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Welcome from
Mayor Mark Jamieson

I would like to extend a very warm welcome to competitors and your family and friends from around Australia who are joining us on our beautiful Sunshine Coast for the 2018 Sunshine Coast Multisport Festival.

The Sunshine Coast continues to be known as a popular destination for hosting major sporting, cultural and entertainment events and we’re delighted to have the team from In2Adventure back again staging these great events.

I’m sure those of you who have been here before can’t wait to experience the topography and beauty of our region particularly in and around Ewen Maddock Dam and the Landsborough area.

For the first-timers, I’m sure you are going to be treated to a fantastic experience and we trust you will be inspired to return to our region again to enjoy all we have to offer.

Hopefully you will have some time to have a look around the Sunshine Coast and visit our pristine beaches, our wonderful hinterland, our entertainment and shopping venues and sample some of the finest cuisine in the nation.

In closing may I wish you every success over the Festival weekend either in the TreX Cross Triathlon or Trail Run Australia event.

With best regards

MAYOR MARK JAMIESON
Welcome from
Team In2Adventure

On behalf of team In2Adventure we would like to send the biggest welcome to athletes, friends and families attending Trail Run Australia Sunshine Coast.

We are so excited to host such a huge weekend of off-road sport and welcome athletes from throughout Australia and across the globe to Queensland’s spectacular Sunshine Coast. We look forward to hopefully helping you to take away some amazing memories and experiences of your time on the Sunshine Coast that will stay with you for a lifetime.

After over a decade of developing the sport of cross triathlon and off-road events in Australia it is so amazing to head into the future with the launch of this new Australian trail run series hosted in what is arguably some of the most picturesque and spectacular adventure destinations in Australia.

We look forward to helping you to take away some amazing memories and experiences of your time on the Sunshine Coast and it is a true privilege to welcome each and every one of you to our very special In2Adventure Family.

We wish each of you every success; and no matter what your dreams or goals we encourage you to aim high, race with heart, but most of all have an awesome time doing it.

Now let’s get this party started!

Robyn, Simon and Team In2Adventure
INTRODUCTION

The purpose of this athlete’s guide is to ensure that all athletes, team managers and coaches are well informed about Trail Run Australia Sunshine Coast. In2Adventure has made every effort to ensure that the information contained within this guide is correct and up to date at the time of publishing, however any late changes will be published on the event web page and via social media.

Visit Trail Run Australia - Sunshine Coast

QUEENSLAND’S SUNSHINE COAST

WELCOME TO QUEENSLAND’S NATURALLY REFRESHING SUNSHINE COAST!

Beaches, hiking, surfing, fresh local food and world-class events; from relaxation to adventure, Queensland’s naturally refreshing Sunshine Coast has it all! With its sunshine, endless coastline, lush rainforests and easy smiles, it’s a place where you will feel like a local from the moment you arrive.

The Sunshine Coast is rich in diversity, and that is what makes it so special. Enviably positioned, the region is tucked between Brisbane and Fraser Island – a stunning haven abounding in wonders of nature, beachside culture, fresh local food, bucket list experiences and world-class events just waiting to be explored. From the majestic Glass House Mountains to Noosa and the coloured sands of Rainbow Beach, the region includes over 100 kilometres of pristine sandy beaches, surrounded by the quiet beauty of coastal and hinterland villages.

Feel like a local from the moment you arrive, welcomed by sun-kissed surfers to bohemian artists, with no shortage of friendly people offering easy smiles. With an average of 300 days of sunshine per year, it’s no surprise they’re happy! Come to life on the Sunshine Coast and make your story a reality.

Download the Official Visitors Guide
Visit sunshinecoast.com
WEATHER

The Sunshine Coast could well have one of the most ideal climates in the world. With an average of 7 hours of sunshine a day, the Sunshine Coast really does live up to its name. During the spring months the temperatures range from 15 - 26 degrees and are offset by cool sea breezes.

ABORIGINAL HERITAGE

The event organisers would like to respectfully acknowledge the Kabi Kabi First Nation People, the Traditional Owners of the land/s on which this event is taking place and Elders both past and present.

We also recognise those whose ongoing efforts to protect and promote Aboriginal and Torres Strait Islander cultures that will leave a lasting legacy for future Elders and leaders.

THANK YOU

Queensland’s naturally refreshing Sunshine Coast region is home to some of the most spectacular adventure destinations in south east Queensland. In2Adventure would like to thank and acknowledge the support of the Sunshine Coast Council for supporting the hosting of the Sunshine Coast MultiSport Festival.

