THE GREAT ADVENTURE
CHALLENGE

Supporting Starlight Children's Foundation



EVENT PROGRAM

24TH MAY 2025

The ultimate corporate challenge and charity fundraiser

EVENT PROGRAM

Getting There..... 4

Race Schedule..... 5

Registration..... 6

Equipment..... 7

Timing..... 8

Support Crew..... 9

Spectators..... 9

Race Rules..... 10

Results..... 11

Facilities..... 12

Photography..... 12

Insurance & Disclaimer..... 13

Event Postponement..... 13

Special Thanks..... 14



CONTACT US

BEFORE THE EVENT

Max Adventure

0474 551 331

info@maxadventure.com.au

RACE DAY

Mark Roberts - Race Director

0474 551 331

We acknowledge the Traditional Owners of the land where we work and live. We pay our respects to their Elders, past, present and emerging. We celebrate the stories, culture and traditions of Aboriginal and Torres Strait Islander Elders of all communities who also work and live on this land.

WELCOME

Welcome to the 17th edition of the Great Adventure Challenge NSW, to be held in the Royal National Park on 24th May 2025.

The Great Adventure Challenge is a fun event for work colleagues and friends who love a challenge. A race over a range of terrain, this event requires perseverance, determination and teamwork. It is also a chance to make a difference – all funds raised go directly to the Starlight Children's Foundation in order that they may 'brighten the lives of seriously ill and hospitalised children and young people'.

Congratulations on rising to the challenge of this exciting form of adventure racing and we hope you have as much fun completing the course as we did organising it.

This document is the official event program for the event. It contains all the information you need for race day including registration details, locations, schedule, facilities, maps etc. Please make sure you review all the details contained in the program before travelling to the event.

Starlight Children's Foundation



Every minute of every day a child is admitted to hospital in Australia. For thousands of families this leads the diagnosis of illness that changes their lives forever. Since 1988 The Starlight Children's Foundation has delivered a range of programs both in and out of hospital, designed to support the well being & resilience of these seriously ill children and their families by delivering fun, laughter and positive distraction to restore the fun and laughter serious illness takes away.

Starlight programs are integral to the total care of seriously ill children and young people – while the health professionals focus on treating the illness, Starlight is there to lift the spirits of the child – giving them the opportunity to laugh, play and be a child again. Starlight's core programs include Captain Starlight, Starlight Express Rooms, Starlight TV, Fun Centres, Livewire, Wishgranting, Livewire and an Outreach program in the Northern Territory.

GETTING THERE: AUDLEY, ROYAL NATIONAL PARK

The 2025 Great Adventure Challenge will be a point to point course in the Royal National Park on Sydney's doorstep. Starting at Willow Tree Flat, Audley and finishing at Reids Flat, Audley.

The Royal National Park is located on the southern fringes of Sydney and is the 2nd oldest National Park in the world. It takes approximately 45mins to reach the historic hamlet of Audley in the Royal National Park from the city centre of Sydney or Wollongong.

