

ADVENTURE-ATHLON



Murray Bridge

15th June 2024

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Location

Murray Bridge Adventure-Trek will introduce you to South Australia's famous Lavender Federation Trail and trails through the beautiful Kinchina Conservation Park. Our experienced staff and volunteers will accompany you along the trails so there is no need for you to navigate, your role is to experience and enjoy the scenery, the opportunity to get outdoors and refresh your soul, and become a more accomplished trekker. Along the way you will be catered for at checkpoints, and possibly challenged with small but fun tasks that add to the adventure.

The historic **Lavender Federation Trail (LFT)** links Murray Bridge to Clare following the eastern slopes of the Mt Lofty Ranges. The LFT traverses many diverse landforms and vegetation zones along its 320 km length. Adventure-Trek Murray Bridge will introduce you to, or for some prompt a return visit to, the Murray Bridge end of the LFT and the side trails through the Kinchina Conservation Park.

Kinchina Conservation Park (KCP) represents the largest area of native vegetation in the region. KCP is home to several rare bird species and threatened species of plant. If you are lucky you may spot a Diamond Firetail or a Hooded Robin among the granite outcrops or around Monaro Mintbush or Menzel's Wattle. KCP is an important conservation area for those species.

All the trails we move through for the three distances on offer in the Murray Bridge Adventure-Trek are graded easy. Consequently, this adventure is ideally suited to those new to trekking and outdoor activities, however the longer distance options may be an ideal challenge for those wishing to expand their comfort zones. That said, it is important that you don't outpace your abilities, although we will have assistance handy if you misjudge your present capability. Imagine the thrill of accomplishing a new adventure. We give you the opportunity to carry that rush through to other challenges on the day.

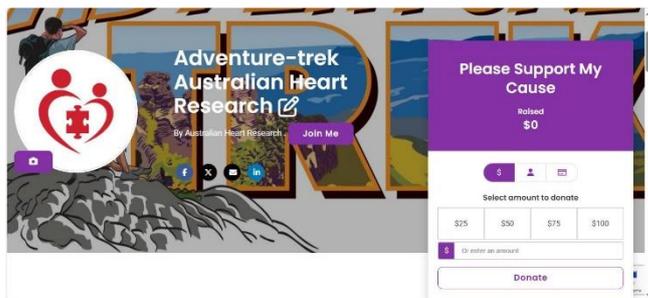
Abseil from the historic Murray Bridge and try **Kayaking** on the mighty Murray River. Administer yourself a dose of adrenalin by taking the leap of faith from the bridge then arriving safely at the bottom. For most people abseiling produces a real burst of adrenalin by undertaking a surprisingly safe activity. Somewhat less adrenalin inducing but still a great thrill for the uninitiated, kayaking can be as restful or as vigorous as you desire. If you haven't tried kayaking this a perfect opportunity to learn in a friendly and safe environment.

Fundraising

This trek has two key objectives, firstly, to see you accomplish your goal and complete the trek. Secondly, to raise funds for Australian Heart Research. So, we can assist with the trek, but we need you to get your friends, co-workers, boss, company etc to donate to the charity while you hike.

Fundraise with Flair Fundraising doesn't have to be all serious business. Channel your inner fundraising superhero, Captain Generosity, and swoop in with a donation of \$50 or more! It's like throwing confetti at a charity party – festive and for a good cause! Better still, get others to donate to the cause and really make a difference to the Australian Heart Research.

Use this link ([The Hospital Research Foundation Fundraising - Adventure-trek Australian Heart Research](#)) and you will see two ways to donate:



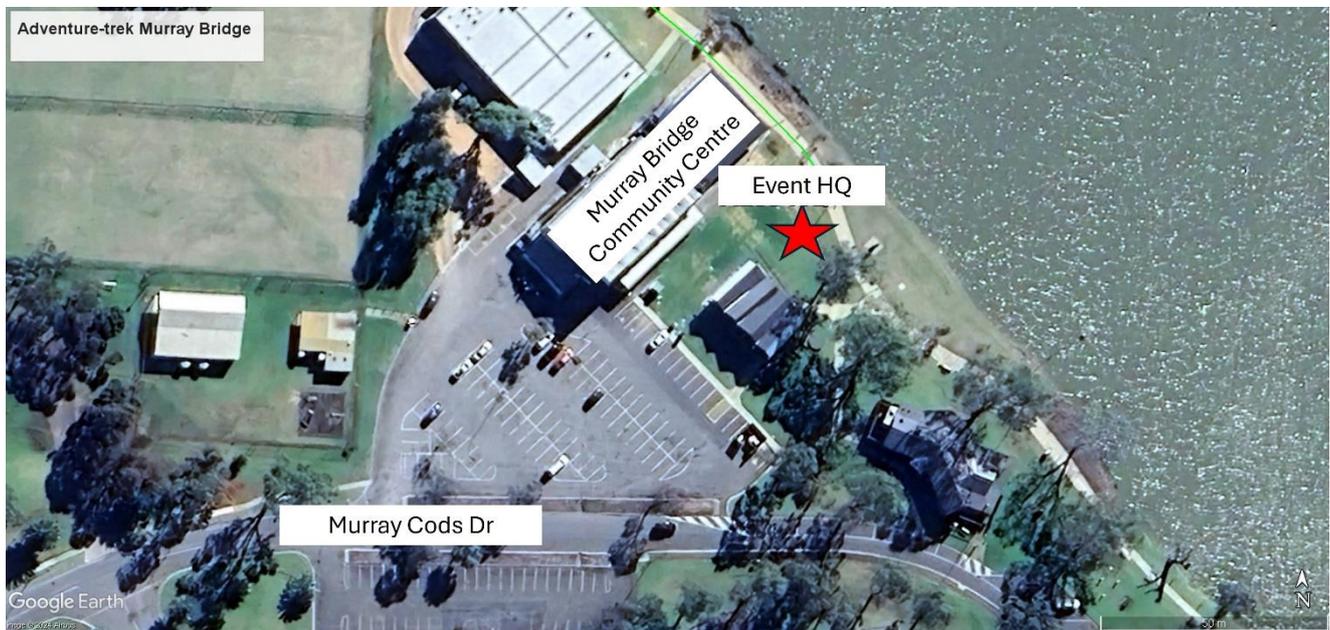
1. Direct donation (on the right of the page) This allows you to just donate once. That donation goes to the total of the event tally (doesn't add up how many people fundraisers have convinced to participate), or

2. JOIN ME- (middle of the screen) to build an army of donations with you as the leader. Here you can track donations from friends, etc and watch your tally grow.

Jump on board for that fantastic after glow when you know you are helping someone improve the lives of others. You never know when heart problems may hit home so let's all get together and make a difference.

Event HQ

Trek participants should assemble and check in at event HQ at Sturt Reserve, Murray Cods Dr, Murray Bridge, on the grassed area to the east of the Murray Bridge Community Centre (see below).



Logistics

Participants are required to check in at event HQ before being bussed from event HQ to start areas on Sunday 15th June 2024. There is ample parking available at event HQ to leave vehicles until you return.

There are **no registrations on race day**. Those who want to compete must **register online before Thursday the 13th June**. This is to ensure all correct paperwork is completed and filed.

Participants should ensure they take all their personal equipment (see list below) with them on the bus to the start.

Along the route there are checkpoints (CPs) approximately every 10 km where water and treats will be available. Despite this you should ensure you have sufficient special food or hydration requirements for your journey in your kit. Limited treats available at CPs may include biscuits, cake, lollies, fruit, water, soft drinks, etc.

It is your responsibility to ensure you have sufficient hydration with you to move from one CP to the next.

On reaching the finish you must ensure that you pass through the finish arch at HQ so we don't have to go looking for you or instigate a search operation if you are not checked out at the finish.

Should you encounter any issues along the way please notify the guide accompanying you group as soon as possible. That way we can get assistance to you as soon as possible.

Should you be unable to continue beyond a CP you must ensure that you notify event marshals who will organise transport on to the finish for you.

Personal equipment

You will be traversing through unpopulated areas with no facilities so you need to be self sufficient with respect to your equipment for the journey. We may prevent you from starting the event **if your equipment is inadequate** in our estimation. Your choice of equipment can greatly influence the comfort level of the trek so we recommend the following items as **essential**:

1. A sound, good fitting and comfortable pair of **shoes**. Trainers are suitable for the types of terrain you will be crossing and are relatively light compared to walking boots. The best options are those with an off-road tread pattern. Shoe fit is important to avoid painful blisters as are good socks. Shoes should be 'worn in' prior to the trek because new shoes may also cause a blister problem.
2. **Comfortable clothing** that is suitable for walking, preferably sun safe, and a sun hat. Just common sense really. Be temperature aware and consider clothing that will keep you comfortable in the predicted conditions.
3. **Sunscreen** and insect repellent.
4. Depending on weather predictions a **wet weather jacket** may be needed. You should carry one in your backpack for unforeseen circumstances even if the weather looks good.
5. **Water bottle/s** or bladder.
6. Snacks or **special food requirements**.
7. Any **medication** you require through the day.
8. **Phone** with Adventure-Trek emergency contact number (0447 496 489) and a camera.
9. Compression or snake **bandage** and band-aids or blister patches.
10. A **backpack** or running vest suitable for carrying your equipment. Again, this should be comfortable to wear for the duration of your trek.

