



Participant and Support Crew Information

Lake Eildon Challenge

Good decision on your behalf to tackle the Lake Eildon Challenge. As with all Multi-Sport events, there's a few logistics to think about. Read this document through and everything will be clear. That way you will enjoy your day out around the Lake!

This event is not a race, if it was we wouldn't be able to get road permits for the cycle leg given its remoteness. However, you can go as hard as you like and we will be timing it by hand to keep track of everyone. Most prizes will be random prizes, but some will recognise the super fast efforts, so everyone who enters is in with a chance of winning something ... as long as you come to the presentations!



Registrations

Registrations will be Friday 31st March 7:30pm-9pm at the Delatite Hotel in Mansfield. You will be given your race belt with number on it and your free event drink bottle. Solo participants need to register themselves. Teams only need to send the cyclist to registration, the cyclist is then responsible for making sure their paddler and runner will be ready to go on the day and giving them their event bottle if they don't pick them up themselves. You can also pick up your event bottle at the finish line.

Before The Event

Arrive at Station Precinct, off Kitchen Street by 7:00am. This is behind the Visitor Centre and **no parking is permitted in the Visitor Centre** so make sure you enter off Kitchen Street. Marshals will direct you to a car park, then to the event briefing. All cyclists need to be ready at the event briefing by 7:15am.





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All participants must have the number showing on the front at each transition. During each leg you can have it on your back but it must be turned around at transitions for our timing staff.

During The Event

It is your responsibility to ensure you and everyone in your care is safe and follows normal rules e.g. road rules and no littering. The event team will provide some bins at transitions and the finish but please wherever you are ensure there is no littering. We have a 'leave no trace' policy so please help us achieve this to keep the Lake Eildon area the beautiful clean area that it is. It's a big day for people so always be on the look out for anyone in trouble.

Support Crews

If you are going solo, you will need a support crew/person. The only exception to this is if you are hiring a kayak through Vigor and you arrange with the Event Director to also collect your bike and bike equipment. This *must* be pre-arranged.

If you are in a team, teammates not doing the current leg become the support crew. Each team should only need one car for the whole event. Even if the paddler starts in Eildon, the cyclist can then drive the paddlers car with their bike to Bonnie Doon to pick up the kayak and paddler.

The Cycle Leg

After the event briefing, all cyclists will head to the start line in Ultimo Street (across the road). The event starts with the 98km cycle leg from Mansfield to Eildon. This leg will start in waves. *You are permitted to draft.* Start times will be up at registration but essentially be at the start line by 7:30. Don't miss your start!

Cyclists head out of Mansfield and turn right along the Mansfield-Woods Point Road, you must cycle single file along this road as it is not a wide road. Just before getting to Jamieson, you turn right onto the Eildon-Jamieson Road and soon the first big hill climb begins. There will be water at about the half way mark of the ride at the top of the climb from Jamieson – no cups, you need to stop and fill your own bottle. The Eildon-Jamieson Rd has many blind corners so we stay to the left and only overtake when safe, it only takes one car speeding around a corner to collect you, please don't let this happen. Turn right at the Goulburn-Valley Highway and veer right onto Pinniger Road (don't go into Eildon) and ride along to where Pinniger Road crosses the Goulburn River heading to the Dam Wall. Turn right to the transition area. Rack your bike and head to your kayak if solo. If in a team, rack your bike,





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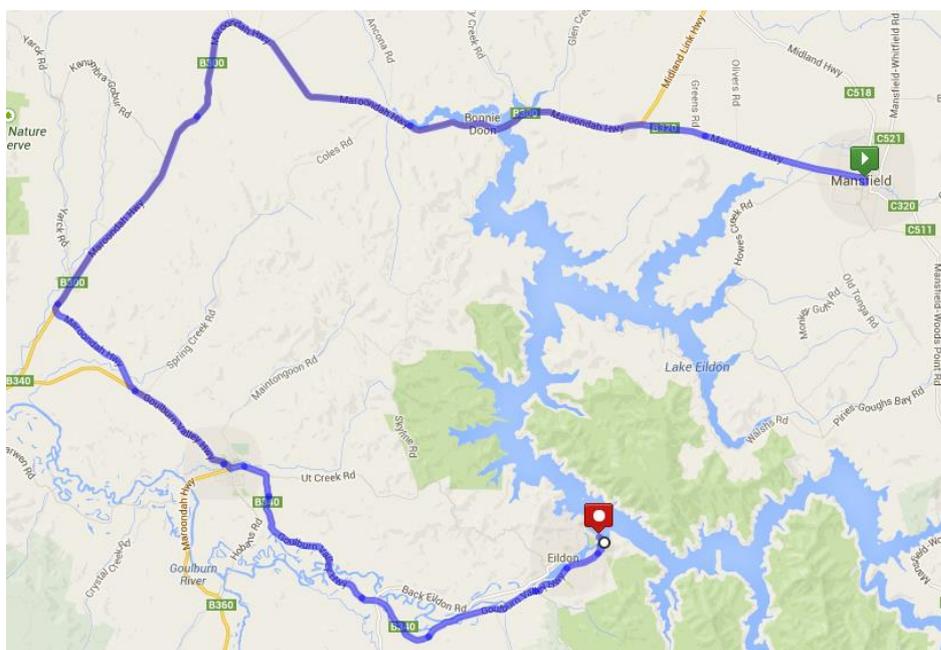
run through the timing area then change over the event number to your kayaker.

All participants must rack their bikes before going through the transition.

There will be marshals at each corner to direct you but it's a good idea to know the route just in case. There will also be support cars out on the course. If a fellow participant is in trouble, please help them out until event staff get to you.