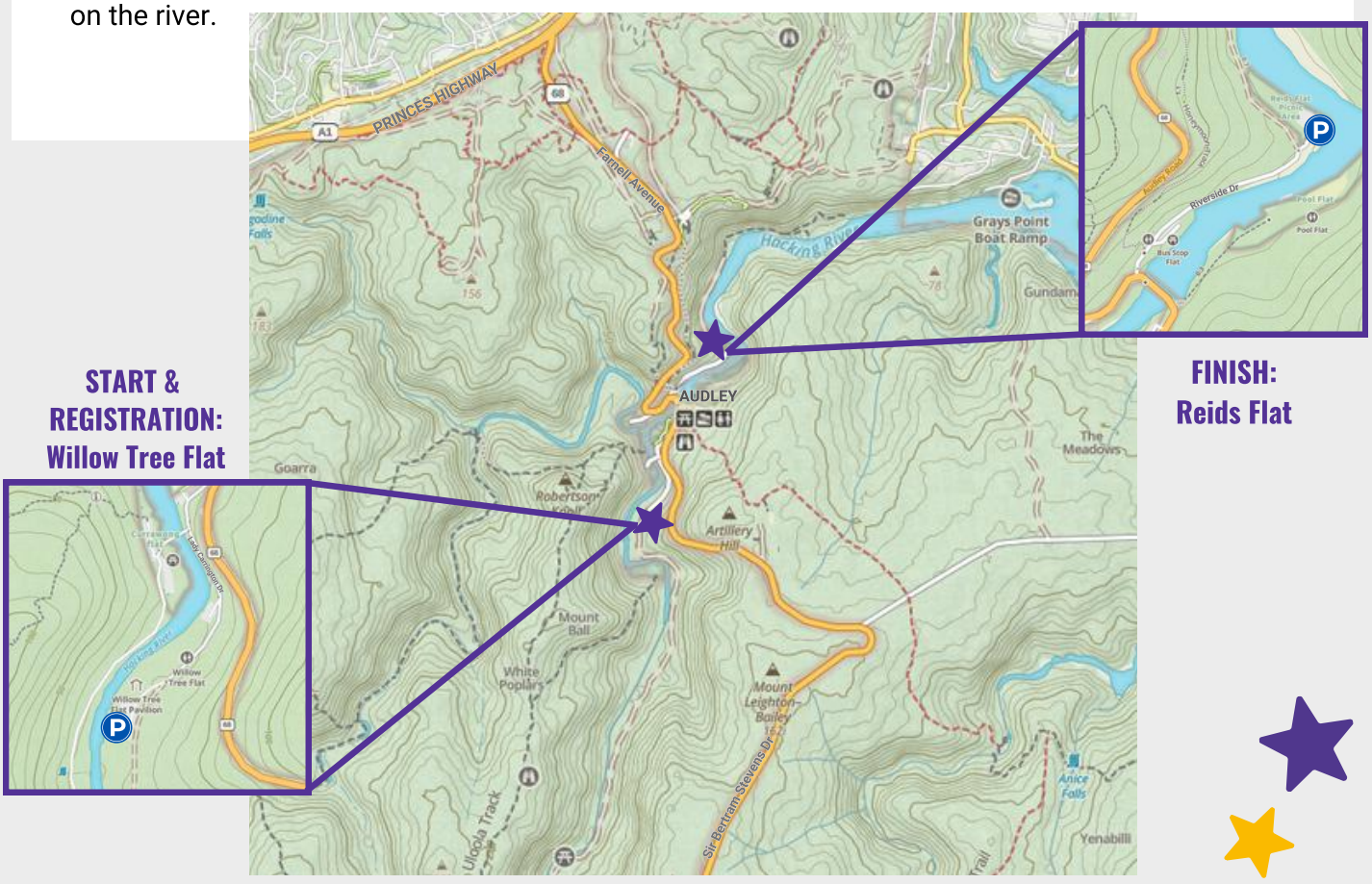
EVENT CENTRE: FINISH
Reids Flat, Riverside Dr, Audley

To Be Confirmed: Teams will need to attend Registration at Reids Flat on Friday Evening between 5pm and 7pm to register and receive the all important race maps. The team from Max Adventure are hoping to avoid this by dropping the maps to teams on Friday if this can be arranged. This will be confirmed in the lead up to the event with your respective Team Captains.

RACE START
Willow Tree Flat, Lady Carrington Dr, Audley

[Start and Finish Location Google Map]

The emergency contact and telephone number for the Event Centre is 0474 551 331. There is mobile coverage across much of the course but it is limited at the start and finish locations down on the river.



RACE DAY SCHEDULE

FRIDAY 23RD MAY 2025

5:00pm	**Registration Opens (Reids Flat)**
7:00pm	Registration Closes (Reids Flat) The race director and course setters will be available during registration for any questions pertaining to the course, logistics etc.

Please note: the Race Director may make different arrangements to meet individual teams depending on their travel plans. Please discuss arrangements during the team briefing session.

SATURDAY 24TH MAY 2025

7:00am	**Team gear distribution (Willow Tree Flat)** The race director available for questions pertaining to the course, logistics etc.
7:45am	**Team photos (Willow Tree Flat)**
8:10am	Safety Briefing at the Start Line
8:15am	Team Activity
8:30am	**Race Start (Willow Tree Flat)**
3:00pm	First Teams expected to finish (Reids Flat)
3:00pm	End of Race meal starts
4:00pm	Last teams expected to finish



REGISTRATION

TEAM NUMBERS & RACE BAGS

Registration will take place at the START LINE at Willow Tree Flat from 7am to 8am on Saturday 24th May.