NPWS & SEQWATER

Ferny Forest and Ewen Maddock Dam represent one of the most beautiful and scenic areas on the Sunshine Coast. In2Adventure would like to thank and acknowledge the support of National Parks Qld and SEQ Water in allowing us to continue to enjoy this spectacular area.

Find out more about NPWS & SEQ Water on the links below.

- National Parks & Wildlife Service Qld
- seqwater
Discover QUEENSLAND’S SUNSHINE COAST

With its sunshine, picturesque coastline, stunning hinterland and fresh local produce, the Sunshine Coast really does have it all! Make the most of your visit for the TREX Cross Triathlon with an extended break on the Sunshine Coast, embracing all the region has to offer off the track so you perform at your best. Enjoy a good night’s sleep pre-race at one of our superb accommodation providers, or refuel with a visit to local producers. Whether you’re seeking adventure or time to relax, there’ll never be a shortage of things to see during your stay!

♦ Ewen Maddock
#visitsunshinecoast
visitsunshinecoast.com
# TIMETABLE

<table>
<thead>
<tr>
<th>TIME</th>
<th>EVENT</th>
<th>LOCATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30am</td>
<td>Registration 1 Open</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>8:00am</td>
<td>Late Online Entries Closed</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>8:30am</td>
<td>Registration 1 Closed</td>
<td>Half Marathon</td>
</tr>
<tr>
<td>8:45am</td>
<td>Course Brief</td>
<td>Half Marathon</td>
</tr>
<tr>
<td></td>
<td><em>Compulsory for all half marathon competitors</em></td>
<td></td>
</tr>
<tr>
<td>9:00am</td>
<td><strong>START</strong></td>
<td>Half Marathon</td>
</tr>
<tr>
<td>9:00am</td>
<td>Late Online Entries Closed</td>
<td>11k &amp; 5k</td>
</tr>
<tr>
<td>9:30am</td>
<td>Registration 2 Closed</td>
<td>11k &amp; 5k</td>
</tr>
<tr>
<td>9:45am</td>
<td>Course Brief</td>
<td>11k &amp; 5k</td>
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<tr>
<td>10:15am</td>
<td><strong>START</strong></td>
<td>5k</td>
</tr>
<tr>
<td></td>
<td><strong>START</strong></td>
<td>Free Kids Mud Rats Run</td>
</tr>
<tr>
<td></td>
<td>*12:30am</td>
<td>PRESENTATIONS</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Event Close</td>
<td>Venue</td>
</tr>
</tbody>
</table>

*Estimated Time Only / Please listen for announcements at Race HQ*
VENUE INFORMATION

VENUE

The Sunshine Coast MulitSport Festival is based at beautiful Ewen Maddock Dam at the old Ewen Maddock Dam camp site.

VENUE ADDRESS

Ewen Maddock Dam
Steve Irwin Way
Landsborough, Qld, 4550

View location on Google Maps

Important Note | the Camp is permanently closed to the public and there is no access to the venue outside of event times.

DRIVING

Ewen Maddock Dam is located approximately 1hr 15mins drive from Brisbane CBD.

Directions from Brisbane
Directions from Sunshine Coast
PARKING

Parking on site at the venue is limited and can include a walk up to 400m to Race HQ. We encourage all participants to car pool wherever possible to keep the number of vehicles to a minimum.

There are two traffic management areas which will be in operation during events. Please follow marshal directions when entering or exiting the venue.
VENUE CATERING

FRESH WOODFIRED PIZZAS COOKED IN OVENS ON SITE!
Stay well fuelled throughout the event with a gourmet range of woodfired pizzas from Alfresco Woodfire.
John and the team will be on site serving a full menu PLUS Brekkie pizza of Tomato and herb base, Spinach, Ham, Mushroom, Egg, Tomato and Cheese (or mix and match to your choice).
And the team will also have a full selection of vegetarian, vegan and dairy free options as well as gluten free bases.

COFFEE
Tarryn from Jungle Bean Coffee will be there keeping us fired up with Australia’s best coffee, hot drinks and frappes!

NO PETS
At In2Adventure we love our fur kids, however, due to regulations from SEQ Water, pets are not permitted in any area on the event site.
If a pet is brought onto the site you will be asked to remove them immediately, so to avoid that please leave your pets at home where they are safe.

