

# FINAL RACE INFORMATION



ALL YOU NEED TO KNOW ABOUT  
X-MARATHON 2023

**EAST  
GIPPS**  
*all kinds of wonder*  
**LAND**





# X-MARATHON 2023

1. Welcome
2. The schedule
3. The location
4. The logistics
5. The course
6. The disciplines
7. The gearlist
8. Live tracking and race timing
9. Registration, maps handout
10. Presentation. Results



## WELCOME

Adventure Junkie team is proud to present the 9th edition of X-Marathon Adventure Race, the final East Gippsland edition.

The race is nearly here; time to step aside from training and start your taper and gear packing. It has been a busy year of training and preparation for you, planning, exploring and putting it all together for us.

We are extremely grateful to all volunteers and teams for registering for this event, and so looking forward to seeing you all soon in one of the best adventure racing playgrounds - Lakes Entrance.

Now it's nearly time to head off to East Gippsland, please check this program and get in touch if any other details are required.

Travel safe, and see you soon.

AJ Team,  
Maria and Serge



**MARATHON ADVENTURE RACE**  
6-7 MAY 2023 LAKES ENTRANCE



# **EAST GIPPS**

*all kinds of wonder*

# **LAND**

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The East Gippsland Shire supports the race, and the event would not be possible without their sponsorship.

East Gippsland is a beautiful region with diverse natural landscapes and a rich cultural heritage, it offers visitors a unique blend of natural beauty, outdoor activities, gourmet food, and cultural heritage, making it a popular destination for tourists and locals alike.

East Gippsland offers stunning scenery, which includes pristine beaches, rugged coastlines, mountains, forests, lakes, and rivers. It is also home to several national parks and reserves with a rich variety of wildlife, including koalas, kangaroos, wombats, echidnas, and many species of birds. It is also a popular spot for whale watching, particularly during winter.

Do not forget about fresh produce and gourmet food, including seafood, cheese, and wine. The region has several wineries and restaurants that showcase local produce and offer a unique culinary experience.

The region has a rich cultural heritage with a strong connection to the indigenous Gunaikurnai people.

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# EVENT CONCEPT

X-Marathon 2023



## THREE COURSES

Full course - approximately 120 km within 24 hours timeframe.

Half course - slightly more accessible with approximately 80 km.

Mini course- beginner-friendly with approximately 25 km distance.

## BONUS CHECKPOINTS

Fast and competitive teams will have an opportunity to get bonus time if they visit bonus checkpoints, while the slower teams will be able to skip these CPs if they wish.

## SIMPLE LOGISTICS

No bike box is required. Full-course teams will drop their bikes at the Transition area, while Half and Mini course teams will not need to do bike drop.

## ROGAINING LEGS

A few rogaining style legs and parts of the linear legs allow less experienced teams to skip checkpoints.

## LOCATION

Convenient and family-friendly location • of HQ - Lakes Entrance one of everyone's favorite holiday destinations.

## **EVENT SCHEDULE**

### **FRIDAY 5 MAY**

6:00 PM Registration is open, and maps are ready for collection @Wyanga Winery.

8:00 PM Social dinner Please pre-book.

### **SATURDAY 6 MAY**

7:00 AM Registration open, race HQ.

9:00 AM Start Mini course, race HQ.

9:00 AM TAs are open for the Half and Full teams' gear drop, TA1 and TA2 (location will be published at 6 PM Friday).

12:00 PM -Start Half and Full courses, race HQ.

