

SNOWY HYDRO

UPPER MURRAY CHALLENGE

Conducted under the auspices of
Upper Murray Health and Community Services

Welcome to the 2010 Snowy Hydro Upper Murray Challenge.

On behalf of the organising committee, the communities of Khancoban and Corryong and our sponsors, I hope your visit to the Upper Murray region of Australia is enjoyable and safe.

Please take advantage of the Region s hospitality and take time to discover some of its jewels .

I would especially like to thank the members of the NSW National Parks and Wildlife Service, Rural Ambulance Victoria, Albury SES and Albury Wodonga Amateur Radio Club for their ongoing support and assistance to the smooth running of this event.

All the best in the race and I look forward to meeting you at the finish line.

*Pete Dikschei
Race Director*

SAFETY

- Safety is paramount. The organisers have taken all possible precautions to try to make this event safe for all those involved. However it is up to each and every individual, whether competitor, support crew or spectator to take responsibility for their own safety. Competitors are reminded not to take unnecessary risk!
- If you see some one in trouble, stop and assist.
- Police from NSW and Victoria will be enforcing road laws (particularly speeding) in the region during the event.
- Competitors on the paddle and run leg should consider carrying a lightweight thermal top, if they don t wear one while competing. The water is extremely cold and a swim could lead to hypothermia. Likewise on the run, rain, cold wind or fatigue may lead to hypothermia. Prevention, including proper food intake and clothing is the best way to avoid such emergencies.
- If parking on or crossing the Murray Valley Highway at the State Border (bridge over Murray River) or near the intersection with Towong Hill Rd viewpoints, please exercise extreme caution as it is a 100 km/h zone and a major tourist route. **Local police will pay particular attention to vehicle manoeuvres at these locations as there has been some near misses in the past.**
- Any infringement of race rules by competitors or support crew may incur time penalties or disqualification.
- Although all possible precautions will be taken, accidents may happen. **It is strongly recommended that competitors have current ambulance membership** and if possible pack a small first aid kit in your gear whilst competing and a larger kit kept in the support vehicle.

RACE INFORMATION

Where:

The challenge begins in Mitchell Ave Khancoban, NSW, in front of the general store and finishes at Corryong VIC.

When:

Commencing at 8.00am on Saturday the 2nd of October, 2010.

Registration:

Pre race registration will be at two locations:

- Corryong Secondary College (in the main street, on the Khancoban side of the shops). Competitors can register and collect their race kit between 8.00pm & 9.00pm on Friday the 1st of October.
- Khancoban Country Club between 5.00 to 6.00pm on Friday the 1st of October, immediately before a dinner at the Club.

Competitors not able to collect their race kit between those times should make separate arrangements with the registration officer.

Pre Race Check-in:

All competitors are required to check in at the start between 7.00 & 7.45am on race morning to receive their timing band.

Pre Race Briefing:

A short pre race briefing will take place just prior to the start. This will be to cover any course management issues that may have arisen. If you have any concerns or questions on any aspect of the challenge, you can ask one of our team at registration or you can contact Pete DIKSCHEI on 0409 022 242 any time prior to the event and specifically on (02) 6076 8390 in the week prior to race day.

Flood Contingency

Most winters and springs the upper reaches of the Murray River threatens to flood due to the combination of heavy local rain and snow melt. On average a significant flood does occur every 2-3 years. A significant flood would only affect the paddle section of the Snowy Hydro Upper Murray Challenge. The organising committee is committed to holding the paddle section on the Swampy Plains and Murray Rivers; **however they will not compromise on competitor safety if conditions are not suitable.**

If a flood occurs, the event will continue in a slightly changed format, being:

- a. The MTB leg will be 2km longer and finish at the boat ramp on Khancoban pondage.
- b. The paddle section will be held on the pondage.
- c. Competitors will then drive (or be driven by their support) to the start of the run leg at Towong. Individual competitors must commence their run leg within 45 minutes of finishing their paddle. A time penalty will apply to breaches. Relay competitors can start their run once

they have their team's bib and timing band.

- d. The start and finish remain the same.
- e. Depending on flood water levels, support vehicles may have to travel to the Towong transition and finish line via a detour over the Murray River at Tintaldra, which adds about 20 minutes to travel times.

The committee realises that changing the paddle location will affect the choice of craft for most competitors; however the decision to change the course will not be made until 6.00pm on the day before the event.

During the week preceding the event the website will be updated with forecast weather conditions and competitors are encouraged to contact any of the committee for an update.

