



# ADVENTURE SPORT NQ

## **Important Event Info**

Thanks for joining us for the **Grin 'n' Bear It Challenge**. Please read the information in this pack carefully as it contains important information about the event.

## **Schedule of Events**

### **Thursday 27th August**

- ☐ 3.30pm - 5.30pm: **Race Bag pickup** @ Pump N Pedals, 113 Sheridan St, Cairns.

### **Friday 28th August**

- ☐ 7am - 9am: **Race Bag pickup** @ Elva's Café, Cool Waters Caravan Park, Brinsmead.
- ☐ 4pm - 7.30pm: **Race Bag pickup** @ Race HQ, Barrabadeen, Lake Tinaroo.

### **Saturday 29th August**

- ☐ **5am – 6am:** Transition open at Race HQ, Camp Barrabadeen, Lake Tinaroo
- ☐ **5am - 5.45am:** Race Bag pickup @ Race HQ, Camp Barrabadeen, Lake Tinaroo
- ☐ **5am - 5.45am:** Sign-on
- ☐ **6am** - Race Briefing
- ☐ **6.30am:** Race start
- ☐ **6.30am – Midday:** Sign-on table will remain open for ride and run team members.
- ☐ **6pm:** Race cut-off time followed by presentations, random draw prizes & after-party celebrations at Race HQ, Camp Barrabadeen.

\* Race Bag collection: all competitors will receive a race bag. One team member can collect all the team members' race bags, or you can have someone else collect your race bag for you.

## **Car Parking**

- ☐ There is car parking available at Barrabadeen (see map).
- ☐ Please follow signs and the directions of our wonderful volunteer marshals.

## **General Info for Everyone**

- ☐ No Dogs permitted at the venue of this event.
- ☐ No cups provided on course in any events – BYO Drinking containers thanks.
- ☐ Race HQ for events is Camp Barrabadeen.
- ☐ To get to Camp Barrabadeen, continue on Tinaroo Dam Falls Rd down the hill, across the causeway (the mighty Barron), up the other side and on to the Camp Barrabadeen sign on your right, approx. 2km from causeway. Once on the dirt road into Barrabadeen please drive carefully and watch for wildlife, other visitors and of course other awesome Grin 'n' Bear It athletes.
- ☐ If you are camping or staying in the dorms at Barrabadeen, please follow signage to the parking area and then check in with the Caretakers, pay your fee and take direction to your accommodation. Those staying in the dorms will be directed to a specific park spot.
- ☐ Cash only for your pre-booked camping or dorm accomm – no card facilities.
- ☐ Although we will have a limited amount of disposable crockery and cutlery we ask that you please BYO your own plate, cutlery & cup minimize the environmental impact of this event.
- ☐ BYO comfy chair

## **Catering**

- ☐ There will be food and drinks available at Barrabadeen throughout the weekend so there's no need to bring food, cooking gear, or the kitchen sink!
- ☐ **Southern Cross Catering Mobile Food Van** (see menu)  
Friday 28<sup>th</sup> Aug: Midday to 8pm  
Saturday 29<sup>th</sup> Aug: 5.30am – 3pm  
Sunday 30<sup>th</sup> Aug: 6am – 10.30am
- ☐ **Event BBQ** Saturday from 3pm -8.30pm  
Free for competitors, \$8 per person for non-competitors  
Competitors will need to present your competitor wristband (in your race pack) to receive your meal & drink
- ☐ **Express Coffee Van**  
Saturday 5am – 6pm  
Sunday 6am – 10am
- ☐ **Grin n Bear It Soup Shack** will provide competitors and supporters with delicious homemade soups from mid morning through to mid afternoon - or until supplies run out. Pumpkin soup and Pea and Ham soup will be on offer for a gold coin donation, with all proceeds going to the Bear Foreman Foundation.

## **Saturday Morning Registration Procedure**

- ☐ Please make every effort to pick up your race bags at any one of the venues prior to race day (see previous page).
- ☐ Saturday's pre-race sign-on will be conducted at the Holden Shelter (see map), **from 5am and will close at 5.45am sharp. All solo competitors, team swimmers and paddlers are required to sign-on before the race commences. Ride and run leg competitors can sign on after race start if they wish.**

## **Event Waiver**

- ☐ **Solo competitors are NOT required to sign and return an event waiver**
- ☐ **Team competitors ARE required to read and sign a Team Event Waiver. This has been emailed to you and you will also find a copy in your race bag. One Team Event Waiver per team (with all team members' signatures) is to be submitted to the sign-in volunteers on race day.**
- ☐ **The team leader is responsible for ensuring that all team members sign the waiver and return to the lovely sign-on volunteers on race day.**
- ☐ **COMPETITORS <18: Your parent or guardian must attend the sign-on on Saturday morning to sign the event waiver on your behalf.**
- ☐ **Competitor wristbands: these are provided in your race pack for all solo and team competitors and must be worn for the race. Individuals not wearing wristbands will not be permitted into the transition area or onto the course.**