### **SUNDAY 7 MAY**

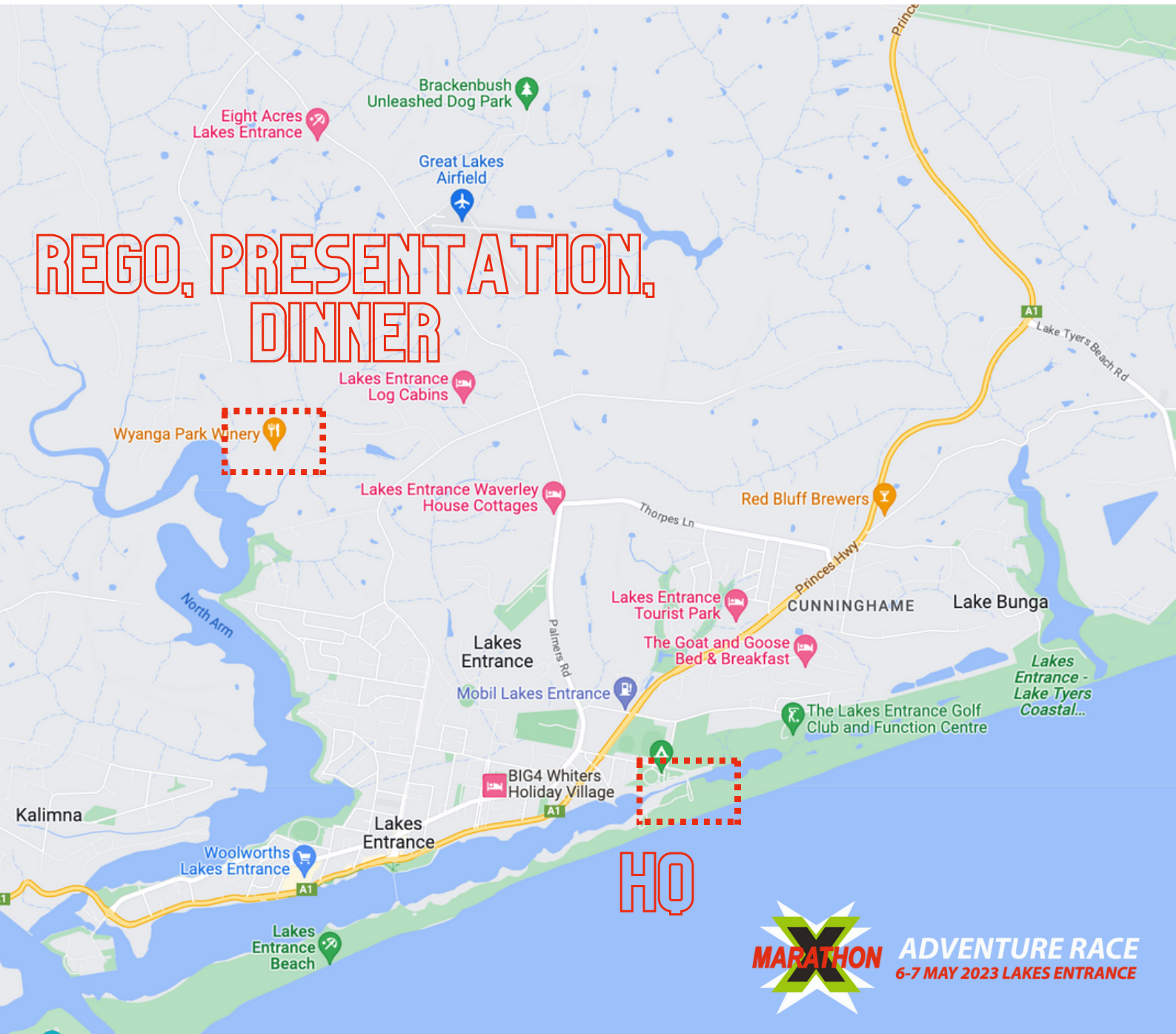
5:00 AM Leaders are expected at the finish race HQ.

12:00 PM Finish closed.

2:30 PM Presentation, Wyanga Winery.

3:30 PM End of the race.

# EVENT LOCATION



**RACE HQ: Lions Apex Park Playground**

**PRESENTATION, REGISTRATION (Fri): Wyanga park winery**

# EVENT HQ , LAKES ENTRANCE



## THE RACE HQ

Is located at the Lions Apex Park playground near the Eastern beach. This is where the start and finish will be.

Address: 50 Eastern Beach Rd, Lakes Entrance VIC 3909

## GETTING AROUND

The Lakes Entrance town is very conveniently located; almost everything is within a short driving or walking distance.

