

**AROC 24 Hour Adventure Race
Eurobodalla Coast
Australia Day long weekend – 27 to 28 January 2007**

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Thank-you for your entry to the 2007 AROC 24 hour Adventure Race –Eurobodalla Coast.

This is going to be the greatest adventure race you have ever done! We hope you are all as excited as us and raring to go. Here is some specific information for your final preparations for the 24 hour event.

1. Event Schedule

Registration and map collection is at the Barlings Beach Headquarters from 5pm on the Friday 26 January. There will be a race briefing at 8:30pm on the Friday evening. This is where we will tell you specifics about the course and safety and where you can ask any information about the maps etc. It is a good idea if you collect your maps early so you can have a chance to go over the course before this briefing.

As part of registration you will be required to have your mandatory gear checked. Please bring both your team and personal mandatory equipment with you to registration. You do not need to bring your bike, bike helmet or gear boxes to the gear check. Your boxes will be checked for size when you deliver them to the box drop off on the Saturday morning – boxes must not be bigger than 65litres.

The café at the Barlings Beach Tourist Park serves fish and chips, hamburgers etc and will be open until 9pm on the Friday night.

The BBQ breakfast on the Sunday morning will be from 10:00am until 11:30am. This is included in your entry fee. Cost is \$10 for anyone else that wants to join in.

2. Kayak skills and swim testing

All teams will need to complete the kayak skills testing and swimming testing unless you can convince us that you are a competent swimmer and have experience in the AROC boats in steering them in rough sea and cross winds. The swimming and kayak skills testing will be held between 2pm and 5pm on the Friday afternoon at Barlings Beach. If are planning to arrive after this time and cannot demonstrate prior experience please email us and we will arrange to test you either later in the evening or early Saturday morning.

3. Equipment

Please make sure you check the latest equipment list. Note a few recent changes:

- Long fingered gloves for coasteering sections – these can be bike gloves, gardening gloves, riggers gloves – leather or neoprene (although leather would be better). The rocks around the coastline can be quite sharp and you will be doing quite a bit of scrambling. The gloves will protect your hands (as you will be using them!) and make you travel these sections more quickly and easily.
- Mossie repellent – even in the day time we were eaten alive in some of the rogain sections. Don't just take this because it is mandatory. We recommend you keep it easily accessible and use it.

- Glow Sticks – you will be on open water at night with other boat traffic. You must use proper safety **green** glowsticks – approx 15cm long and 1cm diameter such as those sold through the AROC Shop Go to: www.arocshop.com.au/viewProduct.aspx?ProductId=93 . Glowing necklaces and rave sticks will not be accepted. At night these glow sticks must be attached to each end of your kayak and to your PFDs using zip ties. (You need 5 glow sticks per team). You can just turn up to the AROC Shop at Barlings Beach Tourist Park and purchase your glow sticks there. There will be plenty of glow sticks in stock and they will come with zip ties.
- 2 x Gear Boxes of 65 litres maximum –please make sure that your gear boxes are no more than 65 litres in size. We will not transport any boxes greater than this size. There is no need to have a gear box of greater than this size. All you should need to put in them is food, water or other drinks, spare vasoline, spare socks. Putting spare shoes and lots of spare clothing in these boxes is a waste of space. You will need both gear boxes to have your team number clearly written on the lid and the 4 sides. One box should also be labeled A and the other B. This should be written in all locations beside your team number. We will email out your team numbers next Tuesday.

