



Saturday 24th August 2019 Camp Barrabadeen, Lake Tinaroo

Important Pre-Event Info

Thanks for joining us for the 2019 Grin 'n' Bear It Challenge. Please read the information in this pack carefully as it contains important information about the event.

Timing System

Grin N Bear It 2019 will use the Race Result Live Timing system. Timing mats will be used at transition entry and exit points to record each leg start and finish time, and the amount of time spent in transition.

Please make sure you are familiar with the use of the transponders. These will be provided in your race packs. These transponders need to be returned at completion of the event.

Failure to return transponders will incur in a \$50 replacement fee.

All solo entries and teams will be allocated one neoprene ankle strap transponder used to record times. Teams need to transfer the transponder between team members in the transition area. The transponder must be worn on either the left or right ankle and be over the top of any clothing, including wetsuits.

A participant list and results can be found on the my.raceresult.com website at <https://my.raceresult.com/119123/>

During the event, results will be published Live at <https://my.raceresult.com/119123/results?lang=en>, with multiple options to view results as Overall or by Category.

Selecting a competitor record will open up more details, such as leg and transition times and rankings.

On race day and at the event, results will be printed out and displayed during the day for those who do have access to the internet. If viewing on a mobile phone, the race results pages display best if the phone is turned sideways to landscape mode.

Event Schedule

Thursday 22th August

- 1pm – 4.00pm: **Race Bag pickup** @ Pump N Pedals, 113 Sheridan St, Cairns.

Friday 23rd August

- 5.30pm - 7pm: **Race Bag pickup** @ the Race HQ, Barrabadeen, Lake Tinaroo

Saturday 24th August

5.45am – 7am	Transition open at Race HQ, Camp Barrabadeen, Lake Tinaroo
5.45am – 7am	Race Bag pickup @ Race HQ, Camp Barrabadeen, Lake Tinaroo
5.45am – 7am	Sign-on & competitor race numbering. At least one team member must sign on on behalf of the team
7am	Race briefing
7.30am	Race start
4pm	Presentations
5.30pm	Race cut-off
6.30pm till late	After-party bonfire, live music & celebrations at Race HQ, Camp Barrabadeen.

Car Parking

- There is limited car parking available at Barrabadeen. Please car pool where possible to avoid congestion.
- Please follow signs and the directions of Traffic Control Officers and Parking Marshalls.
- Bear in mind that the road into Barrabadeen will be **closed** to motor vehicles between **11.30am and 2.30pm** on race day to ensure competitor safety.

General Info

- Dogs are **not** permitted at the venue.
- To get to Camp Barrabadeen, continue along Tinaroo Dam Falls Rd down the hill, across the causeway (the mighty Barron), up the other side (Danbulla Drive) and on to the Camp Barrabadeen sign on your right, about one km. It is bitumen all the way to the Barrabadeen turn off. Once on the dirt road into Barrabadeen please drive carefully and watch for wildlife, other visitors and Grin 'n' Bear It athletes.
- If you are camping at Barrabadeen, please follow signage to the parking area and then check in with the Caretakers and take direction to your accommodation. Those staying in the Dorms will need to check in with Race HQ and pay your fee you will then be directed to a specific park spot.
- BYO comfy chair.

Saturday Morning Sign-On

- Saturday's sign-on will be conducted at GNBI Race HQ, *from 5.45am and will close at 7am sharp.*
- Please make every effort to pick up your race bags prior to race day if possible.
- **On Race Day, at least one team member must sign on behalf of the team and all competitors are required to be numbered.** The lovely volunteers will write a race number on competitors' arm and leg.
- There will be a board with course maps and race information at Race HQ.

Transition

- There will be a single transition area at Camp Barrabadeen.
- Transition will open at **5.45am race day and close at 7am.**
- Competitors choosing to leave equipment in the transition area prior to this time do so at their own risk.
- We strongly advise that solo competitors use a plastic container with competitor number clearly marked on it to store equipment beside your racked bike in the transition area. This will clearly identify your equipment and prevents other participants unwittingly grabbing another competitors' gear in the heat of multisport battle.
- Watercraft will be placed in a designated area on the foreshore. Ensure you can identify your craft.

