

ADRENALIN QUEST

FINAL RACE INFORMATION



**ADVENTURE
JUNKIE**





WELCOME

The adventure Junkie team is proud to present the second edition of Adrenalin Quest, the stage adventure race.

The race is nearly here; time to step aside from training and start your taper and gear packing. It has been a busy year of training and preparation for you, planning, exploring and putting it all together for us.

We are extremely grateful to all volunteers and teams for registering for this event, and so looking forward to seeing you all soon in one of the best adventure racing playgrounds - Eurobodalla Shire with famous Mogo trails.

Now it's nearly time to head off to Batemans Bay, please check this program and get in touch if any other details are required.

Travel safe, and see you soon.

AJ Team,
Maria and Serge



**ADVENTURE
JUNKIE**



EUROBODALLA

all kinds of natural

Eurobodalla Shire, located on the South Coast of New South Wales, is a stunning region known for its pristine beaches, lush forests, and outdoor adventures. The area is a haven for nature lovers and adrenaline seekers, offering a mix of relaxation and excitement.

One of the region's standout attractions is the Mogo Mountain Bike Trails. These world-class tracks cater to riders of all levels, with challenging terrain, steep climbs, and fast descents through beautiful bushland. The Mogo MTB Trails are a key draw for cycling enthusiasts, offering thrilling rides amid stunning natural scenery.

The race, set against a backdrop of mountains, forests, and beaches, challenges participants to push their limits as they explore the Shire's diverse landscapes. The event is a testament to Eurobodalla's commitment to promoting active tourism and outdoor events.

Whether biking the Mogo trails, participating in Adrenalin Quest, or exploring the Shire's parks and beaches, Eurobodalla offers an unforgettable experience for those seeking adventure in nature's embrace.

Eurobodalla Shire is situated on the traditional lands of the Yuin people, whose connection to the region dates back thousands of years. The Yuin Nation has a rich cultural heritage, with deep spiritual ties to the land, sea, and waterways. Their knowledge of the natural environment, passed down through generations, has shaped their sustainable practices and enduring presence in the area. The Yuin people have long maintained a harmonious relationship with the land, creating a legacy of respect for nature that continues to resonate today. We acknowledge and pay our respects to the Yuin elders, past and present, and honour their ongoing cultural contributions to the Eurobodalla region.





ADRENALIN QUEST



THREE COURSES

EPIC - three days of racing: Friday, Saturday and Sunday. For epic teams.

Classic course – Saturday only, linear course.

Novice course- beginner-friendly, Sunday.

BONUS CHECKPOINTS

Fast and competitive teams will have the option to earn bonus time by visiting bonus checkpoints, while slower teams can skip these CPs if they wish.

The race description will include all information about which CPs are bonus and how much time each of these CPs can give you.

SIMPLE LOGISTICS

No bike box is required. On Saturday, the linear course requires teams to leave their cars at the start location and take a bus after the finish to retrieve them. The Friday and Sunday courses are both loop courses from the HQ.

LOCATION

South Durras: a rugged coastal playground where winding forest trails, sweeping beaches, and hidden gullies create the ultimate adventure racing challenge.



**ADRENALIN
QUEST**



EVENT SCHEDULE

Friday:

- 3:00 pm – Registration is open - Durras Oval (HQ).
- 4:00 pm – TA 1 is open for paddle gear (Durras Lake boat ramp).
- 4:30 pm – EPIC course prologue starts.
- 5:30 pm – CLASSIC course registration - Durras Oval.
- 7:30 pm – EPIC course - prologue finish, end of Classic course registration.

Saturday:

- 6:00 am – Start of optional registration for Classic course at Mogo (start).
- 6:00 am – Paddle gear drop at Mogo.
- 7:00 am – EPIC/CLASSIC course start- Mogo.
- 5:00 pm – Bus to collect cars.