## **Transition**

- ☐ There will be a single transition area at Camp Barrabadeen. (see map)
- ☐ Transition will open at 5am race day and close at 6am sharp. Competitors' bikes and race gear must be in transition before closure of the transition area.
- ☐ Competitors choosing to leave equipment in the transition area prior to 5am on race day do so at their own risk.
- ☐ The designated 'Teams Area' will have numbered markers to define where each team can place their equipment. Team competitors will be required to tag their next team member as they enter this area.
- ☐ We strongly advise solo competitors use a 25L plastic container with competitor number clearly marked on it to store equipment beside racked bike in the transition area. This will clearly identify your equipment and prevents other participants unwittingly & accidentally grabbing another competitors' gear in the heat of multisport battle!
- ☐ Watercraft will be placed in a designated area on the foreshore. Ensure you can identify your own craft!

## **Course Information**

- ☐ For detailed course maps and descriptions please refer to the website:  
<http://www.grinnbearit.com.au/>

## Cut-off times

- ☐ Cut-off times have been set for each leg to ensure the entire event will be completed in daylight hours. **Cut-off times will be enforced at the discretion of the Race Director.**

**SWIM CUT - OFF TIME: 7.30AM**

**PADDLE CUT - OFF TIME: 10AM**

**BIKE LEG CUT - OFF TIME: 3.30PM**

**RUN LEG CUT - OFF TIME: 6pm**

**In the event that a team competitor fails to complete their leg by the required cut-off time, the next competing team member can commence their leg AT the cut-off time. The team will be allowed to continue the race (until the race cut-off time at 6pm) and will receive a DNF result.**

## Ochre Restaurant Swim Leg

- ☐ Swimming aids (fins, etc.) are NOT permitted
- ☐ Wetsuits are permitted and encouraged. Expect the water to be chilly!
- ☐ You are required to wear the numbered swim cap provided in your race bag
- ☐ There will be a number of water safety craft on the swim leg
- ☐ **SWIM CUT-OFF TIME = 7:30am**

## Enzed Cairns Paddle Leg

- ☐ Any single person paddle craft ok, must be seaworthy. *Oars, sails or motors not permitted.*
- ☐ PFD's are mandatory.
- ☐ Ensure your PFD is fitted correctly before entering your craft.
- ☐ Only covered shoes are allowed. No thongs please.
- ☐ Ensure adequate sun protection is worn and you are prepared for cold conditions.
- ☐ Carry adequate drinking water.
- ☐ **PADDLE CUT-OFF TIME = 10am**

## Pump n Pedals Bike Leg

- ☐ Please refer to the Bike Course Map for course details
- ☐ Race plates (provided in race bags) must be mounted on the front of your bike.
- ☐ Bike number plates are to be returned at the completion of the race
- ☐ This is a mountain bike course & is not suitable for road bikes or skinny tyre hybrids.
- ☐ Bikes must be well maintained and recently serviced.
- ☐ Competitors are to wear Australian Standard approved helmets.
- ☐ Helmets and bikes will be inspected at transition prior to event start to ensure equipment is safe and in good working order.
- ☐ There will be no bike mechanic on course. You must carry your own spares.
- ☐ Water & electrolyte will be available at the manned Feed Stations at 11km, 36km and 51km.
- ☐ There will also be unmanned emergency Feed Stations at the KOM/QOM at the top of Mt Edit (approx. 20km) and at the 28km mark.
- ☐ Injuries/crashes – if you come across an injured competitor, please provide assistance and first aid as required and notify the course marshals (there will be marshals on course on quad bikes and at Feed Stations).
- ☐ If you are required to render assistance and stay with an injured rider until assistance arrives the lovely timing coordinator will add a time bonus and

adjust your time accordingly to ensure you are not penalized or miss the cut-off time for being a good sport!

- ❑ **BIKE CUT-OFF TIME = 3.30pm**

### **Keir Qld Run Leg**

- ❑ Please refer to the course map for detailed run course info
- ❑ Runners are encouraged to carry a snake bite/compression bandage
- ❑ Runners must be self-sufficient & carry their own water and food on the course.
- ❑ A head torch should also be available
- ❑ **RUN LEG CUT-OFF TIME = 6pm**

### **Be Prepared**

- ❑ Competitors please prepare for the cold! The temperature can get down to single figures at Lake Tinaroo and our recent visits to prepare the course have been chilly!
- ❑ Please be prepared for varying temperatures for all legs of the event.