Time Penalties

The Race Director may apply a time penalty to, or disqualify any competitor that is found to have not complied with any of the following rules;

- Failure to follow directions of course marshals or failing to obey road rules
- Littering or careless disposal of rubbish on course.
- Offensive language, or antisocial behaviour that negatively impacts the experience of another competitor.

Course Information

For detailed course maps and descriptions please refer to the website:

<http://www.grinnbearit.com.au/course/>

Swim Leg: 2km

- Swimming aids (fins, etc.) are NOT permitted
- Wetsuits are permitted and encouraged. Expect the water to be chilly!
- You are required to wear the numbered swim cap and transponder provided.
- Transponder should be worn on either ankle on the outside of your wetsuit.
- There will be several water safety craft on the swim leg
- Teams: you must transfer your timing transponder to your paddle team member on completion of your swim.
- ***SWIM CUT-OFF TIME = 8.30am***

Paddle Leg: 12km

- Any single person paddle craft ok, must be seaworthy. Oars, sails or motors are not permitted
- PFD's are mandatory
- Transponder received should be fitted to either ankle outside any clothing.
- Ensure your PFD is fitted correctly before entering your craft.
- Ensure adequate sun protection is worn
- Carry adequate drinking water
- Teams: you must transfer your timing transponder to your ride team member on completion of your paddle.
- ***PADDLE CUT-OFF TIME = 10.30am***

Bike Leg: 64km

- Riders are required to firmly affix the supplied race number plate to the front of their handlebars. Race numbers must not be obscured by cables or any other items.
- Transponders must be securely fitted outside socks/clothing on either ankle
- Please refer to the Bike Course Map for course details
- This is a mountain bike course & is not suitable for gravel bikes, road bikes or hybrids.
- Competitors are to wear Australian Standard approved helmets.
- Bikes must be well maintained and recently serviced. Helmets and bikes will be inspected at transition prior to event start to ensure equipment is safe and in good working order.
- There will be no bike mechanic on course. You must carry your own spares.
- Water & electrolyte will be available at the manned Feed Zones at 11km, 36km and 51km. There will be unmanned emergency water at the KOM/QOM at the summit of Mt Edith (approx. 20km).
- Injuries/crashes – if you come across an injured competitor, please provide first aid as required and notify the course marshals. There will be roving marshals on course and at Feed Zones.
- If you are required to render assistance to another competitor the timing coordinator will add a time bonus and adjust your time accordingly to ensure you are not penalized or miss the cut-off for being a good sport!
- The weather around Mt Edith can be unpredictable and cold. Please ensure that you are appropriately prepared for variable weather conditions.
- Teams: you must transfer your timing transponder to your run team member on completion of your ride.
- **BIKE CUT-OFF TIME = 3.30pm**

Run Leg: 12.2km

- Runners are to wear the supplied race number pinned to T Shirt/Singlet or on a race belt & visible to timing and course marshals
- Transponders must be securely fitted to either ankle outside socks.
- Please refer to the course map for detailed run course info
- Runners must carry a snake bite compression bandage. This is mandatory and will be checked by the transition coordinator.
- Water/Aid stations will be at 1km, 5km, 6km & 10km.
- **RUN LEG CUT-OFF TIME = 5.30pm**

PLEASE NOTE: WE'RE GOING PLASTIC FREE: There will be no disposable cups or bottled water at this year's event.

Runners: Please bring your own drinking water receptacle for use at the Feed Zones on the run leg.

Coffee/Meals & Refreshments

- Providore Amore will be on site to provide a delectable range of healthy and delicious meals, snacks and refreshments over the weekend from Friday night to Sunday lunchtime.
- Café 2 U Coffee van will be serving coffee on Saturday & Sunday morning
- Koko Boost will be providing Smoothies, juices, gluten free & healthy food options.
- Vegetarian and gluten free options will be available.

For the Kids!

There will be several activities and events to keep the kids entertained on Saturday morning. Announcements about activity start times & locations will be made over the PA on race morning.

Any further questions or enquiries please email info@grinnbearit.com.au

We look forward to seeing you all on race day!

The Grin 'n' Bear It Team.