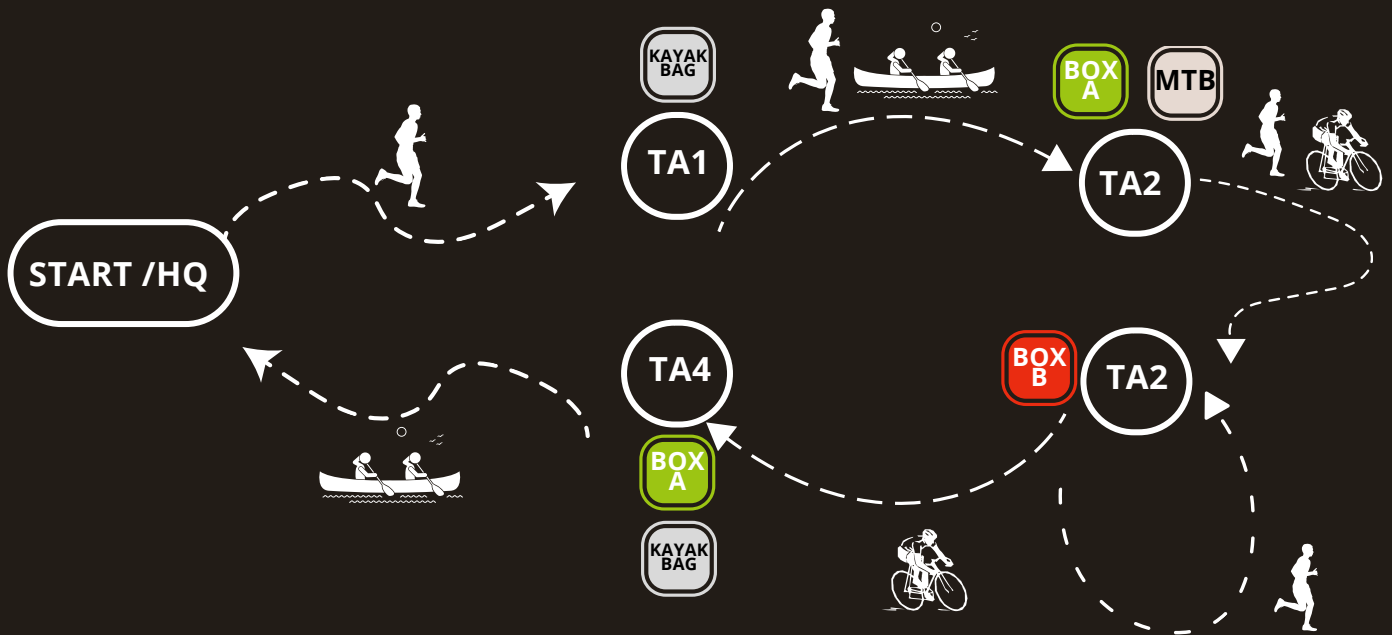
## RACE SUPPLIES, SHOPPING

Woolworth, Aldi and Foodworks supermarkets are in the centre of the town and open long hours, you can get most of all regular race food.



# LOGISTICS

## FULL COURSE



**Leg 1 Run**

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FAST - 1,5 H  
TO THE FINISH- 3 H

**Leg 4 Trek**

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FAST - 1,5 H  
TO THE FINISH- 3 H

**Leg 2 Kayak-Trek**

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FAST - 5 H  
TO THE FINISH- 8 H

**Leg 5 MTB**

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FAST - 1,5 H  
TO THE FINISH- 3 H

**Leg 3 MTB-Trek**

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FAST - 4 H  
TO THE FINISH- 7 H