When you report to registration, give your team name to the registration marshal, so that team members can be confirmed.

You will need to provide the registration marshal with the key contact team mobile number for the team (which is the mobile staying with the team for the duration of the race). Once this information has been confirmed, you will be given your map and course description so you can plan you day. Your team will also be given their race bibs, wrist bands and the team timing chip on a lanyard.

TEAM CHANGES

If your team needs to make any team member changes, please advise the registration team either when collecting your map or prior to the start and they will ask for the new team member to complete the relevant new participant paperwork and sign the Waiver to participate on the day.

RACE FORMAT & ROUTE PREPARATION

The course is kept secret until you receive your course description and maps. Please note the following:

- There may be multiple legs of each discipline.
- We recommend you dress in clothing that you are comfortable racing in all day for all disciplines (bike, run and kayak).
- Your support crew should be equipped to supply the four competing participants with changes of clothes, extra food and water at the designated transition areas as well as collect your bags/belongings (including bikes) from the start location and transport them to the finish location as the race progresses throughout the day.
- Use the course description and map to plan your route. Teams are being given extra time in 2025 to plan their course so use it wisely!

BONUS CHECKPOINTS

For those teams that want to challenge themselves further, there will be optional bonus checkpoints scattered across the course. Each bonus checkpoint will have a time value associated with it. If you can collect it in less than that time, it is a bonus, if you take longer, it is a penalty. So, choose wisely. See your course description for further instructions.

EQUIPMENT

RACE BIBS

All on-course participants will need to wear the race bib provided, over the top of any other clothing.

There are only four race bibs per team. These must be worn by the four team members who are racing. Therefore, you must swap race bibs if you swap a team member at a designated transition area. **Please return your race bibs upon completion of the event.**

MAPS

Course maps will be provided in the form of A3 sized printed topographic maps.

- Bring enough contact paper (sticky back plastic) to laminate 2 x A3 maps or alternatively bring a good quality map case. Large heavy duty zip lock bags will work - take care near water or if it's raining.
- Bring pens and highlighters to mark up maps
- Checkpoints will already be marked on your maps, no need to plot grid references.
- Master maps will be provided at registration to copy any map changes and record out of bounds areas if not marked on our maps.

COURSE DESCRIPTIONS

Along with your map, in your team race bag will be a printed Welcome Letter and Course Description. Course descriptions are essential information that will help you locate the checkpoints. The course description will also highlight whether you are kayaking, mountain biking or trail running a particular section of the course.

Read all information carefully - course setters notes can provide invaluable information and tips for route choice and checkpoint identification!

KAYAKS

All necessary equipment, including kayaks, paddles, and life jackets, will be provided. You will use sit-on-top kayaks for all kayak legs, these boats are extremely stable. You will need to carry your kayaks to and from the water's edge at the start and finish of each kayak leg. Any team dragging their kayak will suffer a time penalty. You are not allowed to use your own personal equipment, this includes paddles. You must wear enclosed shoes while kayaking.

MOUNTAIN BIKES

You have to supply your own mountain bike, helmet and other riding gear. Make sure you have a suitable repair kit to repair any punctures and breakdowns on your bike while out on the trail. We recommend a basic bike repair kit (Minimum of 2 spare inner tubes, tyre levers and pump or CO2 inflator) while out on the course, and a more comprehensive repair kit in the team vehicle.

Need to hire a mountain bike? Send an Email to Mick from www.sydneymtbhire.com.au or contact him on 0408 690 584 if you haven't already done so.

TIMING STICKS & CHECKPOINTS

Adventure Racing Terminology: *Each team is assigned a timing stick (or 'chip'). Each checkpoint location has a timing control. You 'collect' (record) the checkpoints by 'punching' (inserting) your timing stick into the control. A transition area (TA) is where you change from one discipline to another.*

We use the SportIdent electronic timing system at our events.

Each team will be provided with a timing stick to be secured around one participants wrist. Timing sticks remain the property of Max Adventure and must be returned at the completion of the event.

The Great Adventure Challenge will be a 'mass start' for all participants and no start punch/control is required.