Support Crews / Team Kayakers

You MUST NOT follow your cyclist from Mansfield. You will drive the other way around the Lake to the transition area at Eildon. This is to reduce the number of cars on the road the cyclists are using and to make your journey safer and quicker. Follow the map and directions here: Drive from Mansfield to Bonnie Doon - take note of Maintongoon Rd. as you cross the bridge at Bonnie Doon (this is where you need to come back to for the next transition). Continue along Maroondah Hwy to Yarck. You will turn off the Maroondah Hwy to the Goulburn Valley Hwy to travel through Alexandra. Continue along Goulburn Valley Hwy to Eildon (don't take Back Eildon Road). Once the Goulburn-Valley Hwy meets the Eildon-Jamieson Road, you may encounter cyclists from the event, please take care. Turn right at Pinniger Road and continue along here until you veer left across the dam wall.



Allow 1-1.5 hours for this drive. The transition area in Eildon will not be open until 9:30am. Why not go for a coffee / brekkie in Mansfield before you leave. We anticipate the fastest cyclists will take 3 hrs, and the slowest 5 hours. There's much more to do in Mansfield than

Eildon, so time your run so you're not hanging out at a boat ramp for hours.





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If you have a kayak on your car, take the right to go down to the Alliance Boat Ramp (transition area). You may park here for 5 minutes to unload your kayak. Note: Kayaks will be left on a gravel area, bring kayak stands or blankets/towels to put under your kayak to keep it safe. After unloading your kayak, you need to re-park on the opposite side of the road and walk back across to wait for your cyclist to come in (bring coins for parking). There will be marshals to direct you (there are toilets across the road also).

If you do not have a kayak on your car, take the first left after the dam wall to park your car. Walk back across the road and down to the Alliance Boat Ramp to wait for your cyclist.

Cyclists need to rack their own bike before receiving any assistance.



Participants may get assistance after passing through the timing area to get their kayak in the water and get started. Once the kayaker has started, you collect their bike and equipment and walk it back up to your car before heading to the next transition (just over an hour drive).

Support crew parking, first left off Pinniger Rd. Transition area and kayak drop off (5 mins only) first right off Pinniger Rd, then re-park in Support Crew car parking area.





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The kayak leg

The 25km paddle takes you from Eildon to Bonnie Doon. You are required to use a sit-on-top kayak, unless you have demonstrated your ability to rescue yourself to the Event Director prior to the event. The Event Director will be at the Alliance Boat Ramp (transition area) to check all boats and that only participants who have shown their competence are allowed to start in a sit-in kayak.

You must wear a PFD for the kayak leg or you will not be allowed to start.

You are allowed to wash-ride in the paddle leg. There will be boats out on the lake to guide you, but we recommend taking a map with you. See **Paddle Notes** on the "Course" page of the website, you can print then laminate to keep it dry. From the start you head north-west for about 9km, then turn right at the pine trees, turn left at about 12km, then there's a long straight section for about 6km where you are aiming for the left side of the bald hills in the distance. Turn left at about 18km, you will see a sign 'Brankeet Arm', which you paddle around (no portages over land but you can get out here for a rest. Turn right at 21km and paddle until you see the transition on the left, approximately 100m before the Maroondah Hwy bridge, near the boat ramp. Kayakers must get out of their kayak and run/walk in front of the timing area before changing to the team runner, or putting their runners etc. on if going solo.

Support Crews

Drive back to Bonnie Doon the way you came, but turn right before the bridge into Maintongoon Rd. and look for the transition next to the boat ramp (you'll see cars and the timing tent). There are toilets at this transition. If you have running equipment for solo participants, set it up ready near the tent. Then wait for your kayaker to come in. As soon as they get out of their kayak, you can assist with collecting kayak, paddle, PFD and any other equipment they have and of course them, they will be tired!





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The Run Leg

The run is half marathon distance (give or take 100m) from Bonnie Doon transition to Mansfield mostly along the rail trail. The start section follows the lake around then under the bridge and continue around and up a narrow track to take you to the Rail Trail. Turn right at the rail trail so you are heading to Mansfield – running across the bridge first. From here it's pretty straightforward, just follow the rail trail all the way back to Mansfield. You need to be careful at each road/trail crossing. There will be a marshal at the major road crossing of the Midland Hwy to help you, but you must take care and beware of traffic at all of the other crossings. There will also be water at the Midland Hwy for you to fill your bottle if you need.

We recommend all runners take some hydration and solo participants make sure you have enough energy (food) to get you to the finish line! 32GI will be there providing sports nutrition so no excuses

The run finishes at the end of the Rail Trail in Mansfield at the Visitor Information Centre. We will have water, energy drink and fruit for you at the finish line. If you finish fast, go enjoy a feed and be back for the presentation so you don't miss out on the goodies.

Support Crews

Drive back to Mansfield along the Maroondah Hwy (15-20 mins) and park in the Station Precinct (***you must park in the station precinct not the visitors centre***). This is the same place where cars parked at the start of the day. Be ready to do your best supporting as your friend or teammate crosses the finish line.

Presentations

Presentations will happen when the majority of participants have finished, we anticipate this to be around 4:30pm. You must be at the finish line or still competing to be in the running for the random prizes.

We will head to the Delatite Hotel in Mansfield for dinner at 7pm to recount stories of our day out around the lake! Everyone is welcome to join us for dinner. We hope to have provisional times up at the Delatite Hotel at dinner time too.

Any questions, read the website then if you still have questions, email us!

We hope you enjoy your Lake Eildon Challenge!