Sunday:

- 7:00 am – Registration Novice and maps handout for EPIC - HQ
- 7:00 am – TA is open for kayaking gear drop
- 8:00 am – EPIC/NOVICE course - start- HQ
- 2:30 pm – Presentation



ADRENALIN QUEST

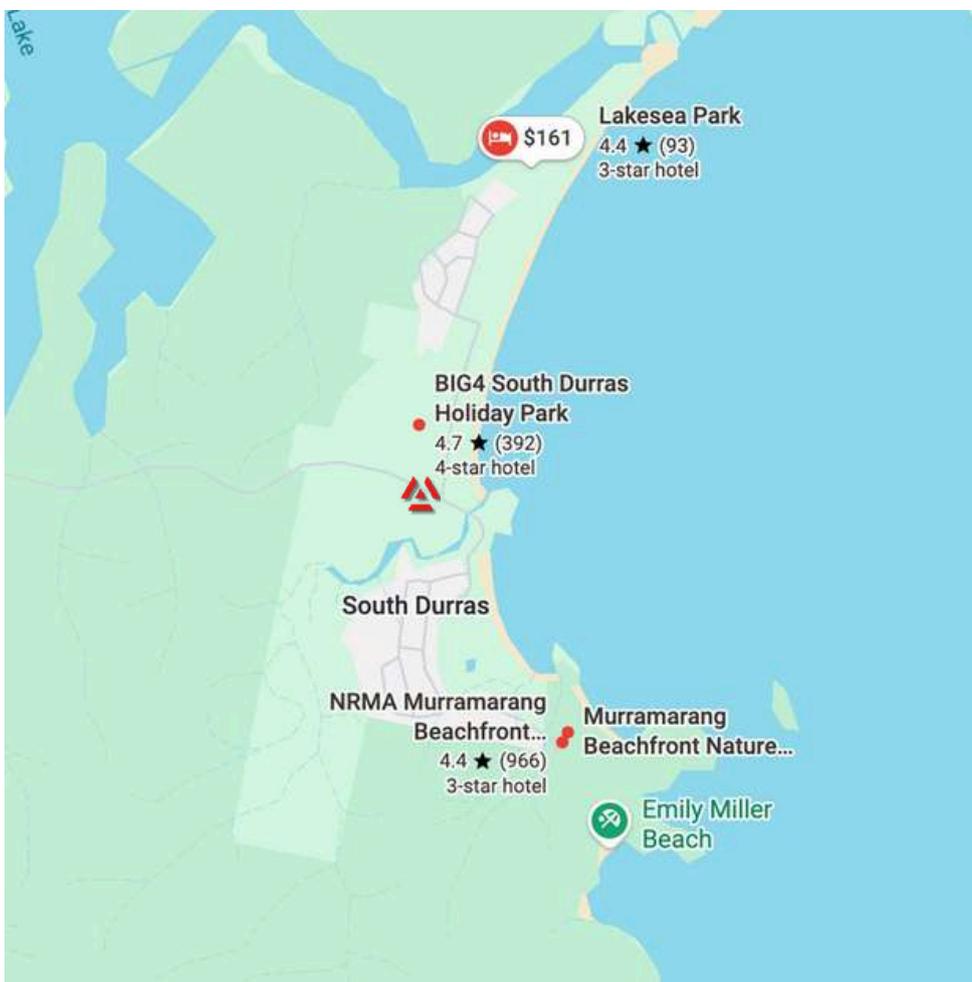
ACCOMMODATION

There are three caravan parks in South Durras, within a 5-minute drive from the HQ.

Caravan parks offer camping and cabin accommodation.

There are no grocery shops in South Durras. The cafe is open in Murramarang NRMA.

Alternatively, you can stay at Batemans Bay. All major shops are available there.