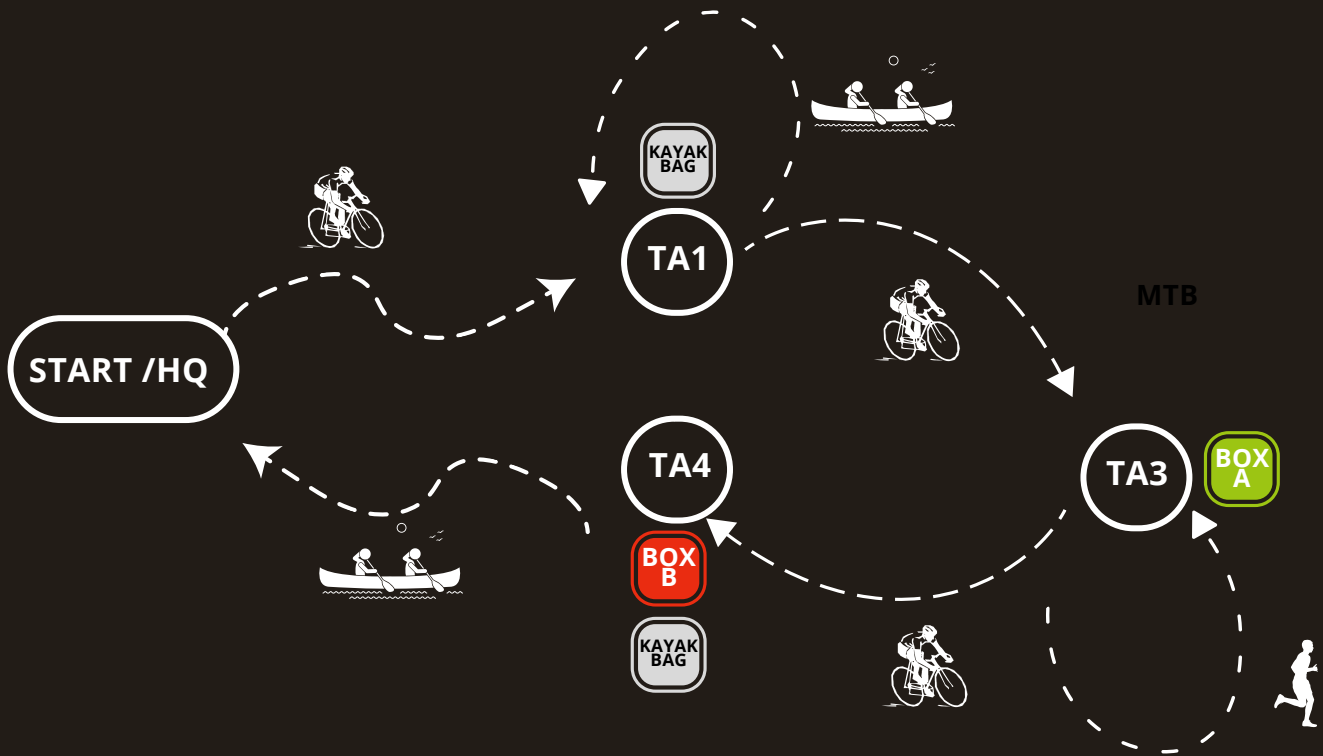
**Leg 6 Kayak**

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FAST - 1,5 H  
TO THE FINISH- 3 H