We also highly recommend the following:

- Gaiters or long pants for the rogain / trek sections – It is OK the first time but when you next hit the salt water and bush again, all those previous scratches start to really hurt! Not many tracks here -this is true adventure and the bush is quite thick in parts.
- Vaseline – you will be getting wet in salt water right from the start. You will be in and out of salt water for the whole of the event. Lather up well beforehand and take some extra with you. Particular areas to protect are: nipples (for the guys – even a bandaid across them can help stop the rubbing from your t-shirt), under the bra for the girls, underarms, inner thighs and butt crack.
- Your own paddles and PFDs –If you prefer paddling with your nice paddle and wearing your favorite PFD then please bring them along to use at the race. You will need to put your 3 paddles together using either a paddle bag or just duct tape and your 3 PFDs together in a big plastic bag or with duct tape or a strap. The paddles and PFDs should be clearly labeled with your team name and number so that we can lay your paddles and PFDs out at the relevant transitions and you can find them easily. If you don't have your own, don't worry as we have plenty to provide you.

The course instructions will tell you exactly where and when to take your bikes, your gear boxes and your paddles and PFDs (if you have them) on Saturday morning prior to the start of the race.

On all coasteering legs and ocean paddles you will be required to wear a PFD and your bike helmet. As a result of the course layout, you will be either wearing or carrying your bike helmet for the majority of the race.

4. The course

The course is everything we have said it is. All we need now is a beautiful day. It is absolutely spectacular and challenging. Make sure to remember to check out the views! There will be sections that get your adrenalin going, sections that will make you laugh and sections that you will want to sit back to enjoy and head back to after you finish the race. There is also some great navigation that will leave you wondering "what happened?"

The course includes 4 bonus legs. Two of these are during the standard length course towards the end and 2 are right at the end. You will have to meet certain cut off times to have the opportunity to complete these bonus legs. The way the course is designed with the bonus legs, all teams will be racing for between 22 and 26 hours.

There are 10 legs on the standard course plus the 4 bonus legs. On the standard length course there is 30km of rogaining and coasteering on foot, 75km on the bike (including close to 30km of beautiful sweeping single track) and 24km on the kayak. The distances in the bonus legs are a secret but will include every discipline!! The disciplines are coasteering, snorkeling / swimming, rogaining, mountain biking, kayaking and a few short swims and wades. The coasteering is amazing and will lead you to points of no return where you need to jump in and swim across channels only a few meters wide in order to progress along the rockshelf.

5. Live website

In a first for AROC there will be live web coverage of the event including a live results leaderboard and live news and photos. We have one person dedicated to keeping this up to date so it should be updated at least every hour for 24 hours (they will only get 30 minute cat naps). Now your friends and family can watch your progress and also go for 24 hours without sleep! Tell them to go to www.arocsport.com.au and they will be automatically directed to the live event coverage.

6. Event t-shirt

The AROC 24 hour event 2XU technical tee will be available on the weekend for \$30. These performance tees are normally \$70 so this is a bargain. There is only limited stock and not enough for everyone - so first in best dressed. After the awesome weekend you will wish you had bought one!

7. AROC Shop marquee

The AROC Shop marquee will be up and running from Friday lunch time at the HQ area within Barlings Beach Tourist Park. If you have made any orders you can pick them up then or you can just go and check out all the 24 hour event specials.

8. Sponsor Information

Thanks to our sponsors, we have some great prizes including Kuota sunglasses, Salomon wetsuits, Garmont shoes, The North Face shoes, Hammer Nutrition products and a Bic Scarpa kayak to give away. The Vicious Arc HID headlight has been drawn and won by Lyndall Goss (who is actually from Batemans Bay and is racing with an all female team called blue-footed Boobies). This is the best light you can get for adventure racing being the brightest light around, lightweight, efficient on batteries and simple to use.

SALOMON – *Fuel your instinct*



Salomon provides all the gear you need for Adventure Racing including performance footwear, technical outdoor apparel and back packs used by many of the world best adventure racing teams. They also feature in the ski and surf wear with world renowned skis and surfing gear.