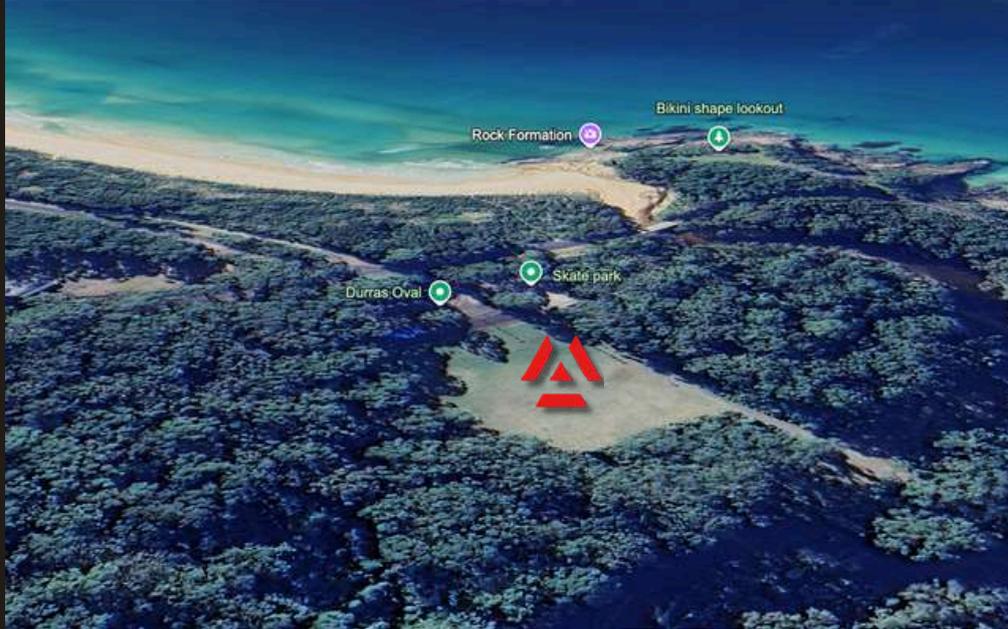


RACE HQ ALL COURSES



ADRENALIN QUEST

DURRAS OVAL



Durras Oval- HQ

<https://maps.app.goo.gl/VsAMoyf1LHZFHakj9>

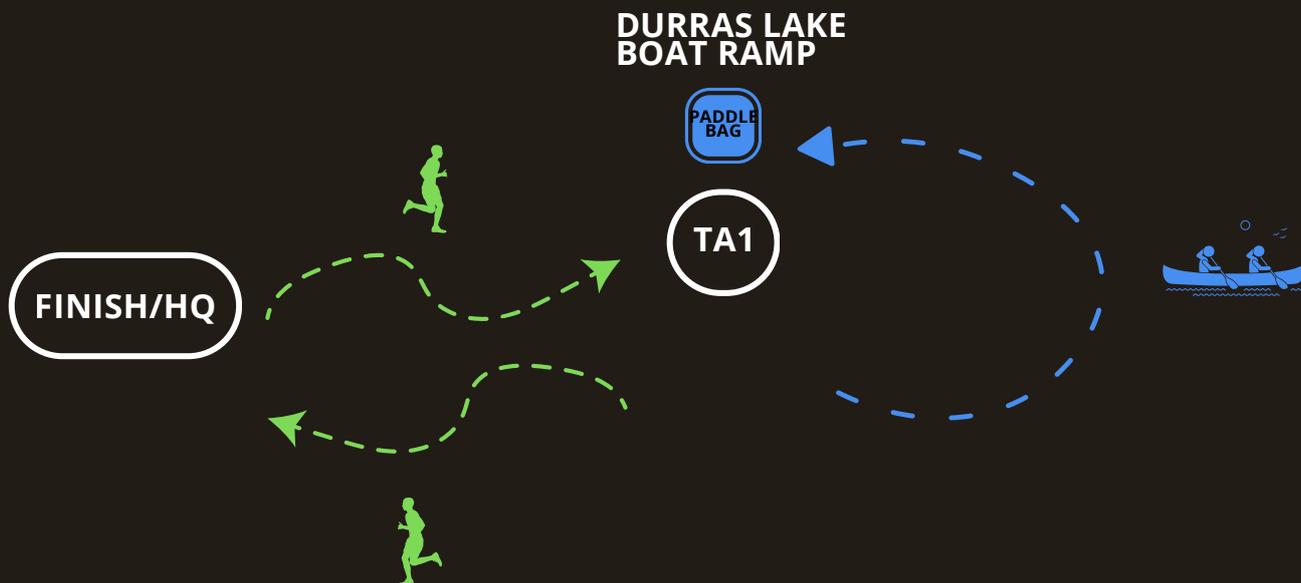
Durras Lake Rd, South Durras NSW
2536



FRIDAY- EPIC COURSE



ADRENALIN QUEST



Leg 1 Trek

FAST - 40 MIN
TO THE FINISH- 1,5 H

Leg 2 Paddle

FAST - 80 MIN
TO THE FINISH- 2 H

Leg 3 Trek

FAST - 20 MIN
TO THE FINISH- 40 MIN

Before the start

Bring your paddle bag with all gear you need for the leg 2 and leg 3.