# LOGISTICS

## HALF COURSE



### Leg 1 MTB

FAST - 1 H  
TO THE FINISH- 2 H

### Leg 4 Trek

FAST - 1H  
TO THE FINISH- 2 H

### Leg 2 Kayak

FAST - 1 H  
TO THE FINISH- 2 H

### Leg 5 MTB

FAST - 1 H  
TO THE FINISH- 2 H

### Leg 3 MTB

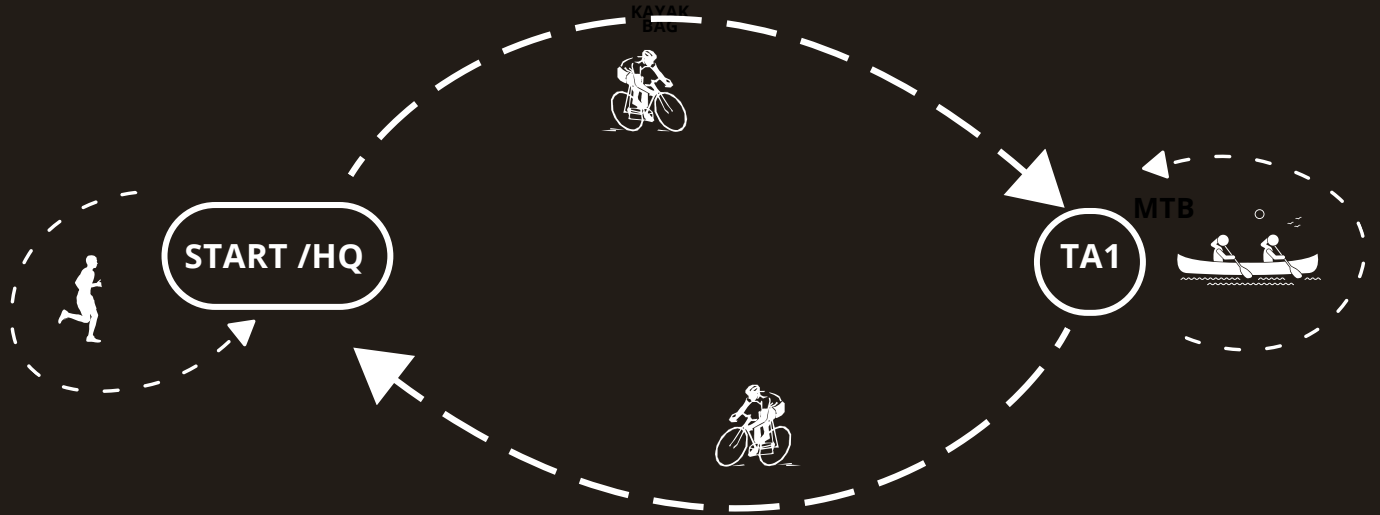
FAST - 1,5 H  
TO THE FINISH-2,5 P

### Leg 6 Kayak

FAST - 1,5 H  
TO THE FINISH- 3 H

# LOGISTICS

## MINI COURSE



### Leg 1 RUN

FAST - 0.5 H  
TO THE FINISH- 1,5 H

### Leg 3 KAYAK

FAST - 1 H  
TO THE FINISH- 2 H

### Leg 2 MTB

FAST - 1 H  
TO THE FINISH- 2 H

### Leg 4 MTB

FAST - 1 H  
TO THE FINISH- 2 H



## RACE LOGISTICS

### FULL COURSE

Please bring MTB and Box A to TA 2, and a kayak bag to TA1. You will collect MTB, box A and the kayaking bag after the finish from the TA4. The location of the TAs will be published at 6 pm when maps will be ready for collection.

We will deliver Box B to TA3 and bring it to TA4 to collect after the finish. Bring Box B to the start line by 11:45.

### HALF COURSE

Please bring your Boxes A and B to the start of the race; we will transport them to the Transition areas. Please bring your kayaking bag to TA1; you will find out the location of the TA at 6 pm Friday.

### MINI COURSE

Please carry all your equipment with you. If you need to leave anything at the HQ, pack it up in the bag next to the registration tents.

# DISCIPLINES

## PADDLING

You will be paddling on flat water only. Some sections will be exposed to potential boat traffic and strong wind. Please be thoughtful about your gear; the water can be very cold, especially at night. You must get out to get to a few checkpoints and wear proper trekking shoes.

## MTB

The mountain bike legs will be on tracks with a moderate gradient, variable surface and some obstacles. Full and Half course teams will also be riding in MTB parks with singles tracks, on rough 4wd trails, on rail trails, and on some bitumen. Dual suspension bikes and good skills can be an advantage; however, any bike will do the job.

The roads can be wet and muddy; some sections are overgrown, rocky, and can get slippery.

The Mini-course is mainly on bitumen and some gravel.

## TREKKING

Trekking legs are an essential component of the X-Marathon adventure race; there will be a lot of off-road trekking in Full and Half courses, some sand, and some trails. Full legs and arms are highly recommended.

## NAVIGATION

The x-Marathon race is a navigation-based event; there will be some route choices and navigational challenges to negotiate.

Each team of four will receive two sets of maps. Teams of two will receive one set of maps.

Full and Half course will get topographical maps with magnetic declination of 12 degree; the scale is 1:30 000.

Some rogaining maps will have a different scale with more details.

For the Mini it will be a mix of topographical maps with improved tracks and details.

# GEAR LIST MINI

## ALL-TIME GEAR



race bibs and timing tag (provided)



first aid kit



mobile phone



water



## MTB LEGS GEAR



mountain bike



helmet



repair kit



mtb number plate (provided)



## KAYAKING LEG GEAR



double kayak (provided)



paddles (provided)



PFD (provided)



additional warm gear



waterproof pouch for the phone



# GEAR HALF

## LOGISTICS GEAR

- BOX A (you will transport it to the TA) can be a bag ✓
- BOX B (we will transport it. preferably in a box). ✓
- Kayaking bag (to fit all your paddling gear for transportation from TA 2 to TA4). ✓

