



EWAN MADDOCK DAM DASH 2 ADVENTURE RACE 2019

Thank you for participating in the second Ewan Maddock Dam Dash Adventure Race (the Dam Dash 2). Last year's race was well received, so we thought we would go around again. We hope you have a fun time and continue to support our events.

The race format is a rogaine style event. For those unfamiliar with this style, the winner is determined by the team that gathers the most points in 4 hours of racing, not always the first team home. In the event that two or more teams score the same points, the winner will be the one who gets to the finish line first.

You will plot your own course to collect as many points as possible by visiting placed checkpoints (CPs). Make sure you schedule sufficient time for each leg. Not all CPs are worth the same points, so that is where the strategy comes in.

Event HQ

Event headquarters is at Maddock Park, Mooloolah-Connection Road, Mooloolah. Please see the attached plan. Registration, start and finish will be at this location.

Parking

Parking is available in established car parking areas. For safety please proceed with minimum speed, maximum care and watch for pedestrians when arriving and departing.

Program of Events

- Registration open from 6.30AM.
- Map hand-out at 7.00AM. Spend this time to study the maps and plot your course.
- Pre-race briefing at 7.50AM
- Race start at 8.00AM
- Race finish at 12.00PM

Please stay around after the event for drinks, pizza and some random prizes at the conclusion of the race.

Start

After you register, you will receive your race pack, which includes the race bib and further instructions.

At map hand-out, you will be issued with pre-marked maps of the course (A3 sheets). You will need coloured pens (highlighters and biros) to mark-up maps, scissors and enough contact (sticky clear plastic cover) to waterproof the map or alternatively you can use a map case. Make sure you have a pen that can write on contact. Also, make sure you bring a scale ruler and **compass**.

You will have 60 minutes to plan your route. Use this time wisely, it will go quick.

Transitions between legs are at the hash house (HH). A bike drop area will be set up near the HH.

Finish

The time cut off for the race is 4 hours, which means all teams must be back at the finish line at the HH by 12:00PM. At the finish line submit your card to the finishing official. Your total score will be calculated to determine placings. Sit back and enjoy a cold drink.

Competitors who finish more than 30 minutes after the official course closure time will be disqualified.

Course Rules

Team members must stay within talking distance of each other (typically less than 20m). The aim is to accumulate the maximum number of points and return within the given time limit by visiting as many checkpoints (CPs) as possible. CPs will have various points on offer, and can be visited in any order.

You have 4 hours in which to gather as many points as possible and be back at the finish. If you get back to the finish after the 4 hour limit (i.e. 12PM), you will be deducted 10 points per minute (and disqualified after 30 minutes). You must complete at least one checkpoint on each run, mountain bike, and kayak leg.

You will plot your own course to collect as many CPs as possible. Make sure you schedule sufficient time for each leg.

Most checkpoints are generally easy to spot and in clear areas or tracks. Some have been strategically placed. Flags will be placed at control points as shown below, each with a numbered card. The card numbers include the CP number and a unique identification letter/s (example below is CP20, and identification letter K). At each checkpoint, mark the identification letter on your scorecard (we are using this method due to the public access to the course). You may have to search a little for the control point.



Safety Instructions

This race is conducted on open bike tracks, gravel paths, some bitumen seal roads, and multi-use trails (no closures). Please be aware of pedestrians and cars in the car park area, and other users on the trails.

Bike helmets must be worn on the bike leg. PFDs (provided) are to be worn on the kayak leg. You may provide your own PFD and/or paddles if you wish (let us know at registration and we will ensure it does not get used by anyone else).

If you encounter an injured rider, you **MUST** abandon your course and render whatever assistance you can. Send another rider back to registration for assistance or call the emergency number.

A first-aid kit will be available in the assembly area for emergencies. There will also be trained first-aiders in the assembly area, and periodically, out on course.

Terrain

The majority of the race will be run on off road tracks and mountain bike trails (mostly fire and multi-use trails). Riding is generally at the lower technical range, although there are a couple of steep inclines if you wish to visit those areas. 90% of the run and bike legs are in forested areas, with plenty of clear tracks. Ride to your experience and ability. Trails and tracks are easily found, and any off track trekking will be in scrubby land (still easily managed).

It is recommended that you wear gaiters, compression calf socks, or long socks as some of the run leg may be in partially overgrown tracks or off-track through scrub, and you may need to hike your bike through a couple of scrubby areas.

Facilities

Our assembly area is the SEQ Water owned Maddock Park. There are toilets available at the HH.

First Aid & Medical Emergencies

For life threatening situations call 000, otherwise call the mobile number on your map (provided before start of race) for the emergency contact at the Assembly Area.

If you encounter an injured rider, you **MUST** abandon your course and render whatever assistance you can. Send another rider back to Registration for assistance, if possible. You will be permitted to re start from your last control preceding your abandonment.

A first-aid kit will be available in the assembly area for emergencies.

If you are on prescribed medications for a health condition, please bring those medications with you. For instance, ensure you have accessible your EpiPen for anaphylaxis, bronchodilator + spacer for asthma, or readily available source of glucose such as jelly beans for hypoglycaemia or diabetes.

Smoking

Our assembly and event areas are smoke free zones.

Water

A limited quantity of drinking water will be available in the assembly area, so please BYO. Competitors are strongly advised to have plenty to drink prior to competing to help minimise the effects of dehydration and to take sufficient water with you.

Event Results

Event results will be published on our web page and facebook within 24 hours of completion of race.

Important Phone Numbers

Darryn 0418 855 609; Fiona 0438 763 433

EVENT HEADQUARTERS & PARKING