STAGE 1: 38km MTB

Competitors will cycle 38 km over hilly forest trails, a short section of single trail, 4wd tracks and open paddocks in and around Khancoban Township, including 20km on the privately owned property 'Khancoban Station'.

From the start outside the general store, competitors will follow residential streets onto a short section of single track that leads onto a hilly 5km loop on 4wd tracks above the golf course and town. The route then returns over the single track section, follows some quiet backstreets and crosses the Alpine Way near the dam wall. Follow the flat dirt track for the full length of the airstrip before entering Khancoban Station. The route follows internal tracks as it passes through prime cattle country before climbing steeply onto a high ridge that offers fantastic panoramic views of the district (and tests your quads). A steep descent and creek crossings follow, before following the Swampy Plains River upstream. A final dash beside the airstrip and you're nearly at the transition.

Cyclists MUST dismount before passing under the finishing banner.

No navigation skills will be required as the route is well marked and easy to follow.

An ambulance and doctor will be on standby at Khancoban in case of emergency.

Use of 'slick' tyres is not recommended and competitors should have plenty of steep hill climbing practice.

This leg will take competitors between 105 and 210 minutes to complete.

Competitors wanting to practice over the bike course pre event only have access to the first 12.5km of the course. The remainder is on Private Property and any breaches will result in loss of access for the event.

Spectators can not enter Khancoban Station at any time.

There is a 'cut-off' time of 9.35am at the first passing of the Khancoban airfield that will be strictly enforced. See MTB rule 3.10 (page 8) for full information.

STAGE 2: 26km Paddle

From the transition, competitors will paddle down the swift-flowing Swampy Plains River (no rapids, grade 1) for 11 km, to its confluence with the infant Murray River. From there they continue for another 15 km to the transition at Towong Bridge. This paddle section is not usually suited to craft with an understern. Other kayaks and canoes, including K1, TK1, surf skis, sea kayaks and Down River Racers, with trailing rudder, are recommended if you have experience in swift flowing conditions. Paddlers not experienced with turbulent eddies should exercise caution, particularly on corners. For paddlers who mainly practice and compete on lakes or slow moving rivers (Murray River below Albury/Wodonga, Barwon River, etc), it is recommended that you gain some experience on a river with some current OR sacrifice some time in this event and use a more stable craft. A capsized will make self rescue of your craft difficult, due to the volume and power of the freezing water.

If you require assistance from a marshal, their first priority will be you, not your craft or paddle so don't be critical of them!

All competitors MUST wear an approved buoyancy vest and helmet. Use of a spray deck is advised.

Competitors who choose to leave the river for any reason, with or without their craft, MUST notify 2 competitors or one official before they leave the river bank. This is to avoid unnecessary searches.

Recommended escape routes are on the right hand side of the river before passing under the Murray Valley Highway and on the left hand side after the Murray Valley Highway.

This leg will take competitors between 90 and 150 minutes to complete.

Competitors should be aware of the Flood Contingency arrangements detailed on page 3 & 4.

STAGE 3: 25km Run

After exiting the transition area runners will head south along Towong Hill road for approximately 7kms to the Murray Valley Highway. This is a gently undulating dirt road and a good opportunity to get the legs working again. Cross the highway, which will be marshaled, but still take care. Then climb over a fence on a stile and continue running uphill, parallel to the highway, before negotiating a series of gullies leading to the Mount Elliott Ridge track. Take on a grueling and at times very steep climb, gaining 500 meters over approx 3kms, to the summit of Mt. Elliott. Then follow the undulating Mt. Elliott Ridge 4WD track until descending into Thougla valley on Hall track and then through farmland to the finish at Corryong Secondary College.

Don't worry, the route is clearly marked and well marshaled.

Competitors must be self-sufficient and carry own fluids or energy foods.

Multisport events do not provide drink and aid stations along the course. Competitors (especially individuals) should expect a long, dry run and should carry at least two litres of drink for this leg.

There is a cut-off time of 3.15pm at the intersection of Towong Hill Rd and the Murray Valley Hwy that will be strictly enforced. See Running Rule 5.4 (page9) for further information.

This leg will take competitors between 110 and 225 minutes to complete.

RACE RULES

1. Pre-event

- 1.1 Persons wishing to practice their MTB skills on the course **MUST NOT** enter Khancoban Station at any time. This section of the track is through private property and any breaches may cause the race to lose access to that track.