## ALL -TIME GEAR



- race bib, timing tag, tracker (provided) ✓
- first aid kit, mobile phone ✓
- emergency blanket ✓
- head torch with batteries for the night ✓
- waterproof jacket and pants ✓
- thermal top ✓
- whistle ✓
- compass ✓

# GEAR HALF

## MTB LEGS GEAR



- mountain bike ✓
- helmet ✓
- repair kit ✓
- mtb number plate (provided) ✓

## KAYAKING LEG GEAR



- double kayak (provided) ✓
- paddles (provided) ✓
- PFD (provided) ✓
- additional warm gear ✓
- waterproof pouch for the phone ✓



# GEAR FULL















## LOGISTICS GEAR

BOX A (you will transport it to the TA), can be a bag




BOX B (we will transport it. preferably a box).








Kayaking bag (to fit all your paddling gear for transportation









from TA 2 to TA4. You will carry an empty bag on a 1st paddle.

 <b>ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</b>				
Yes/No	Name	Image	Quantity	Description
<input checked="" type="checkbox"/>	<b>Official Race Bib</b> (Vest/ Jersey/ Bib)		1 x per competitor (no share)	The official race bib must be worn by each competitor at all times as the outermost garment except when a PFD is being worn. Vest/packs that cover the front of the bib are not permitted. Race bibs are provided by the race organisers. An alternate identification may be provided by the race organisers for use with the PFD in which case it must be worn or attached by each competitor as specified.
<input checked="" type="checkbox"/>	<b>Whistle</b>		1 x per competitor (no share)	Each competitor must carry at all times a whistle that is pea-less and functional in wet conditions. It must be easily accessible at all times to sound an alert if required.
<input checked="" type="checkbox"/>	<b>Light Source</b> (Headlamp)		1 x per competitor	Light source (such as headlamp), waterproof with the required batteries for the section of the race. Different light sources may be used in different disciplines e.g. headlamp, cycle lights.
<input checked="" type="checkbox"/>	<b>Shell Layer Top</b> (Jacket)		1 x per competitor	The shell/ outer layer jacket must be waterproof, windproof, breathable as specified by the manufacturer. Jacket must have a hood, seams tape sealed and suitable for potentially extreme conditions in an adventure race.
<input checked="" type="checkbox"/>	<b>Baselayer Top</b>		1 x per competitor	Long sleeve or short sleeve with arm warmers. Close fitting of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Top may either be carried or worn.
<input checked="" type="checkbox"/>	<b>Baselayer Legs</b> (Leggings/ Tights)		1 x per competitor	Long leg or short leg with leg warmers. Close fitting bottom of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn next to your skin. Bottom may either be carried or worn.
<input checked="" type="checkbox"/>	<b>Baselayer Head</b> (Beanie)		1 x per competitor	Beanie (or Buff) must be close fitting and of synthetic or wool fabric. Lightweight, moisture wicking/ quick drying, and worn over your hair/skin. Beanie may either be carried or worn.
<input checked="" type="checkbox"/>	<b>Magnetic Compass</b>		2 x per team	Quality compasses for accurate navigation. Compass must have a needle balanced to the magnetic zone of the race. Watch compasses do not meet these requirements.
<input checked="" type="checkbox"/>	<b>Course Information and Maps</b>		1 x per team	Course maps, course notes and passport/ control card, provided by organisers, appropriate for section of the race teams are completing. Adequate waterproofing e.g. laminated or waterproof paper, clear adhesive(Contact) or waterproof map bag.
<input checked="" type="checkbox"/>	<b>Survival Blanket</b> (Space Blanket)		1 x per competitor	Sheet or bag of material coated in a metallic reflective agent. Used in emergencies to reflect heat. Can be used to counter hypothermia, but also provide shade or aid in visibility. (note bags can deteriorate over time).
<input checked="" type="checkbox"/>	<b>First Aid Kit</b>		1 x per team	First Aid contents specified separately. Must be contained in waterproof bag.
<input checked="" type="checkbox"/>	<b>Cell Phone</b>		1 x per team	Cell phone with fully charged battery, turned off and sealed in opaque and waterproof bag/container for emergency use only. Race organisers will provide advice on specific cell network (if required) and seal phones in security bags before the race.
<input checked="" type="checkbox"/>	<b>GPS Tracker/ Emergency Communications</b>		1 x per team	Specific device provided by race organisers. Must be carried and used in accordance with direction of race organisers.