Leave a 'finish bag' at the HQ.

Drive to MOGO township and park at the main parking.

After the finish

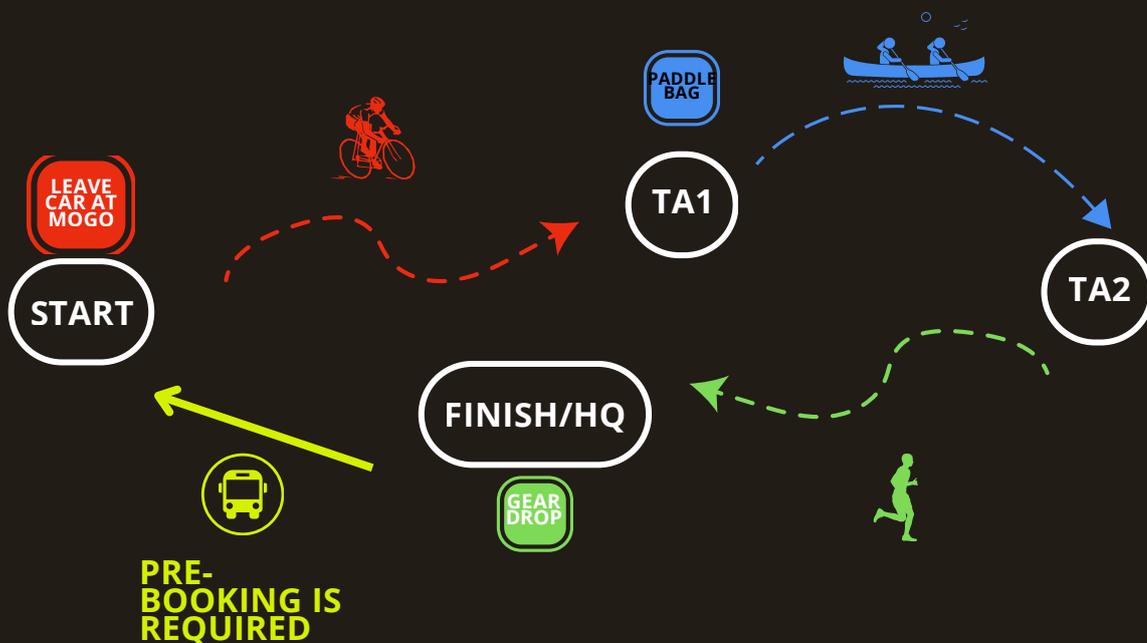
Take a bus back to the start at 5pm.
Pick up your bike on your way back ASAP.

Collect your paddle bag at HQ.

SATURDAY EPIC CLASSIC COURSE



ADRENALIN QUEST



Leg 1 MTB

FAST - 2,5 H
TO THE FINISH- 4,5 H

Leg 2 Paddle

FAST - 1 H
TO THE FINISH- 2 H

Leg 3 Trek

FAST - 2 H
TO THE FINISH- 4 H

Before the start

Bring your paddle bag with all gear you need for the leg 2 and leg 3 to the start.

