

<b>LEG 1</b>		<b>11 km</b> Gain approx: +0m Loss approx: -0m	<b>BAY OF FIRES SEA KAYAK</b>	
	<b>Fastest estimate = 1:30 hrs</b> <b>To Finish estimate = 2:30 hrs</b>	1, 1A	<ul style="list-style-type: none"> <li>▶ Boxes weighed / loaded NLT 8:20hrs. Buses depart 8:30hrs - 30 min trip to Start</li> <li>▶ Mandatory Gear Exemption - Emergency Shelter, Sleeping Bag, Mid layer top &amp; Shell layer bottom NOT mandatory for leg 1, 2, 3 only</li> <li>▶ Kayak bags transported to Start. Carry personal backpacks on bus.</li> <li>▶ On arrival, collect trackers, unload kayaks and kayak bags, carry to beach.</li> <li>▶ Start will be at one of the start locations (A or B or C or D). You will be advised on the bus</li> <li>▶ CP 1 may be cancelled in large surf - You will be advised at Start line.</li> <li>▶ CP2 may be moved to protected boat ramp - You will be advised at the Start Line</li> <li>▶ Start briefing 09:30hrs. Start straight after brief.</li> <li>▶ Helmets mandatory this leg. Dry bags highly recommended for team equipment.</li> <li>▶ <b>FIRST RESPONSE</b> - Wave paddles vertically to attract safety boat. Use YB in emergency.</li> <li>▶ <b>COMMUNICATIONS</b> - Good mobile reception in most parts of this leg</li> <li>▶ <b>LOGISTICS</b> - At CP 2/TA, carry kayaks up stairs and load onto trailer. Load kayak bags.</li> </ul>	
	Team Estimate:	1, 2/TA		
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>				
<b>CP2/TA</b> Binalong Bay		▶ Paddle Bags will be transported from Start to CP2		
<b>END LEG TRANSITION AREA FACILITIES</b>				
H <sub>2</sub> O			▶ Cafe in Binalong Bay	
<b>LEG 2</b>		<b>16 km</b> Gain approx: +190m Loss approx: -190m	<b>HUMBUG / ST HELENS POINT</b>	
	<b>Fastest estimate = 3:30 hrs</b> <b>To Finish estimate = 5:00 hrs</b>	2	<ul style="list-style-type: none"> <li>▶ Collect all CPs A, B, C, D, E, F, G, H, I, J, K, L in any order</li> <li>▶ You must wear wrist bands for this leg and punch all bands. (No control card).</li> <li>▶ Mandatory Gear Exemption - Emergency Shelter, Sleeping Bag, Mid layer top &amp; Shell layer bottom NOT mandatory for leg 1, 2, 3 only</li> <li>▶ Carry 1 x air mattress raft per team on this leg (issued during Lock Down at HQ)</li> <li>▶ All team members must be on top raft all times from CP E across channel to the Point (Chest out of water. Legs can be kicking, arms paddling, kayak paddles permitted)</li> <li>▶ Hand in air mattress to officials at the end of this leg (do not damage)</li> <li>▶ <b>DRINKING WATER</b> - There is only water at the TAs</li> <li>▶ <b>CAUTION</b> - Out going tide! Be visible to boat traffic in channel while on raft</li> <li>▶ <b>FIRST RESPONSE</b> - Use YB in emergency</li> <li>▶ <b>COMMUNICATIONS</b> - Good mobile reception in most parts of this leg</li> </ul>	