# GEAR FULL

 <b>ALL TIMES - MOUNTAIN BIKE DISCIPLINE - ALL ARWS RACES</b>				
	Name	Image	Quantity	Description
✓	Mountain Bike		1 x per competitor	Mountain Bike appropriate for adventure racing. No road or cyclocross bikes.
✓	Helmet		1 x per competitor	Cycle helmet with an approved safety standard certification. (e.g. CE, UIAA or country equivalent). Worn at all times while cycling.
✓	Front Light		1 x per competitor	Front facing white light. May be head or handlebar mounted. Must be on between sunset and sunrise and in reduced visibility.
✓	Rear Light		1 x per competitor	Rear facing red light. Must be mounted on the bicycle. Must be on between sunset and sunrise and in reduced visibility. Recommended spare rear light is carried amongst team.

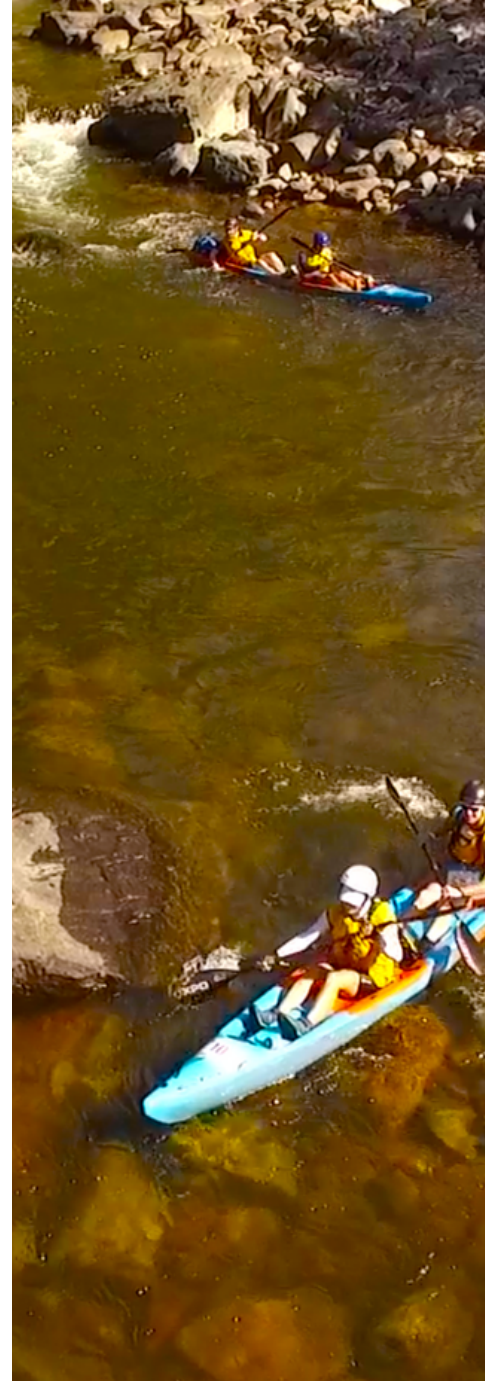
 <b>ALL TIMES - PADDLING DISCIPLINE - ALL ARWS RACES</b>				
	Name	Image	Quantity	Description
✓	Personal Flotation Device (PFD/ Lifejacket)		1 x per competitor (no share)	Correctly sized for the competitor and must meet safety standards of the country of the race. Worn at all times while paddling. Inflatable type vests not acceptable. Foam deteriorates over time and loses buoyancy.
✓	Whistle		1 x per competitor	Must be attached to the PFD/ Lifejacket.
✓	Paddle		1 x per competitor	
✓	Helmet		1 x per competitor	Organiser to specify if river helmet is mandatory for any white water rivers, or if cycle helmet is acceptable. Worn as directed by race organisers.
✓	Boat		as per race organiser	Supplied by race organisers (unless notified otherwise).
✓	Illumination (Glow Stick/ Chemical light)		1 x per competitor 1 x per boat	One glow stick (100mm) attached to PFD in a highly visible position at all times (i.e. shoulder position). One glow stick attached to boat (bring cable tie). Glow sticks must be glowing when dark. Multiple sticks may be required, bring spares.