NO SMOKING, FIRES OR BBQS
Due to fire safety the following are not permitted anywhere within the event area:
- No smoking;
- No fires of any sort; and
- No BBQs or cooking.

RESPECT THE ENVIRONMENT
At all times athletes and entourage must respect the natural environment and native wildlife. Part of the course is in a National Park Area which is governed by strong environmental laws. Athletes either must carry their rubbish (gel wrappers, bottles etc) or drop them in the designated litter zones only.
This is an important aspect of the event and any violation of this rule will result in disqualification.

**NATIVE WILDLIFE**

Australia is home to a number of poisonous reptiles and insects that may be encountered on the course during the event and in training. In most situations when left alone they pose little harm however be aware you are entering into their habitat.
COMPETITION INFORMATION

COMPETITION RULES

A good and fair race always includes a few rules and to ensure you can enjoy your race it’s a good idea to have a read of the race rules BEFORE the start of the event.

Not knowing the rules does not excuse athletes from any applicable penalties or disqualification, so we recommend you have a good read of the document below.

View Competition Rules

COURSE PRACTICE

The majority of the trail run course in Ferny Forest is open to the public so can accessed at most times. Best access is from the SEQ Water Car Park on Steve Irwin Way just out front of the camp gates.

The old camp site is private property, managed by SEQ Water. The dam and ALL CAMPSITE AREAS are fully closed to the public at all times. Entering these areas outside of event times is trespassing and offenders will be prosecuted accordingly, so please save your full run familiarisation for race morning.

ATHLETE REGISTRATION

It is compulsory for all competitors to register in person at the designated times at Race HQ prior to the start of each event. Please refer to the Event Timetable for registration times.

KIT CHECK

A kit check will take place at the time of registration. All athletes are required to show the compulsory equipment items at check in.
LATE ONLINE ENTRIES

If the event is not sold out, late online entries are available after close of entries at 5pm on Wednesday and close half an hour before the close of registration.

Late online entries are completed online using a phone, device or computer prior to the late online entry close time.

Late Online Entry Information

RACE NUMBERS & TIMING CHIPS

Race Numbers and Timing Chips are provided by the event organisers. These are an important part of the event and are also reused for future events and MUST NOT be defaced, cut or altered in any way. Penalties will apply where an alteration occurs.

COMPULSORY ATHLETE BRIEFING

At In2Adventure we value the safety of our athletes and aim to ensure they enjoy the very best experience at our events. For this reason, it is compulsory for all athletes to attend their designated briefing at the assigned times at Race HQ.

Please ensure that your warm up is completed before the briefing.

The Race Director reserves the right to refuse entry to the start to any competitor that does not attend the briefing, as it includes important safety and course information that is essential for athletes to enjoy a safe and fair race. The briefing also includes any last-minute changes to the course or event details. No compensation is applicable if a competitor is refused entry to the start for this reason.

Please refer to the Event Timetable for event briefing times.

OUTSIDE ASSISTANCE

Athletes will be disqualified for receiving any outside assistance or equipment (race nutrition, drinks, clothing and equipment) from unauthorised race personnel, i.e. spectators, family, friends or coaches. Athletes will be disqualified if they hide items along the race course and collect them during the race or leave items on the course to be collected afterwards.
LITTER ZONES

We are extremely privileged to be granted permission to race in this naturally beautiful area and want to ensure that we keep it in pristine condition.

To make it easier for athletes litter zones have been implemented at aid stations on the course where litter can be deposited. Litter may be deposited at aid stations only.

Marshals and video cameras on the course will be monitoring this closely and penalties and/or disqualification will result, so do the right thing and don't spoil your race.
EQUIPMENT

COMPULSORY EQUIPMENT

THE STUFF YOU HAFTA HAVE

As Event Organisers we are often asked why ‘Compulsory Equipment’ is included as part of some of our races. The simple answer to this question is that it’s about keeping participants safe, which we believe should be the priority in any decision making when it comes to event management. To find out more please visit FAQ Compulsory Equipment.

This is a self-supported event and the following equipment is compulsory and must be carried by all participants.

COMPULSORY EQUIPMENT FOR ALL ATHLETES

All participants are required to carry the following equipment:

- Enclosed Running Shoes suitable for the trail conditions.
- Race Number Plate.
- Mobile phone with emergency numbers saved (Telstra Next G recommended).