Leave a 'finish bag' at the HQ.

Drive to MOGO township and park at the main parking.

After the finish

Take a bus back to the start at 5pm.
Pick up your bike on your way back ASAP.

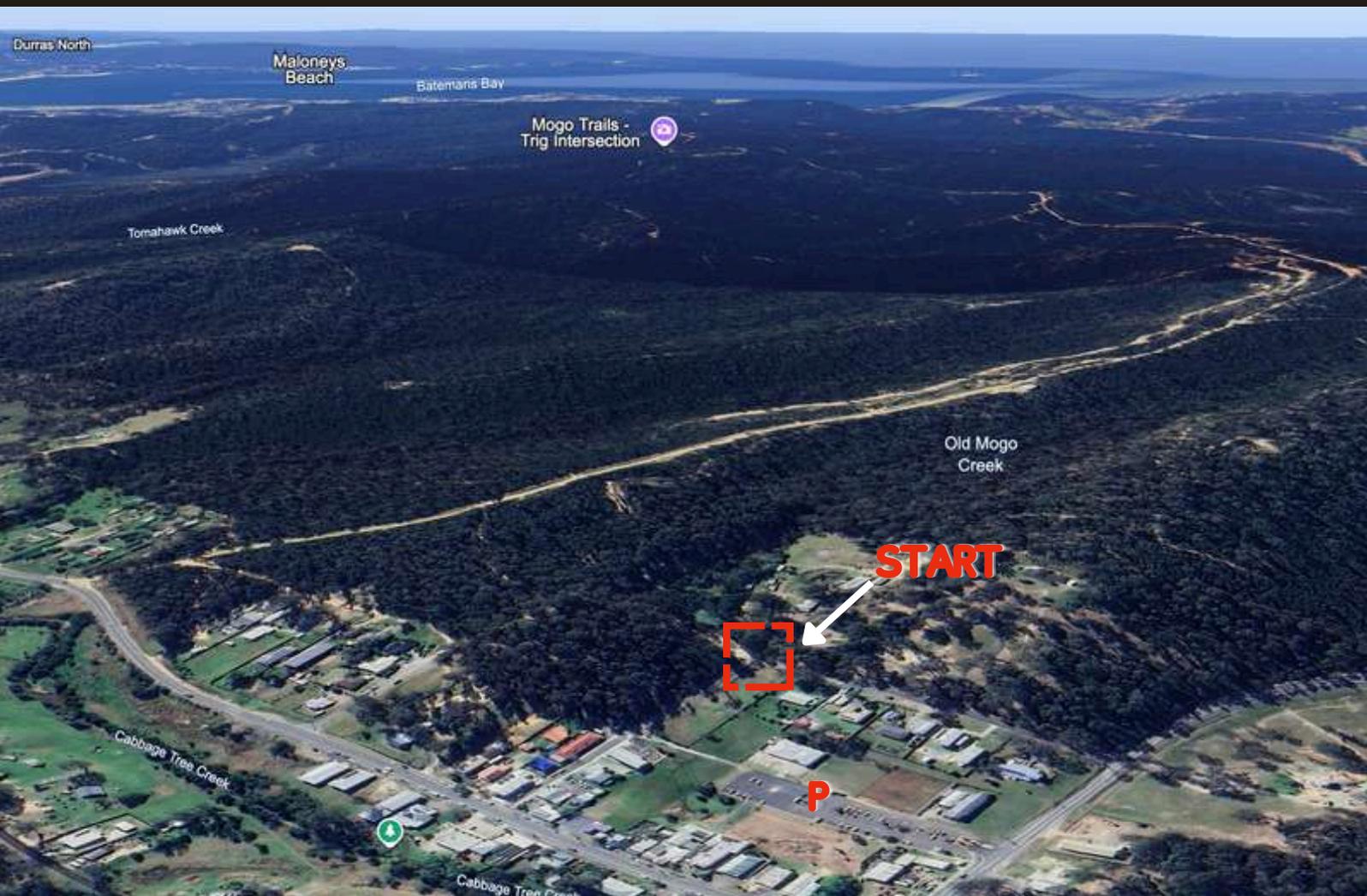
Collect your paddle bag at HQ.