 <b>FIRST AID KIT - ALL TIMES - ALL DISCIPLINES - ALL ARWS RACES</b>				
	Name	Image	Quantity	Description
✓	Pressure Bandage (Elastic/ Crepe)		2m long x 7.5cm wide	Total length of bandage is minimum of 2 metres and minimum width is 7.5cm un-stretched. Multiple bandages are permitted. Used to create localised pressure to site of injury or wound.
✓	Triangular Bandage		1 x	This bandage in shape of right angle triangle can be used to make a sling, as normal bandage and other applications.
✓	Wound Dressing (Sterile)		2 x	Dressing minimum dimensions 7.5cm x 7.5cm each. Applied to wound to prevent further harm and promote healing. Self adhesive or used in conjunction with a bandage. Gauze dressing with nonstick film recommended.
✓	Strapping Tape (Adhesive/ surgical tape)		1 x	One roll of strapping tape. Can be used to secure bandages or dressings and in improvised splints.
✓	Antihistamine (strong)		4 x adult doses minimum	Antihistamine tablets inhibits the action of histamines and can be taken in event of allergic reaction. Further medical attention may be required.
✓	Anti-diarrhoeal Medication		4 x adult doses minimum	Medication to provide symptomatic relief for diarrhoea to help reduce excessive fluid loss. Note Antidiarrheals do not eliminate the cause of diarrhoea. Further medical attention may be required.
✓	Medical Gloves		1 x	To protect the wearer and/or the patient from the spread of infection or illness. Use medical gloves when your hands may touch someone else's body fluids (such as blood, respiratory secretions, vomit, urine or feces)

## TIMING AND LIVE TRACKING

The race will have online tracking system for the Half and Full courses. All teams will have to carry a tracker as a part of their compulsory equipment. The tracker will be transmitting team's position during the race. It is a part of event safety as well as event on-line coverage. The map with position of all teams will be available on-line for your friends and relatives to track your progress.

Team captain/other member must collect a race tracker prior to the race and give it back at the finish or nearest Transition area in case of DNF. This is team's responsibility to receive and return trackers.



[HTTPS://WWW.FACEBOOK.COM/ADVENTUREJUNKIE.COM.AU](https://www.facebook.com/adventurejunkie.com.au)



Electronic timing will be used during the race. Each checkpoint will be equipped with 1 or 2 timing stations, each participant will need to wear a timing tag fastened on their wrist with a band provided.

At the finish line timing tags need to be handed out to race marshals. If you lose/broke your timing tag during the race you should inform race officials in the nearest transition area.

# REGISTRATION AND MAPS

## REGISTRATION

Every competitor needs to present himself at the on-site registration. It can be done Friday night from 6 till 8 pm or Saturday morning from 7 am. The registration procedure will consist of the following steps:

- Sign up waiver form;
- Check your team name and participants' details;
- Fill out the team profile;
- Do a team photo with our event photographer;
- Receive race bibs and maps.



## MAPS HANDOUT

Maps will be available for collection during the registration from Friday 6 pm at Wayanga Winery. If you plan to arrive on Saturday, you can receive maps from 7 am at the race HQ.

There will be no race briefing. If any last-minute changes are required, we will post them on the FB page and inform all teams at the start line.

## TEAM PROFILES

We want to get Adventure racing growing and make X-Marathon spectacular- friendly. It is much nicer when dot watchers can check out all team names and short Bios to find out who these are superheroes rather than to have just a dot on the screen. Please download the questionnaire. We strongly encourage you to do it ASAP to save time filling it up during on-site registration.

# PRESENTATION AND RESULTS

## RANKING

The ranking is calculated as a Race time plus any penalties and minus any bonus time.

To be ranked, the team must cross the course as a team of four or two (as they started).

If one or two team members withdraw from the race, the remaining team members can proceed on a full course as an unranked team.

## RESULTS

The results will be published on the event website [xmarathon.com.au](http://xmarathon.com.au) within a week after the event. The preliminary results will be available at the presentation.

All category winners will receive A\$ vouchers. If you can't attend the presentation, prizes won't be collected afterwards.

## PRESENTATION

The presentation and lunch will be held in Wyanga Winery; please go there straight after the finish. You will be able to collect all your gear there as well.

248 Baades Rd, Lakes Entrance VIC 3909