COMPULSORY EQUIPMENT FOR 11K & 1/2 MARATHON ATHLETES

In addition to the items listed above participants in the 11k and Half Marathon are also required to carry the following items:

- A hydration pack or water container capable of carrying a minimum of 1 litre of water.
- Space Blanket
- 1 x crepe bandage (Minimum Dimensions 7.5cm Wide x 2.3m Long Unstretched).
- Whistle

*Half and 11k Participants are required to bring these items to the event. Dependent on weather conditions, participants will be advised at race registration if these items are compulsory to be carried on the day.

- *Waterproof jacket (breathable fabric strongly recommended)
- *Long sleeve thermal top
COMPULSORY EQUIPMENT FOR 5K ATHLETES

In addition to the items listed above participants in the 5k Trail Run are also required to carry the following items:

- A hydration pack or water container capable of carrying a minimum of 500ml of water.

EQUIPMENT CHECK

An equipment check will be carried out at registration. Please bring all of the compulsory equipment with you when you register, and to the start line. Due to safety considerations those without the necessary equipment will not be permitted to the start line.

Runners are required to carry compulsory equipment with them at all times throughout the event.

RECOMMENDED EQUIPMENT

THE STUFF IT'S GOOD TO HAVE

It is recommended that participants bring the following:

- Waterproof bag or snaplock bag for mobile phone
- Hat
- Protective Eyewear/Sunglasses: Some sections of the course have overhanging branches. It is recommended that athletes wear some form of eye protection during the event
- Additional clothing to match the weather conditions on the day
- Warm clothes in case of bad weather, preferably layers that can be removed as the weather conditions change
- Sun Lotion
- Insect repellent
- Nutrition and hydration
- Body lubricant
- Sports injury tape
- Chairs
- Plastic bags for rubbish
- A sense of adventure!
COURSE INFORMATION

TRAIL RUN COURSE

The Sunshine Coast Trail Run Festival is based in the Sunshine Coast’s rainforest hinterland in Ferny Forest on the banks of Ewen Maddock Dam.

This spectacular and technically challenging trail run is one of the most picturesque of the series with the majority of the trail running twisting and turning on single track trails through picturesque ferned rainforest. It includes uneven rocky trails, a creek...
crossing, bridges, some pinchy climbs and fire roads. The course passes back through Race HQ at the end of lap 1 so there will be lots of cheers and encouragement as you push yourself onto the next lap and through to the finish line.

This is an **OFF ROAD** run so a shoe that provides grip, stability and quick drainage will be best for this course.

---

**AID STATIONS**

Important Note | This is a Self Sufficient Event

Participants are required to carry their own hydration and nutrition sufficient for the duration of the event. Aid Stations, where participants can refill bottles and hydration packs with water are located at:

**Half Marathon**
- Aid Station CP 6 | 5k - Water refill station
- Aid Station CP 17 | 10k - Water refill station and muesli bars
- Aid Station CP 6 | 15k – Water refill station
- Aid Station CP 17 | 20k – Water refill station
- Aid Station Finish | 21k - Water and Fruit

**11k Trail Run**
- Aid Station CP 6 | 5k - Water refill station
- Aid Station CP 17 | 10k - Water refill station
- Aid Station Finish | 11.5k – Water and Fruit

**5k Trail Run**
- Aid Station CP 17 | 4k - Water refill station
- Aid Station Finish | 5k – Water and Fruit

---

**COURSE SIGNAGE**

The course will be marked primarily with white A4 signs with red arrows indicating the route for the ‘Trail Run Festival’. At key junctions where courses take alternate routes A3 signs will indicate the route for either the ‘**Half**’, ‘**11k**’ or ‘**5k**’.

**IMPORTANT!** It is important to note that there is signage marking the TreX Bike, Run and Junior Triathlon Course. Athletes follow the 'Trail Run Festival' and orange 'Run' signs at all times.
Course marshals will be located throughout the course; however, it is the competitor’s responsibility to know the course and take the correct route on the day.

It is recommended that athletes download the Glympse App onto their phones prior to the event which can be used to assist in the unlikely event that you take an incorrect route.

**SUNSHINE COAST TRAIL RUN SIGNAGE**

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**TREX COURSE SIGNAGE**

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**FINISH AREA**

The finish is always a special place for our athletes, so make sure you make your finish photo one to remember and get ready to celebrate your achievements as you are presented with your Trail Run Australia finishers medallion.

