bag for your phone such as those made by Aquapac. You should also protect your lights, first aid kit and clothes using a combination of Ziploc bags and dry bags.

Accommodation

Anyone camping at Beachcombers Holiday Park including competitors, family and friends need to go directly to the Beachcombers office on arrival at Beachcombers Holiday Park. Neil or Robyn at the office will have a list of competitors. Friends and family are most welcome to camp however they will need to pay for their own camping fees.

Your entry fee includes your tent site for Friday, Saturday and Sunday nights. If you are planning on coming earlier please call Robyn or Neil on (02) 4473 5312 to book. If you are planning on staying later you will be able to do this after the event.

Pets

As Beachcombers is within National Park land you cannot bring any pets with you for the weekend unless it is just a rock.

Volunteers

We have somehow got an amazingly talented group of volunteers together for this event. We reckon that we could put 2 teams together from the volunteers that could finish high in the top 10. The volunteers will be going hard, not quite as hard as you but pretty hard nonetheless, to bring you the event from behind the scenes. We are tremendously grateful to these guys and girls and we are sure you will show your appreciation too.

Communications and live website

WICEN, an amateur radio group is performing radio communications around the course from every transition area back to headquarters so that we can keep track of you and also so that we can keep the live website updated. We are very thankful for WICEN's help especially for their big efforts already to ensure there is coverage all around the course.

The AROC website will go live from the Friday night so that people who aren't passed out drunk on Australia Day can watch the event unfold. There will be a live results table, reports and photos all on the AROC website so please tell your family and friends to keep an eye out for you on the website.

Food at the event

Beachcombers Holiday Park has a shop which sells basic food items and take away food such as burgers, sandwiches and milkshakes. They do not have hot chips. There is not a lot else in the nearby area. The next closest are a Mexican restaurant in Bodalla and a few places to eat in both Narooma and Moruya. Woolworths is in Narooma, Moruya and Batemans Bay.

Post Event Breakfast

The Eurobodalla Scouts will be providing you with a post race breakfast on the Monday morning – bacon, eggs, fruit etc. This is included in your entry fee. Non competitors can purchase a breakfast ticket for \$12. So the scouts can ensure they don't over cater and get left with a whole lot of wasted food, can you please let us know if you intend to be there for the breakfast and if you have any other non competitors who would also like to be fed. Email alina@arocsport.com.au

T-Shirts and Hardrock adventure racing shoes for sale

We have just had the T-Shirts printed and they look NICE. While we will probably run out of stock we will keep enough stock for size fitting so that we can take orders to send out after the event. The Mountain Hardwear technical T-shirt normally retails for \$70 without printing. The printed Edge of Reality T-Shirts will be selling for \$45 each.

A new, but limited, stock of the Montrail Hardrock shoes have come into the country. These shoes are awesome for adventure racing with features such as a good protective shank to stop stone bruising, hard wearing, comfortable and supportive. They will not be available in the stores until March. We have however secured some stock which will be available at the weekend. Normally retailing at \$189 these will be available for only \$160.

There will also be some other general items for sale including some Aquapacs for phones, dry bags and map boards.

Additional Equipment

For your safety we have amended the compulsory equipment list slightly: see http://www.arocsport.com.au/adventure/EOR/EOR_equipment.html

Team equipment

1 x extra compression bandage for your first aid kit to take the total to three compression bandages. Recommended equipment (not compulsory): 1 x 15m to 20m lightweight (6mm) rope for sea kayak, coastering and river kayak legs.

You no longer need a mask / swimming goggles (and snorkel). You will be doing some short swims and can bring swim goggles if you like but you don't have to.

You no longer need to carry full fingered gloves for the coastering legs.

Amended Time schedule

Please note the amended time schedule on the website. It was amended on 13th January.

Friday 25 January 2008	
10AM - 12PM	Registration
12PM	Welcome & Bib Presentation
12PM - 3PM	Gear Check & Competency Testing
4PM	Map Handout
6:30PM	Race Briefing and Q&A Session
7:30PM - 9:30PM	Bike Drop Open

Saturday 26 January 2008	
7AM	Race Start
Monday 28 January 2008	
8AM - 10AM	Post Race Breakfast
10AM	Presentations

Team List

There are 30 teams entered in the Edge of Reality and 23 teams entered in the Edge of Reason. The teams list is up on the website at http://www.arocsport.com.au/adventure/EOR/team_list.htm .

See you there

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