At each checkpoint, the electronic control will be secured to the feature (eg. a tree, a fence post etc.) with a cable lock. The checkpoint location will also be marked with red and white hazard tape or an orange & white orienteering flag.

The end of **the timing stick must be inserted into the control at the checkpoint**. You should hear a beep and/or see a flashing light when the control is 'punched'.

Don't forget to collect the checkpoints ('punch the controls') at the Transition Areas and also at the Finish Line to stop the clock!

Once you have finished, return your timing stick to the finish tent to download your results.









SUPPORT CREW

The four team members not on-course act as the team support crew. Your role involves the following:

- Be ready at transition points before your team arrives!
- Prepare food, snacks and drinks to sustain the team. Try to monitor all team members and make sure they are eating and drinking throughout the day.
- Manage required gear and clothing. Make sure they have everything they need for the next leg, including suitable clothing (do they need warm clothes or a dry top? tired participants might not be thinking about this)
- Check in on your teammates – how are they feeling? any minor issues that need addressing? (hot spots should be dealt with before they become blisters!) does anyone need a rest or need to see first aid before continuing? (is anyone more irritable or quieter than normal? this might indicate a problem, check in on them).
- Most importantly – motivate and support your teammates.

SUPPORT CREW RULES

- You may only swap team members at the designated transition areas.
- Support crews will need to move on quickly to meet teams at the next transition. This does not mean you should be speeding on the roads, just make sure you are not wasting time before driving to the next TA.
- Support crews must drive safely and follow road rules at all times, taking particular care when driving on the race route.
- Support crews will need sufficient vehicle capacity to transport the 4 support crew members and the 4 team Mountain Bikes at once.
- There will be separate support crew instructions handed out at registration with details of directions, timings and any specific instructions that the support crew needs on the day.
- Non-competing colleagues/friends are welcome to spectate, but they cannot act as your support crew during the race. We recommend they volunteer as the best way to see you out on action at the course.

SPECTATORS

Spectators are welcome at the start/finish area. You will be able to drive to the transition areas along the course. Please park where instructed by marshals.



RACE RULES & MANDATORY GEAR

For reasons of fairness, safety and overall responsibility you are expected to abide by the following rules:

TEAM COMPOSITION

- Each team consists of eight members. For teams competing in the MIXED category, and eligible for overall honours, your on-course team must be a mix of genders at all times.
- At any one time there will be four team members on the course whilst the remaining four will act as “support crew”.

GENERAL RULES (COMMON TO ALL LEGS)

- MANDATORY EQUIPMENT: Course map, course descriptions, compass (per team - provided), whistle (per person - provided), first aid kit (provided), mobile phone, team race bibs (provided), 500mL water (per person).
- On-course team members must each carry a minimum of 500ml of water at all times.
- On-course team members must wear their team race bib, swapping at transition areas only.
- On-course team members must stay within 100m of each other at all times.
- Stay on formed trails, tracks or roads where they exist. Rogaining or orienteering legs may require some off-track navigation – this will be explained in the course description.
- The use of smart watch or GPS for navigation is prohibited. Watches with ‘Adventure Racing’ mode can be used, or devices can be sealed in packs.
- All participants must show respect for the environment, landowners, local communities and other recreational users. All rubbish must be taken with you.
- Cooperate with event officials – mandatory kit may be checked at any time.

SPECIFIC DISCIPLINE RULES

Kayak Legs

- MANDATORY EQUIPMENT: kayaks, paddles, personal floatation devices, enclosed shoes.
- All kayak equipment (sit-on-top kayak, paddles, personal flotation device) is provided.
- Personal Floatation Devices (life jackets) must be worn at all times when on or near the water
- Participants must wear enclosed shoes while kayaking.

Mountain Bike Legs

- MANDATORY EQUIPMENT: helmet, a bike repair kit and tools capable of repairing a puncture.
- Mountain bikes, helmets and bike repair kits must be provided by participants.
- Participants must ensure that their mountain bike and helmet are all in working order, and that their helmet meets Australian Standards.

PERSONAL SAFETY

If you or one of your teammates needs assistance please phone the emergency number on your race map. There will be medical teams on-course at various locations, and marshals on-course with radios and phones to help communicate in an emergency. We will organise for help to come to you. If you become separated from your teammates use your whistle to attract attention.