Our volunteers will be serving fruit and water and collecting timing chips in the finish area.

**FIRST AID**

The first aid team will be on hand at the medical tent located at the finish.
MUD RATS ADVENTURE RUN

The mud rats is a free, short, fun, non-competitive event for our Kids aged 5 to 9 years. If there are any Mud Rats under 5 (for run) who would like to take part they must be accompanied by an adult (over 18 years of age) around the course. The course is a short fun circuit around HQ!

Although this is a free event, participants will be required to register and a Parental Consent Form completed on the day for all participants. Mud Rats can register at the Race HQ tent any time prior to the event.
SAFETY & MEDICAL

Your Safety is Our Concern and Your Responsibility

Your safety is a key consideration however, Trail Running does involve risk.

DOWNLOAD COURSE GPX FILE

Course maps are available on the event website; we suggest also downloading the GPX file for your course and loading it onto your phone for the event.

GPX files will be available on the Trail Run Australia Course Page by Wed prior to the event. This can be used to assist if, for any reason you miss any course signage during the race.

Files can be downloaded easily using either ‘MapMyRun’ or ‘Strava’ both of these are available for IPhone and Android phones.

MAP MYRUN

STRAVA
1. Download - https://www.strava.com/mobile
DOWNLOAD GLYPSE APP

For safety during the event we recommend the use of the ‘Glympse’ App, this will allow you easily to send your location and direction of travel to the event team if necessary, this is a free download that is available here: https://www.glympse.com/get-glympse

ENTER EVENT SAFETY PHONE NUMBERS

All athletes are requested to enter the following event safety phone numbers into their phones prior to the event which can be used in the case of emergency.

1. 0414 320 585
2. 0418 870 007
3. 0414 282 084

Your Safety is Our Concern and Your Responsibility
FIRST AID

A dedicated First Aid tent will be located in a central area at Race HQ. Dedicated first aiders are also strategically positioned throughout the course.

SAFETY ON THE COURSE

On the course there are a number of things athletes can do to assist themselves and fellow competitors:

- Use caution in steep or rough areas.
- If you’re not confident with a section of the track stop and walk if you feel more comfortable. Please just remember to keep to the left so others can pass easily.
- Run on the left hand side of tracks.
- Compete within your limits.
- Let common sense and courtesy prevail. We want to see you safe and sound at the end of the race.

3 SAFETY RULES

1. Stop and assist any competitor that is in need of emergency assistance.
2. Report any incident to the next available marshal on the course.
3. Compete within your abilities.

EMERGENCY ASSEMBLY POINT

In the event of an emergency, follow the instructions from event officials. On the course, marshals will direct you back to the evacuation meeting point on the beach near Race HQ. Please follow all directions given by event staff and/or emergency personnel.
ATHLETE SERVICES

MERCHANDISE

Don’t miss out on our 2 day only Event Sale, with extra special offers for athletes attending the event. Be quick stock is very limited!

2018 Sunshine Coast MultiSport Festival Ts
EVENT SPECIAL $25

Supporters Bells $15
TroX Bike Jersey $80
TroX Skull Case $10
TroX Retro Jersey $60
TroX Visor $20
TroX Race Caps $20
Trell Run Australia Skull Case $10
EXPO

FRACTEL

A big welcome to the team from FRACTEL performance headwear company who will be joining us at Trail Run Australia on the Sunshine Coast and providing some fantastic prizes for our Trail Run Australia athletes.

ABOUT FRACTEL

FRACTEL is an Australian owned performance headwear company. Our mission is to create the world’s best headwear using our own experience and passion, in a style that promotes adventure and uniqueness, for a community that loves to get outside and run.

Catch up with Matt and the team at Race HQ or visit their website to find out about this exciting quality headwear brand.

CONNECT WITH US

W | www.fractel.com.au
E | matt@fractel.com.au
T | 0448 031 724

PHOTOS

One of our best loved In2Adventure volunteer photographers will be out on the course so make sure you keep that smile on your dial throughout the race!

Photos will be uploaded to the In2Adventure Facebook page a few days after the race and can be downloaded and shared free of charge.
VIDEOS

CURYO MEDIA

Basil and Dylan, and the awesome team from Curyo Media who brought you the 2016 ITU World Champs live will be back this year, so stay tuned to social media to relive all the action of as the videos go live on In2Adventure TV.

MASSAGE

MASSAGES FROM GREEN ROOSTER MASSAGE

Nadine from Greenrooster Events Massage will be rockin’ our events again this year!!