	Team Estimate:	A to L 3/TA		
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>				
<b>CP3/TA</b> Akaroa Beach		▶ Only paddle bags at this TA ▶ Paddle Bags will be transported from CP3 to CP5		
<b>END LEG TRANSITION AREA FACILITIES</b>				
H <sub>2</sub> O				
<b>LEG 3</b>		<b>11 km</b> Gain approx: +0m Loss approx: -0m	<b>GEORGES BAY</b>	
	<b>Fastest estimate = 1:30 hrs</b> <b>To Finish estimate = 2:45 hrs</b>	3	<ul style="list-style-type: none"> <li>▶ No portage or carrying kayaks out of the Bay in this leg. Exit at boat ramp at CP5.</li> <li>▶ Mandatory Gear Exemption - Emergency Shelter, Sleeping Bag, Mid layer top &amp; Shell layer bottom NOT mandatory for leg 1, 2, 3 only</li> <li>▶ Helmets not required. Dry bags highly recommended for team equipment.</li> <li>▶ <b>DRINKING WATER</b> - as marked on map</li> <li>▶ <b>CAUTION</b> - Be visible to other boat traffic on waterways.</li> <li>▶ <b>FIRST RESPONSE</b> - Use YB in emergency.</li> <li>▶ <b>COMMUNICATIONS</b> - There is good mobile reception in most parts of this leg</li> <li>▶ <b>LOGISTICS</b> - You do not need to carry paddle bags with you on this leg</li> <li>▶ <b>LOGISTICS</b> - Load kayaks onto kayak trailers immediately as you exit water. Load paddle bags and empty bike boxes when leaving the TA.</li> <li>▶ Remove all equipment from kayaks - you will NOT have the same kayaks during the race.</li> </ul>	
	Team Estimate:	4, 5/TA		
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>				
<b>CP5/TA</b> St Helens				
<b>END LEG TRANSITION AREA FACILITIES</b>				
H <sub>2</sub> O				
<b>LEG 4</b>		<b>22 km</b> Gain approx: + 730m Loss approx: - 730m	<b>FLAG STAFF HILL</b>	
	<b>Fastest estimate = 2:00 hrs</b> <b>To Finish estimate = 3:30hrs</b>	4,5	<ul style="list-style-type: none"> <li>▶ Mountain bike</li> <li>▶ <b>DRINKING WATER</b> - Water in larger creeks - treatment recommended</li> <li>▶ <b>CAUTION</b> - High Traffic on road leaving St Helens. Ride single file</li> <li>▶ <b>FIRST RESPONSE</b> - Use YB in emergency.</li> <li>▶ <b>COMMUNICATIONS</b> - There is good mobile reception in most parts of this leg</li> <li>▶ No bike box at the end of this leg.</li> </ul>	
	Team Estimate:	6,7,8,9,10 /TA		
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>				
<b>CP10/TA</b> Scamander				
<b>END LEG TRANSITION AREA FACILITIES</b>				
H <sub>2</sub> O				