SATURDAY - EPIC AND CLASSIC

START- MOGO TOWN- TRAILS HQ
FINISH- DURRAS OVAL



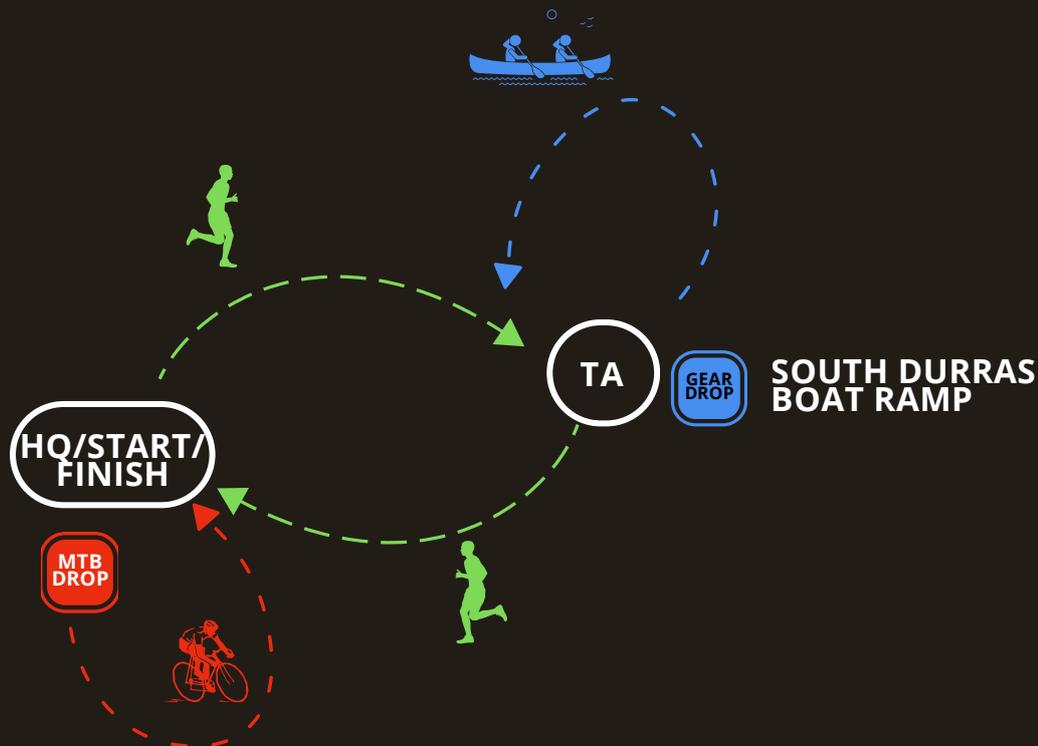
**ADRENALIN
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Start - Mogo town, Mogo trails trailhead - <https://maps.app.goo.gl/dd92PwWfXJk7NdnF8>
10 Annett St, Mogo NSW 2536

Finish- HQ in South Durras

SUNDAY NOVICE/EPIC



Leg 1/2 RUN

FAST - 15 MIN
TO THE FINISH- 30
MIN

Leg 2/3 PADDLE

FAST - 30 MIN
TO THE FINISH- 1 H

Leg 3/4 RUN

FAST - 20 MIN
TO THE FINISH- 40
MIN

Leg 1/4 MTB

FAST - 50 MIN
TO THE FINISH- 2H

Before the start

drop your paddle gear (if
any) at TA 1

leave your bike and any
extra food /water at HQ

After the finish

collect your paddle gear from
TA1, collect your bike and other
items from TA 2.



RACE LOGISTICS

FRIDAY (EPIC ONLY)

Arrive at Durras Oval Reserve, ready for a paddle rogaine and 2 trekking sections. The map is waterproof. If you are using your own paddles and PFD, drop them off at the **Durras Lake boat ramp** and collect after the finish ASAP.