HAMMER NUTRITION – *taking nutrition seriously*



ENDURANCE FUELS

SPECIAL OFFER: As part of Hammer's sponsorship we would like to offer ALL participants of the AROC 24 Hour a special web based discount. If you buy from us www.hammernutrition.com.au and place an order of over \$100 we will give you a **FREE box of Gels** (any flavour you

Hammer Nutrition is very pleased to be involved in the Sponsorship of the AROC 24 Hour Adventure. At Hammer we take nutrition very seriously, with the view that we aim to provide athletes doing the AROC 24 Hour event with the best possible nutrition available to ensure they finish. After all you are about to undertake one of the hardest events around! 24 hours of full on activity! You have done all the physical training for the event, so it is absolutely vital that you don't let your nutrition plan let you down! Hammer Nutrition has a lot of information on our www of the do's and don'ts of endurance nutrition. We direct you first of all to a page which highlights one of the most important areas you should firstly consider - What NOT to do for your nutrition!

http://www.hammernutrition.com.au/1_10biggest.pdf We strongly suggest that you read this article backwards and forwards, as it will help you tremendously in your planning.

Any questions on nutrition for the event please feel free to email Hammer and we are only too happy to offer you our advice free.

like!) valued at \$25!

Please mention when purchasing you are entered in the AROC 24 hour.

All the best in your training for this great race.
Best Regards
David Williams

AROC Shop – for all your adventure racing and outdoor gear



Only specialized and tested gear – as recommended by Team AROC. Everything you need at the one place – from space blankets to shoes to mapboards, compasses, waterproof jackets and tents. With super friendly service and advice why go anywhere else.

BIC SPORT KAYAKS - unique by innovation – www.bicsport.com



The Scapa has futuristic lines, a narrow brow and fluid hull lines, designed for excellent glide. It's a sport boat aimed at fast distance paddling and fitness. Even in the most difficult sea conditions the SCAPA runs straight and true with its smooth glide and reassuring stability. The auto-draining stowage area behind the seat allows you to carry water, equipment bag etc. etc. Truly unique by innovation.

KUOTA SUNGLASSES – the Italian Look

Kuota is best known for its bikes - a stunning array of innovative designs which use multi-directional carbon tubing to achieve maximum rigidity, sure-footedness, and unsurpassed road holding. Their naked carbon frames rank among the most beautiful in the world, and their design approach is quite literally unlike any other. The same can be said of their sunglasses.



GARMONT - your point of contact between technology and nature

Garmont footwear stands apart from the rest with its Anatomically Direct Design.

Its cool to be cool... and better yet, if it's Garmont you're on solid foundation. Garmont's popular TrailSport concept is applied here to the Scirocco – a hyper-breathable, softer riding, light trail shoe. You get a totally liningless, full airflow mesh upper on compression moulded EVA midsole, all stabilized by Garmont's E.S.S, stability plate. The entire package is grounded on the Vibram/Garmont G3 outsole so versatile traction is assured.

Anatomically Directed Design
Encourages the foot to utilize its own ability to:
Stabilize
Cushion
Propel with efficiency
The foot has some abilities to perform these functions. Footwear can either enhance these abilities or interfere with them.
a.d.d. features, through fit and function encourage the foot and leg to perform their best.

FMA ACS

THE NORTH FACE – more a philosophy than a brand



The North Face is better described as a philosophy than a brand. It's an unspoken challenge to tackle the higher peak; the tougher terrain; the more extreme conditions. Established in 1968 in San Francisco by two climbing enthusiasts, The North Face has come to embody technology, innovation, authenticity and integrity for those who challenge themselves to explore higher ground. The North Face is now readily available in all states.

The North Face Ultra 103's Utilising Gore-Tex XCR, Extended Roll Control and heel and fore foot cushioning, the Ultra 103 is the ideal adventure sport shoe for tackling the most extreme and diverse conditions.

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The friendly magazine providing top quality advice 52 weeks of the year. The Number 1 fitness magazine for men and women giving you all the information you need to get fit and stay fit. Health tips, training tips, lifestyle, injury prevention, endurance – strength – speed training, performance eating, recovery and more

See you there
The AROC Team

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