Event Schedule

Bus timetable

Marathon/Long distance (43 km) **leaves Sturt Reserve** at 6:00 am

Medium distance (30 km) **leaves Sturt Reserve** at 7:40 am

Half Marathon/Short distance (21 km) **leaves Sturt Reserve** at 11:20 am

Trek briefings will be delivered at start lines immediately prior to commencing your adventure

Marathon/Long distance (43 km) **start** at 7:00 am

Medium distance (30 km) **start** at 10:15 am

Half Marathon/Short distance (21 km) **start** at 12:15 am

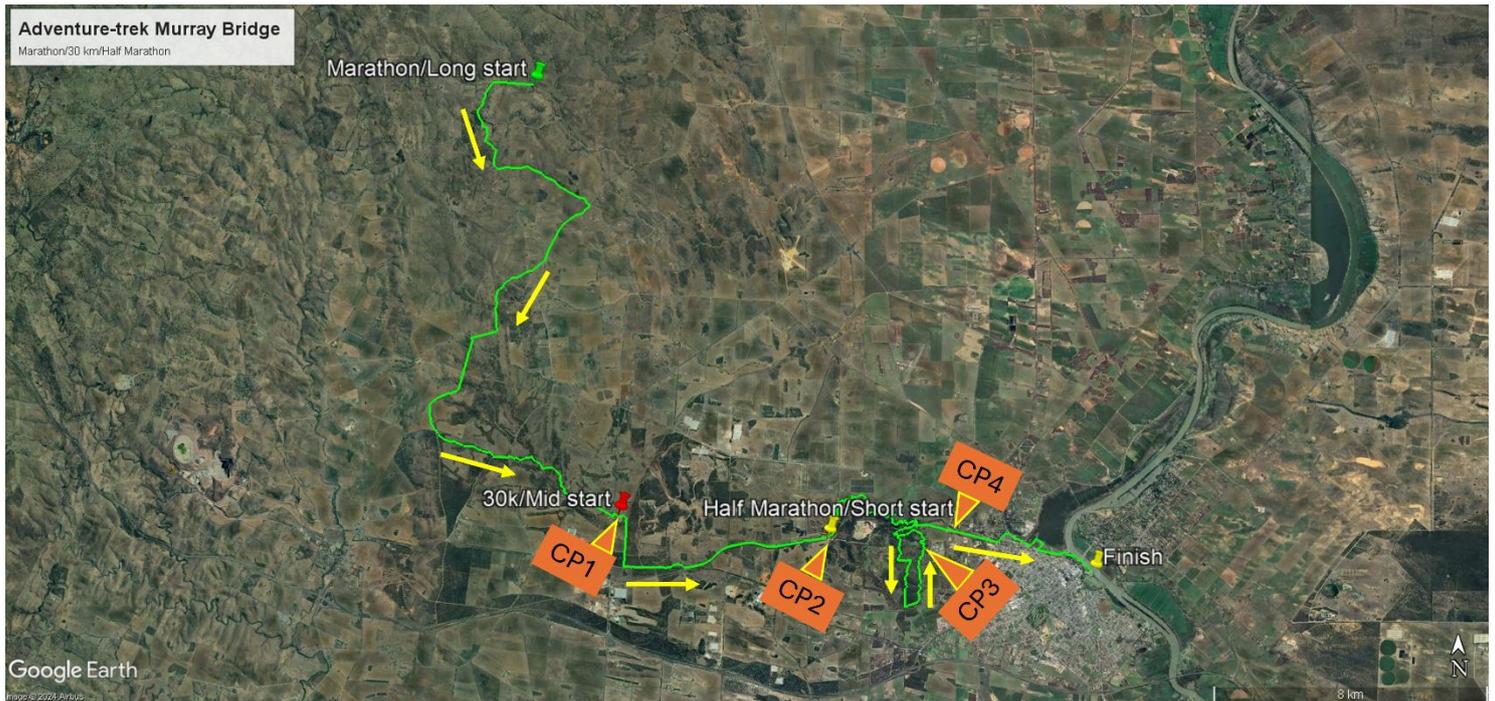
Cut-off times at each checkpoint will be adhered to. Any participant that fails to leave a checkpoint by the listed cut-off time will be transported back to Race HQ by event staff. Cut-off times are necessary for safety reasons and so we can release volunteers from their roles in a timely manner on the day. Cut-off times are provided in the table below:

	CP1	CP2	CP3	CP4	Finish
Time	10:05 am	12:30 pm	2:45 pm	4:40 pm	5:00 pm

Course descriptions

Adventure-Trek has set interesting routes that include a broad variety of terrain from gravel roads and open grassy paddocks to single track and, yes, there may be some hills as well. We aim to provide a great introduction to the famous and historic Lavender Federation Trail and the environmentally important Kinchina Conservation Park. Trails are all graded as easy making this event achievable for any willing participant.