<b>LEG 5</b>		<b>13 km</b>		Gain approx: + 10m Loss approx: - 0m		<b>SCAMANDER RIVER</b>			
		<b>Fastest estimate = 2:30 hrs</b> <b>To Finish estimate = 4:30hrs</b>		6		<ul style="list-style-type: none"> <li>▶ No Portaging on Roads or Private Property.</li> <li>▶ Helmets not required. Dry bags highly recommended for team equipment.</li> <li>▶ <b>FIRST RESPONSE</b> - Use YB in emergency.</li> <li>▶ <b>COMMUNICATIONS</b> - There is good mobile reception at the start of this leg and bad at the end.</li> <li>▶ Remove all equipment from kayaks - you will NOT have the same kayaks during the race.</li> </ul>			
Team Estimate:		11/TA							
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>									
<b>CP11/TA</b> Upper Scamander						▶ Paddle Bags will be transported from CP10 to CP11			
<b>END LEG TRANSITION AREA FACILITIES</b>									
H <sub>2</sub> O									
<b>LEG 6</b>		<b>65 km</b>		Gain approx: +1600m Loss approx: -1400m		<b>UP TO THE MIDLANDS</b>			
		<b>Fastest estimate = 5:30 hrs</b> <b>To Finish estimate = 9:30hrs</b>		7,8,9,10		<ul style="list-style-type: none"> <li>▶ There is a small supermarket in St Marys open 7:30am - 6:30pm. There is also a bakery and pub with food.</li> <li>▶ There is a small supermarket with a bakery and good coffee in Fingal open 8:00am - 5:30pm.</li> <li>▶ <b>DRINKING WATER</b> - Drinking water available in St Marys</li> <li>▶ <b>CAUTION</b> - Of Traffic, particularly into and out of towns. St Marys and Fingal.</li> <li>▶ <b>FIRST RESPONSE</b> - Use YB in emergency.</li> <li>▶ <b>COMMUNICATIONS</b> - Mobile reception on high points and near towns in this leg</li> </ul>			
Team Estimate:		12 13, 14/TA							
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>									
<b>CP14/TA</b> Fingal									
<b>END LEG TRANSITION AREA FACILITIES</b>									
H <sub>2</sub> O				Boiling Water					
<b>LEG 7</b>		<b>38 km</b>		Gain approx: + 0m Loss approx: - 35m		<b>SOUTH ESK RIVER</b>			
		<b>Fastest estimate = 8:30 hrs</b> <b>To Finish estimate = 15:00hrs</b>		11		<ul style="list-style-type: none"> <li>▶ No Portaging on Roads or Private Property.</li> <li>▶ Helmets must be worn this leg. Dry bags highly recommended for team equipment.</li> <li>▶ <b>DRINKING WATER</b> - Treat River Water</li> <li>▶ <b>CAUTION</b> - Low Level Bridges</li> <li>▶ <b>FIRST RESPONSE</b> - Use YB in emergency.</li> <li>▶ <b>COMMUNICATIONS</b> - Limited Mobile reception in this leg on banks of river</li> <li>▶ There is a road house with food and coffee in Avoca. Open 6am to 7pm.</li> </ul>			
Team Estimate:		15, 16/TA							
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>									
<b>CP16/TA</b> Avoca						▶ Paddle Bags will be transported from CP14 to CP16			
<b>END LEG TRANSITION AREA FACILITIES</b>									
H <sub>2</sub> O				Boiling Water					
<b>LEG 8</b>		<b>43 km</b>		Gain approx: + 1520m Loss approx: - 520m		<b>CASTLE CARY - BEN LOMOND</b>			
		<b>Fastest estimate = 14:30 hrs</b> <b>To Finish estimate = 28:00hrs</b>		12, 13		<ul style="list-style-type: none"> <li>▶ You must CLEAN your shoes prior to leaving this CP16/TA</li> <li>▶ You must CLEAN your shoes at CP20 (prior to entering the Alpine Area). You are headed into a pristine environment between CP 20 and 22. Please respect this</li> <li>▶ Avoid treading on Cushion Plants and Boggy Areas!!</li> <li>▶ <b>DRINKING WATER</b> - Water containers at CP20. Treat water from creeks</li> <li>▶ <b>CAUTION</b> - Old Mine Shafts in hills between Avoca and Rossarden. Be careful!</li> <li>▶ <b>CAUTION</b> - Difficult and remote leg between CP 20 and 21. Do not begin unless you believe your team is capable of completing the whole section</li> <li>▶ <b>CAUTION</b> - Alpine Plateau between CP 20 and 22. Be prepared for bad weather. Do not plan to stop in this section. Shelter is available at CP21</li> <li>▶ <b>FIRST RESPONSE</b> - No vehicle access for much of leg - helicopter only.</li> <li>▶ <b>COMMUNICATIONS</b> - Limited Mobile reception in this leg on some high points</li> <li>▶ You may need to carry bike helmets on this leg so you have them at CP22/TA</li> </ul>			
Team Estimate:		17,19,19, 20,21, 22/TA							
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>									
<b>CP22/TA</b> Carr Villa									
<b>END LEG TRANSITION AREA FACILITIES</b>									
H <sub>2</sub> O				Boiling Water					