On hand to offer any assistance needed, be it a troubling cramp, rock taping for aching backs, to a quick lactic acid flush-out so you can push out another lap. Nadine can also help out spectators needing a little TLC in between cheering on our athletes.

If you are in need of a SPORTS MASSAGE prior to the event, Nadine is based in a small studio in Springwood.

Bookings available 8am -8pm.

Contact Nadine via email at nadine@greenrooster.com.au
PRESENTATIONS

Presentation Ceremonies will take place at the following times:

- Saturday *Midday | TreX XTri Presentations
- Sunday *12:30pm | Trail Run Australia | Sunshine Coast Presentations
- Sunday *12:30pm | Dirt Master, Mini Dirt Master & Junior Dirt Dude

Please note these are estimated times only. Presentations will begin when all, or the majority of athletes have finished the event so may be earlier or later than advertised. Please listen for announcements at Race HQ.

RESULTS

Follow live results on the website in2adventure.com.au - choose the ‘Results’ dropdown link.

Full results will also be published on the RESULTS page of the Trail Run Australia Website

TUNE IN LIVE

Keep up to date with everything that’s happening at the Sunshine Coast MultiSport Festival

- Follow us on Twitter: @In2Adventure
- Follow us on Facebook: @In2Adventure
- Join us on Instagram: @in_2_adventure
- Follow the video coverage on YouTube @In2Adventure
- Keep up to date on the web page TrailRunAustralia.com
- Follow live results on the website in2adventure.com.au – choose the ‘Results’ dropdown link.

Event Hashtags: #TrailRunAus #GetDirtyDownUnder
TRAVEL INFORMATION

GETTING HERE

The Sunshine Coast is easy to access due to its local airport and proximity to Brisbane, Australia's third largest city. For full information on travelling to the Sunshine Coast please visit the website.

β View Travel Information

ACCOMMODATION

Accommodation on the Sunshine Coast is renowned around the world for its superb quality, winning locations and incredible variety.

β Book accommodation at visitsunshinecoast.com

DINING

The Sunshine Coast is a foodie paradise, offering a range of world-class restaurants and cafés, as well as markets where you can chat to the producers behind the locally farmed, home grown, organic and unique produce.

β Find out more at visitsunshinecoast.com/foodtrails

SHOPS, PHARMACY & BANKING

With a variety of artisan and farmers markets, cutting-edge fashion boutiques and air-conditioned plaza shopping, the Sunshine Coast offers a bit of everything. Local markets offer one-of-a-kind trinkets, tasty food, handmade garments, original artworks, artisan furniture, home wares and jewellery.

The town of Landsborough is located 5.6km from the venue and provides a range of grocery stores and food outlets, a pharmacy, general shopping and banks.

β Find out more about Markets & Shopping
OTHER

VOLUNTEERS

A HUGE thank you to our True Bluey Volunteers and community groups who have come together to make this event possible we cannot thank you all enough and your efforts are greatly appreciated by athletes and the local organising committee.

BECOME A TRUE BLUEY VOLUNTEER

If you or any of your friends or family would like to be a part of the True Bluey Volunteer Crew you can find out more and register on line HERE.

FEEDBACK

In2Adventure events, have been developed in response feedback from our customers. We are keen to gather your feedback to ensure we deliver the type of events you want to be a part of. You will notice changes at this year’s event based on your feedback from previous years.

Please complete the online survey. We encourage all participants to take a few minutes to tell us your thoughts. And as an added bonus, each competitor who completes an online survey before the close of prize giving will receive an additional entry into the ‘Fun One’ prize draw!

Go to Online Survey

ENVIRONMENTAL POLICY

In2Adventure (Allura Pty Ltd) is committed to maintaining a minimal impact policy that will protect the environment and enable us as individual members of the general public and members of the outdoor community to continue to enjoy the vast natural environment that is Australia’s backyard. Therefore we ask that competitors read and agree to abide by the Bush Code and Mountain Bike Code outlined on in the Policy Section of our website @ in2adventure.com.au and ensure that no rubbish, gel packets or wrappers are dropped on the course during the event.
MOST IMPORTANTLY

Where you cross the finish line is important, but equally important is the experience you take away, so please, race hard, but also remember to relax and enjoy the event for what it is... a great opportunity to get into the outdoors with your mates and have an awesome time!

CONTACTS

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