### **Spectator Information**

- ❑ Spectators will be able to view the race from several vantage spots around Camp Barrabadeen as marked on the map.
- ❑ Care is to be taken when entering and exiting Camp Barrabadeen and please adhere to any directions given by safety marshals.

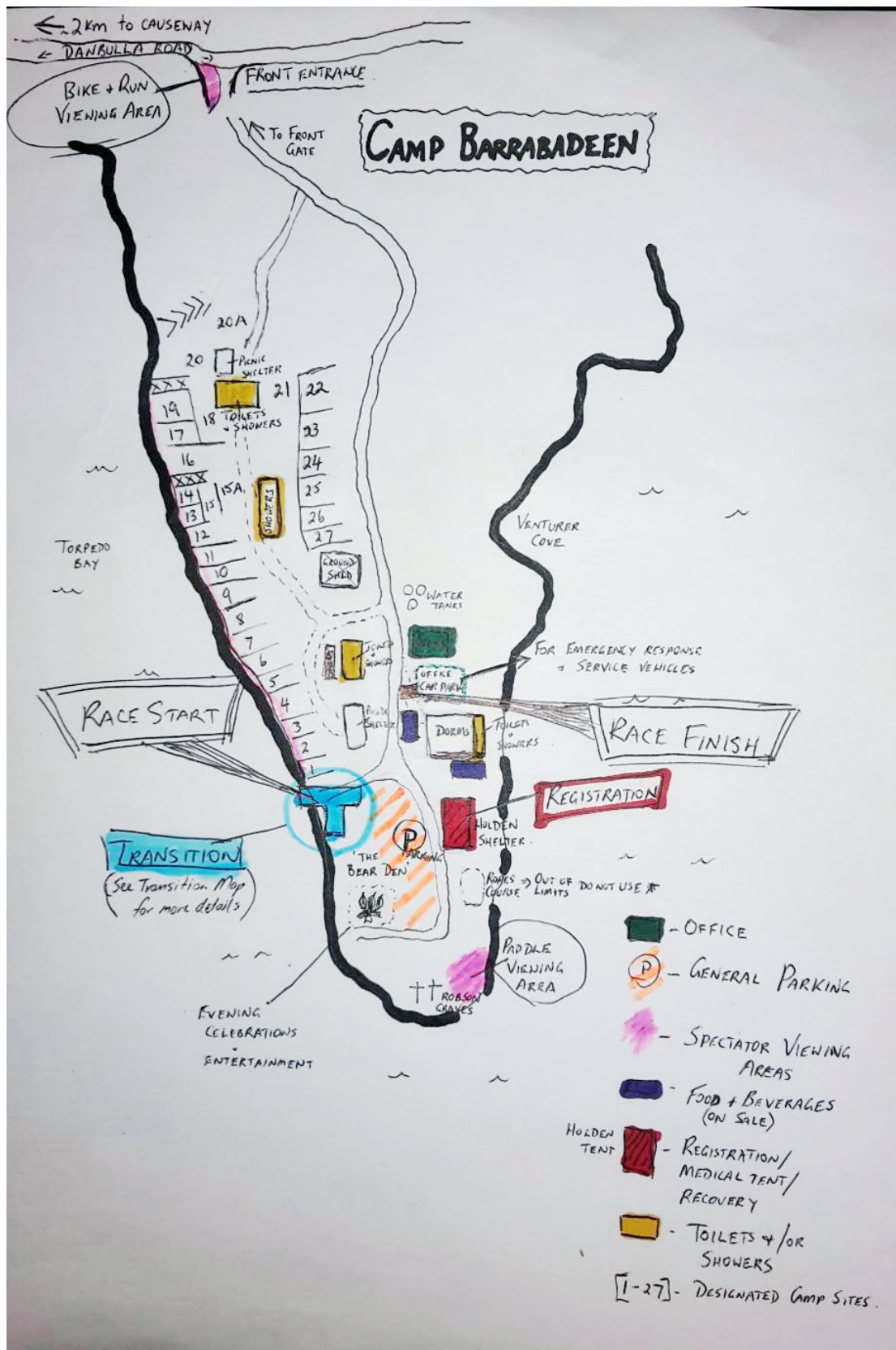
### **Saturday Dinner**

- ❑ A post-race barbeque meal & drink is free for all competitors.
- ❑ Competitors please present your race wrist band (it'll be in your race bag) to the catering team at the camp kitchen.
- ❑ Barbeque food will be on sale for spectators/family/friends. **CASH ONLY**
- ❑ If you are staying for dinner Saturday night please BYO plates, cutlery, cup and a comfy chair.
- ❑ Vegetarian and gluten free options will be available.
- ❑ If you have any other specific meal/dietary requirements please BYO.