<b>LEG 9</b>		<b>115 km</b>	Gain approx: + 2500m Loss approx: - 3300m	<b>TIN TRAIL - NE FORESTS</b>	
		<b>Fastest</b> estimate = 9:30 hrs <b>To Finish</b> estimate = 16:30		14,15,16	<ul style="list-style-type: none"> <li>There is a pub and tiny shop in Mathinna (CP24)- both with intermittent opening hours</li> <li>There is a famous "Pub in a Paddock" with meals past CP 25. Open 10:30am-10pm</li> <li>There is a famous cheese factory with food/ coffee at Pyengana Open 9am-5pm</li> <li>When you arrive at CP26, you are at the trail head of the famous Blue Tier Single Track trail. It is compulsory to follow this trail to the TA (CP27). It is well marked, enjoy!</li> <li>The TA at the end of the leg is located at the famous Weldborough Pub. Meal times are 11:30am to 2pm and 6pm to 8pm. Coffee, drinks and snacks are available when the pub is open - from 11:30am to late.</li> <li><b>DRINKING WATER</b> - Water in larger creeks - treatment recommended</li> <li><b>CAUTION</b> - Motorbikes/ four wheel drives/ logging trucks may be using forest roads</li> <li><b>FIRST RESPONSE</b> - Use YB in emergency.</li> <li><b>COMMUNICATIONS</b> - Limited Mobile reception in this leg. Generally ok in high points.</li> </ul>
Team Estimate:			23,24,25,26,27/TA		
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>					
CP27/TA Weldborough					
<b>END LEG TRANSITION AREA FACILITIES</b>					
			Boiling Water		
<b>LEG 10</b>		<b>25 km</b>	Gain approx: + 1000m Loss approx: - 500m	<b>RATTLER RANGE</b>	
		<b>Fast</b> minimum = 6:00 hrs <b>Slow</b> minimum = 9:00 hrs		17,18	<ul style="list-style-type: none"> <li>You must CLEAN your shoes prior to leaving this TA</li> <li>You must CLEAN your shoes at CP29 (prior to entering the myrtle forest)</li> <li><b>FIRST RESPONSE</b> - Use YB in emergency.</li> <li><b>FIRST RESPONSE</b> - No vehicle access between CP29 and 31. Only begin this section if confident you will get to the end</li> <li><b>COMMUNICATIONS</b> - Some Mobile reception in this leg on high points</li> </ul>
Team Estimate:			28,29,30,31/TA		
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>					
CP31/TA Ralph Falls					
<b>END LEG TRANSITION AREA FACILITIES</b>					
<b>LEG 11</b>		<b>100 km</b>	Gain approx: + 1200m Loss approx: - 2000m	<b>THE GREAT NORTH EAST</b>	
		<b>Fastest</b> estimate = 7:30 hrs <b>To Finish</b> estimate = 13:00hrs		19, 20	<ul style="list-style-type: none"> <li>There are bike mechanics in the town of Derby. If required, you may ride to Derby using the roads not marked as out of bounds. Shops are open 8am to 5:30pm 7 days.</li> <li>There is a general store in Ringarooma</li> <li>There is a small supermarket in Branxholm open 6:30am to 7pm, 7 days a week</li> <li>There is a pub with food in Winnaleah. They serve pizza Tues-Thur 5-8pm.</li> <li>There is a general store open in Gladstone. This is the LAST shop on the course. There are NO more.</li> <li><b>CAUTION</b> - Public roads, cars/ trucks travelling at high speed, ride single file</li> <li><b>FIRST RESPONSE</b> - Use YB in emergency</li> <li><b>COMMUNICATIONS</b> - Mobile reception near towns</li> </ul>
Team Estimate:			32,33,34,35/TA		
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>					
CP35/TA Muscleroe Bay					
<b>END LEG TRANSITION AREA FACILITIES</b>					
<b>LEG 12</b>		<b>38 km</b>	Gain approx: + 200m Loss approx: - 200m	<b>BAY OF FIRES WALK</b>	
		<b>Fastest</b> estimate = 7:30 hrs <b>To Finish</b> estimate = 12:00hrs		21,22	<ul style="list-style-type: none"> <li>This is a remote and beautiful coast line. There are 2 trekking companies that use this area who's clients pay a lot of money for privacy. Please respect this and be quiet around their huts.</li> <li>You must walk in the intertidal zone (beneath high tide) where practicable to avoid nesting shore birds.</li> <li><b>CAUTION</b> - There is a water crossing at the end of this leg which has strong currents on an outgoing tide. Use kayaks provided to get across. Ensure you leave one kayak on each side of the river for the next team and make sure they are out of reach of the tide.</li> <li><b>DRINKING WATER</b> - There is no reliable drinking water on this Leg</li> <li><b>FIRST RESPONSE</b> - No vehicle access between Boulder Point and Deep Creek. Only begin this section if confident you will get to the end</li> <li><b>COMMUNICATIONS</b> - No Mobile reception in this leg until close to end</li> </ul>
Team Estimate:			36,37,38/TA		
<b>END LEG TEAM LOGISTICS &amp; EQUIPMENT</b>					
CP38/TA Policemans Point					
<b>END LEG TRANSITION AREA FACILITIES</b>					