ROAD SAFETY

Please note you may be running & riding on public roads open to other traffic. There will be no road closures for the event so please ensure you obey all road rules.

RESULTS : TIME + BONUS - PENALTY

The winning team will be that which completes the event in the fastest adjusted time. Teams can earn time bonuses by achieving certain fundraising targets or by collecting certain checkpoints on course, see your course description for details. Various time penalties can be incurred around the course, for example, by missing check points.

TIME BONUSES

The higher your team's fundraising, the larger the time bonus your team will receive. By achieving the following fundraising target, the associated time bonus will be subtracted from your overall time. Your fundraising must be verified by Starlight by 4pm Friday 23rd May for your team to be eligible for the time bonuses listed below. All team captains to email Riette.Filmer@starlight.org.au with your offline donations.



TIME PENALTIES

Some of the most common penalties are listed below:

- Missing/not punching a checkpoint – 30 min penalty
- Travelling in an out of bounds area – 4 hour penalty
- Not wearing a lifejacket while participating in water activities – 2 hour penalty
- Exceeding the 100m rule (whilst on the course all 4 team members must within 100m of each other at all times) – 1 hour penalty
- Incorrect number of team members or composition – Unranked
- Missing mandatory equipment for the leg – 15 min penalty per item.
- Watch out for any time cutoffs listed on your course description. Teams missing a time cutoff will be ranked behind all teams that made the same cutoff so plan carefully and don't bite off more than you can chew!

PRIZES

There will be two major awards given out at the end of race presentation:
1. Overall Winning Team - The Mixed team that completed the course with the fastest overall adjusted time (taking into account any time bonuses or penalties)
2. Best Fundraising Team - The team that raises the most money for Starlight will receive an official award from the Starlight Children's Foundation.

FACILITIES

TOILETS & WATER

Toilets are located at the Start and Finish and at the transition areas - ask the staff and volunteers to point them out if they are not obvious to you. You have to be self-sufficient for water, food and drinks. Remember to carry enough water in the team's support vehicle.

MEALS

An end of race meal is included in your entry. Let us know if you need us to cater for extra friends and families – cost is $15 per person. You will have to let us know by Tuesday 20th May if you wish to order any additional meals. For additional meals please contact Riette on Riette.Filmer@starlight.org.au

During the day, you may find coffee and food at various locations, including:

- Audley Dance Hall Cafe (near start) opens at 8:00am
- Heathcote fast food options on the way into TA2
- Engadine fast food and cafe options on the way from TA2 to TA3
- Grays Point cafes near TA4 and TA5

PHOTOGRAPHY

We will have a professional photographer in attendance taking happy snaps of your best moments around the course. You will receive a link to download your teams' photos in the weeks after the event.



THE IMPORTANT STUFF...

INSURANCE & DISCLAIMER

Max Adventure is covered by its own public liability insurance. This does not include personal accident insurance. It is strongly recommended to take out your own personal accident and ambulance cover for the event. Your private health insurance policy may include this, but you will need to check with them.

By entering the event all participants have agreed to the Terms and Conditions of the event as detailed in the online **registration waiver**.

EVENT POSTPONEMENT

In the unlikely case of event cancellation or postponement, we will let you know by email and make the announcement on the website www.greatadventurechallenge.com.au. We will also contact team captains via phone and email.

WET WEATHER

Please note the event will not be cancelled due to rain unless the organisers deem the course to be unsafe for participants. In case of extreme wet weather, the course might be altered to suit the conditions.

FIRE AND TOTAL FIRE BANS

In cases of extreme heat, fire in the area or a total fire ban we will consult with local authorities on the appropriate action. Any changes to the event schedule or course will be communicated to all participants via the mediums above.



SUPPORTERS & SPECIAL THANKS

The Great Adventure Challenge would not be possible without the commitment of our participants, supporters and the local community.

Our thanks to the following organisations for making the event possible:

- Max Adventure
- CREST Radio Communications
- Outer Image Collective
- Rapid Relief Team
- National Parks and Wildlife Service

Thank you to the following organisations who donated items for the event:

- Sweet Snap
- True Protein
- Snackbrands Australia
- SGK
- Sun Rice
- Hydralyte
- Heaps Normal

GOOD LUCK OUT THERE!

THE GREAT ADVENTURE CHALLENGE | Supporting Starlight Children's Foundation