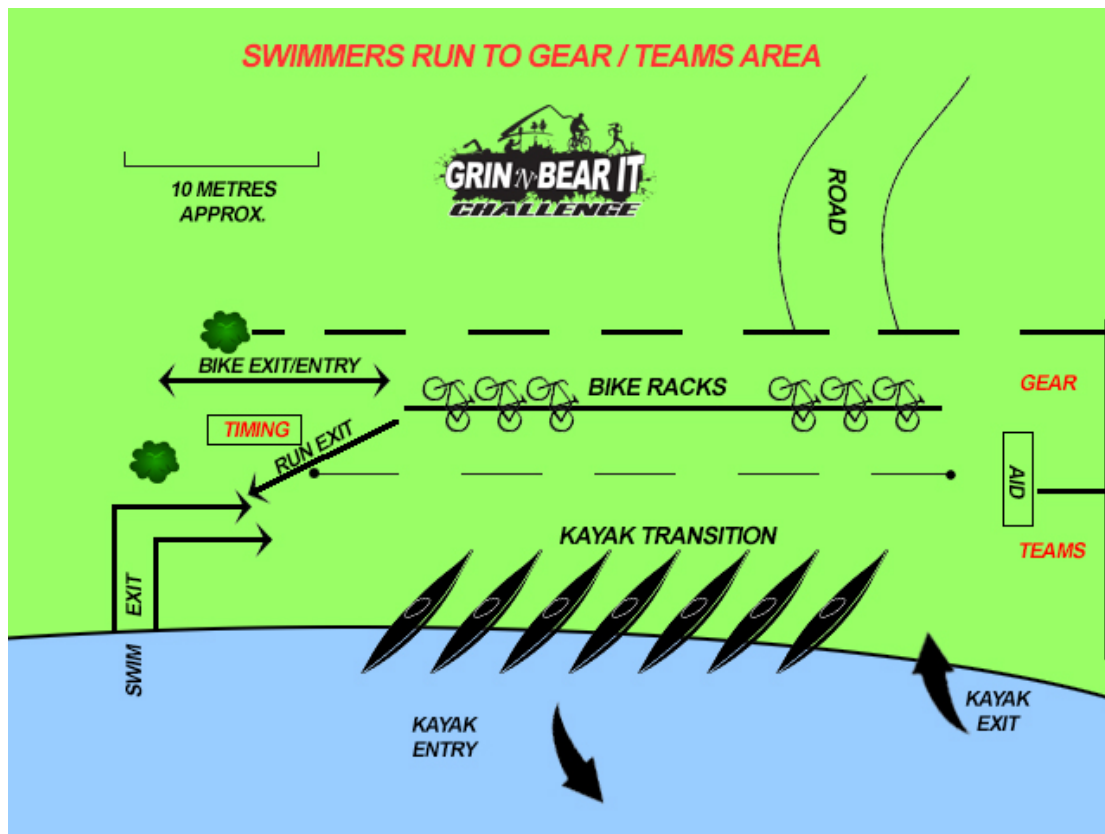
Any further questions or enquiries please email [info@grinnbearit.com.au](mailto:info@grinnbearit.com.au)

We look forward to seeing you all soon!

***The Grin 'n' Bear It Team.***







## SOUTHERN CROSS MOBILE FOOD

MEAT AND SALAD SANDWICH	\$5.50
VEGGIE BURGER	\$7.50
HAMBURGER	\$8.00
MEATBALL ROLL	\$7.00
PULLED BEEF AND GRAVY ROLL	\$7.00
BACON EGG ROLL	\$6.50
BLT ROLL	\$6.00
HOT DOG	\$5.00
FRIDAY NIGHT ONLY PASTA CARBONARA OR BOLOGNESE	\$9.00
<b>SOFT DRINKS</b>	<b>\$2.50</b>
ICE TEA	\$2.00
ICE COFFEE	\$2.50
WATER	\$2.00
SPORTS DRINK	\$4.00
FRUIT JUICE	\$2.00

**HOME MADE FOOD SERVED FRESH FOR YOU**  
**SOME PRODUCTS CONTAIN GLUTEN SOY DAIRY EGG AND NUTS SO**  
**PLEASE ADVISE OF ANY ALLERGIES WHEN ORDERING**

AS WILL ALL FRESH FOOD SUBJECT TO AVAILABILITY

***Thank you to our major sponsors.***



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**<http://bearforemanfoundation.org/grin-n-bear-it-challenge/challenge-sponsors/>**