## AR World Championship 2016 - Course Notes

LEG 13	11 km	Gain approx: + 0m Loss approx: - 0m	ANSONS BAY
	<b>Fastest</b> estimate = 2:00 hrs <b>To Finish</b> estimate = 3:30hrs Team Estimate:	23  39,40/TA	<ul style="list-style-type: none"> <li>▶ No Portaging on Roads or Private Property.</li> <li>▶ Helmets not required. Dry bags highly recommended for team equipment.</li> <li>▶ You <b>MUST</b> carry paddle bags with you on this leg.</li> <li>▶ <b>FIRST RESPONSE</b> - Use YB in emergency.</li> <li>▶ <b>COMMUNICATIONS</b> - There is some mobile reception on this leg.</li> <li>▶ <b>CAUTION</b> - Winds can pick up quickly if this happens, head to the shoreline.</li> <li>▶ <b>CAUTION</b> - Be visible to other boat traffic on waterways.</li> <li>▶ <b>PENALTIES</b> - Any time penalty received by a team who may finish in the top 3 places will be served at CP40/TA. Time penalty will start once team checks out. No access boxes.</li> </ul>
END LEG TEAM LOGISTICS & EQUIPMENT			
CP40/TA Bottleneck Ford	  		
END LEG TRANSITION AREA FACILITIES			

LEG 14	35 km	Gain approx: + 500m Loss approx: - 500m	THE FINAL RIDE
	<b>Fastest</b> estimate = 2:20 hrs <b>To Finish</b> estimate = 3:30hrs Team Estimate:	24,25  FINISH	<ul style="list-style-type: none"> <li>▶ <b>CAUTION</b> - Public roads, vehicles travelling at high speed, ride single file</li> <li>▶ <b>CAUTION</b> - Motorbikes/ four wheel drives/ logging trucks may be using forest roads</li> <li>▶ The finish line is at Race HQ in St Helens.</li> </ul>
END LEG TEAM LOGISTICS & EQUIPMENT			
FINISH St Helens	<ul style="list-style-type: none"> <li>▶ Personal bags available at finish line.</li> <li>▶ All other boxes and trunks returned when possible.</li> </ul>		
FINISH AREA FACILITIES			

TOTAL DISTANCE AND TIME				CHECKPOINTS AND LEGS	
	<b>122km</b>	<b>Fastest</b> - 31:00hrs	<b>To Finish</b> - 55:00hrs		<ul style="list-style-type: none"> <li>▶ <b>LEG 2</b> - Miss a lettered CP penalty = 8 hour per CP. Miss ALL lettered CPs on Leg 2 = Unranked.</li> <li>▶ <b>ALL OTHER LEGS</b> - Missing ANY valid CP (i.e. not missing or stolen) = Unranked.</li> <li>▶ <b>PROXIMITY RULE</b> - CPs with wrist bands all members must go to the CP. Other CPs, all members must be within visual and verbal distance of each other and not more than 100m separating the first and last person.</li> <li>▶ <b>FINISH LINE</b> - Pizza and your own finishers champagne glass await!</li> <li>▶ <b>SHORT COURSE</b> - There are no formal short courses. If a team looks like it will not finish, options will be given to take a shortened route home.</li> <li>▶ <b>COURSE CLOSE</b> - All teams must finish by 16:00 Sat 24 Mar 18. Any team not likely to reach the finish line will be collected in vehicles from 10:00 Sat 24 Mar 18.</li> </ul>
	<b>335km</b>	<b>Fastest</b> - 25:00hrs	<b>To Finish</b> - 48:00hrs		
	<b>84km</b>	<b>Fastest</b> - 15:00hrs	<b>To Finish</b> - 30:00hrs		
<b>TA</b>		<b>Fastest</b> - 6:30hrs	<b>To Finish</b> - 16:00hrs		
<b>SLEEP</b>		<b>Fastest</b> - Time spread across leg time estimates	<b>To Finish</b> - Time spread across leg time estimates		
<b>TOTAL</b>		<b>Fastest</b> - 77:00hrs	<b>To Finish</b> - 149:00hrs		

### CONTINGENCIES:

**LEG 1** - Leg 1 may be shortened or cancelled for large surf or high winds. If so, the course will start on Leg 2.

**LEG 7** - High river levels may necessitate the implementation of a dark zone requiring all teams to stop paddling at night OR it will be cancelled and teams will be moved to CP16/TA (The start of the next leg)

**LEG 8** - In a severe weather event where is to dangerous to hike over the alpine plateau, teams will hike to CP20. Here they will meet their bikes and continue on a modified path to LEG 9.

**FIRES** - Bush fires/ Wild fires are extremely dangerous and no team should enter an area near a fire. It is important to understand due to the remote nature of this event, organisers may not be aware of fires and you may be the first to come across them. If you see a fire on the course you **MUST** report it immediately to organisers using the YB. Any leg of the race is subject to change due to fire danger.