Our **Marathon/Long** course starts approximately **43 kms** from the Finish Line, joining the LFT at Rockleigh and initially heading south, then east towards Murray Bridge. Our **Mid-distance** course picks up the LFT some **30 kms** from Murray Bridge and continues east. The **Half Marathon/Short course** joins the LFT a short distance before we head off on a side trip to explore KCP. If you opt for this short option you will be able to claim to have completed a half marathon or **21.1 km**.



All distances may expose you to local wildlife and a variety of vegetation types and environmental zones and you will encounter fun challenges along the way. Those challenges may test your mental agility, others may have a more physical feel. All will be fun but are not mandatory. Some will certainly surprise you.

On completion of your trek you can take on an abseil challenge and closely inspect the structure of the historic bridge over the Murray River, or inspect the river from kayaks. Both of these challenges will thrill anyone new to the two activities and reinvigorate those with previous experience.

Things you need to know

- There is **essential equipment** that all competitors must carry on course. Failure to produce essential equipment when asked will result in disqualification from the event. A full list of essential equipment is provided above.
- To minimise the risk of erosion all competitors are required to remain on marked trails, at all times, to protect native vegetation and minimise the spread of weed seeds.

- **All equipment** (shoes, hydration vests/backpacks, clothes) must have been thoroughly cleaned and be free from soil or material that may contain soil; this is to avoid introduction of soil pathogens and weed seeds to the area.
- **Do not litter.** Event participants must retain all rubbish generated on course (e.g. used gel packets, lolly wrappers, empty water bottles, etc) on their person until they finish their event. We will provide rubbish bins in the event HQ and at CPs for disposal of rubbish. A good idea is to carry a clip-lock plastic bag to hold your rubbish.
- **Toileting.** Under no circumstances should any person use the bush as a toilet! There will be portable toilets on course at checkpoints 1 & 3.
- **Event Withdrawals.** If you decide to withdraw before race day, please email info@adventurethon.com.au so you can be removed from marshal lists.

FIRST AID

First Aid will be available at Race HQ and CPs. Course marshals will also have First Aid kits. All competitors are encouraged to carry the **essential equipment** on them including compression bandages. Bandages can be pre-ordered on-line through the registration page.

It is also recommended that competitors carry their mobile phone where possible with the Adventure-Trek emergency number 0447 496 489 (Joel) programmed in.

MEDICAL CONDITIONS

If you have a medical condition it is your responsibility to reduce any risk to yourself. You must carry on you any medications that you may require. Please detail on your registration form any notes regarding your condition and write them onto the back of your event bib.

ENVIRONMENTAL POLICY

It is important to protect the environment we play in so that we, and our children, can continue to play there into the future. Weeds brought in from other areas have the potential to harm the natural balance of the area. Ensure all gear and equipment is clean before arriving at the event. You should also remember the same applies to your local areas so why not clean your gear before returning home as well?

Please do not drop litter around our courses. The tops off gel pouches are particularly problematic so please tuck them deep into your pockets/clothing/race vest along with all other rubbish so we don't have to collect them after the event.

Plastic

Adventure-Trek has a policy on plastic, we aim to reduce, reuse and recycle. Adventure-Trek is proud of the country we live in and are committed to keeping our environment as clean as possible. For this reason we ask you to please minimise the amount of plastic you bring with you as much as possible. We also ask that our athletes look at the positives of being green and support us by ensuring that no plastic is released into the environments surrounding our events.

PHOTOGRAPHS

We try to get as many photos of competitors as possible so if you take photos or videos and are happy for us to use them you can take them to Event HQ and we can copy them onto a computer (they will need to have photos on an SD card or have a USB cable for camera). Alternatively, email to ross@adventurethon.com.au. If you have a Go Pro or similar we would love to have some footage of the course. We welcome drone pilots at our events but please talk to the event organisers at race HQ before deploying your craft.

SOCIAL MEDIA

Make sure you check out our social media pages. Feel free to upload photos to our wall, and if you've enjoyed your event – why not leave us a review. Media hits help attract sponsorship and funding to keep our events returning to your area so please be sure to include our hashtags when you post.

Facebook: www.facebook.com/adventurethonaustralia

Instagram: <http://www.instagram.com/Adventurethon>

#Adventuretrekmurrayriver #adventuretrek

PARKING

There are parking areas adjacent to Event HQ. Busses will transport you to start locations.