SATURDAY (EPIC AND CLASSIC)

Linear course: The start and finish are at different locations. Leave the finish bag at the HQ. Drive to the start (**Mogo town** - main parking), drop your paddle gear at the kayaking trailer, and receive maps.

After the bike leg, lock up your bike to the bike rack (for extra security).

You will need to take your paddle bag with you during the kayak leg. Pack up your paddle gear after the paddle leg. It will be transported back to HQ.

After the finish, there will be a bus back to Mogo to collect cars. Once you get your car, please take your bike ASAP.

SUNDAY (EPIC AND NOVICE)

Loop course from HQ. You only need to drop your kayaking gear at Paddle TA- **South Durras boat ramp** (if you are using your own paddles and PFDs) and collect after the finish.

GEAR ALL COURSES:

ALL-TIME GEAR



- race bibs and timing tag (provided) ✓
 - first aid kit 2 snake bandages, triangular bandage, emergency blanket - per team ✓
 - mobile phone ✓
 - water ✓
- Tracker (provided per team at the start of each day). Return after the finish.

MTB LEGS GEAR



- mountain bike ✓
- helmet ✓
- repair kit spare tube per bike, pump (or aircanisters), chain link - per chain, chain breaker, multitool ✓
- mtb number plate (provided) ✓

Saturday course (EPIC and CLASSIC): bike locks- pack them into the kayaking bag. To use for extra security after the bike leg.

KAYAKING LEG GEAR



- double kayak (provided) ✓
- paddles (provided) ✓
- PFD (provided) ✓
- additional warm gear ✓
- waterproof pouch for the phone ✓

EPIC prologue: head torch

paddle bag for Saturday if using own gear. Strap for the paddles. (you will transport this bag during the paddle leg.

TIMING

All checkpoints and finish line are equipped with electronic stations. Each participant (each team in NOVICE COURSE) will need to wear a timing tag on their wrist, secured with the provided wristband.

For the EPIC course teams, please return timing tags after each day. New tags should be collected before the start of the next day, along with the maps.

If you lose/broke your timing tag during the race, you should inform race officials in the nearest transition area and take photos at each checkpoint with both team members and a checkpoint.

The fastest way to access results and photos will be the event's social media page:

[HTTPS://WWW.FACEBOOK.COM/ADRENALINQUESTAR](https://www.facebook.com/adrenalinquestar)

LIVE TRACKING

The link for live tracking will be posted on the FB page on Friday afternoon. Live tracking is an important part of your safety, and it will add excitement for your family and friends who can follow your adventures from home.

EPIC teams, please return trackers after each stage for charging, and collect them in the morning before the start, along with new maps and timing tags.



KAYAKS

Double sit on top Mission Surge kayaks will be provided to all teams.

Paddle and PFDs will be provided as well.

If you're a competitive team, we encourage you to use your own paddles. On Friday and Sunday, you will need to drop them off and collect them after the race at the boat ramps (about a 5 min drive from HQ). For Saturday, you will drop them at the start.

If the provided PFDs do not have compartments for water, you will need to make your own arrangement.



PRESENTATION AND RESULTS

RANKING

The ranking is calculated by adding the race time and any penalties. The Bonus time is then subtracted from the race time.

To be ranked, the team must cross the course as a team of two (as they started).

If one team member withdraws from the race, the remaining team member can proceed on a full course as an unranked team, joining another team only if that team agrees to accept the racer.

RESULTS

Full results will be published on the event website, adrenalinequest.com.au, within a week after the event.

The preliminary results will be available each day on Facebook and at the presentation on Sunday.

All category winners will receive AJ\$ vouchers. If you can't attend the presentation, prizes won't be collected afterwards.





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AR
OCEANIA CHAMPIONSHIP
X-MARATHON

X
MARATHON
ADVENTURE RACE

24- FULL /12- HALF courses



5-6 September
CENTRAL COAST NSW