2. General Rules

- 2.1 **SAFETY IS A PRIORITY** - Any infringement of race rules by competitors or support crew may incur time penalties or disqualification.

- 2.2 The race organising committee reserves the right to reject any entry.
- 2.3 Competitors must render assistance to any fellow competitors in distress or any form of danger.
- 2.4 It is each competitor s responsibility to ensure their equipment is in a safe, working condition.
- 2.5 Any competitor retiring from the course must notify the nearest official as soon as possible.
- 2.6 Any competitor who retires or requires transport out of a stage will not be able to continue in the race. Relay Teams will be able to continue at the start of the next stage after receiving their team s timing band & bib from their withdrawing team member & checking in with officials and timekeeper. The team will not qualify as finishers.
- 2.7 Any protest must be lodged within 30 minutes of the completion of the event, in writing to the Race Director. Protests must be lodged with a \$20 fee that is refundable if the protest is upheld. Protest outcomes are final.
- 2.8 No person may take part in the event that is not named on the official entry form, or has not signed the official entry form. Teams must nominate who is competing in which stage prior to race start.
- 2.9 All Individuals must have a support crew and vehicle. Relay Teams may act as their own support crew.
- 2.10 Competitors must wear their issued timing band & race bib with event logo facing the front and ensure the logo/number is visible at all times. Teams are to use the race bib as their changeover baton. Changeovers must take place inside the designated transition areas. Competitors must pass through all timing gates wearing the timing band & race bib.
- 2.11 Support crews and team members are not permitted to assist in any way, their team mates or any other competitor in forward movement on any part of the course during the race unless specifically authorised beforehand.
- 2.12 At all times the competitor being overtaken shall have right of way. The responsibility for safe overtaking lies with the person doing the overtaking.
- 2.13 Any competitor with a medical problem must declare it in writing to the organisers not less than 2 weeks prior to the event.

- 2.14 Competitors must be self-sufficient and **carry own fluids** and energy foods and equipment for repairs.
- 2.15 All competitors **MUST** obey any directive by an official.
- 2.16 All individuals & relay team runners must hand in their timing band and race bib immediately after completing the run. There will be a charge of \$75 for any unreturned timing bands.

3. Mountain Bike Rules

- 3.1 Drafting is permitted.
- 3.2 The entire cycle course will be closed to private vehicles for the duration of the cycle leg. Recommended vantage points will be advised. Support crews **MUST NOT** follow, lead or leap-frog their cyclists at any stage on the course.
- 3.3 Competitors and support crews must obey all road rules and give way to any pedestrians.
- 3.4 Cyclists should be careful when negotiating speed humps. Some are steep and could lead to a rough landing.
- 3.5 Competitors must carry spare tyre or tubes and kits to be able to carry out their own repairs.
- 3.6 Competitors must be self-sufficient and carry own fluids and energy foods.
- 3.7 Assistance from vehicles is not permitted.
- 3.8 Cycle helmets meeting Australian safety standards must be worn and firmly secured until the bicycle is stationary inside transition area.
- 3.9 Cyclists **MUST** dismount before passing under the finishing banner.
- 3.10 There is a 'cut-off' time of 9.35am at the first passing of the Khancoban airfield that will be strictly enforced. Competitors (both individual and relay team) who fail to reach that checkpoint in time will be advised that the Khancoban Station section of the course is closed. They will be directed to the MTB/Paddle transition and permitted to commence the paddle. **The cut-off time is generous. Only riders on target for a 3.5+ hrs ride are at risk of missing it. If you can't ride some steep trails expect to be in trouble.** If, prior to the race commencing, any competitor believes that they have special circumstances that should allow

them to complete this section of the course after the cut-off time, they should raise the matter with the Race Director prior to race day.

4. Kayak Rules

- 4.1 Competitors may use any type of kayak or canoe with fixed buoyancy.
- 4.2 All competitors MUST wear an approved buoyancy vest and helmet. Use of a spray deck is advised.
- 4.3 Competitors who require assistance may proceed without penalty. Paddlers who require assistance more than three times shall be disqualified, at the discretion of the race director.
- 4.4 Support crew may assist their competitor at the start of the kayak stage, and at the finish line. At no other time shall they render assistance.
- 4.5 Competitors must be self-sufficient and carry own fluids or energy foods and equipment for repairs.
- 4.6 Paddlers may wash ride other competitors.
 - 4.7 Paddlers who are not familiar with swift flowing conditions are advised to gain some relevant experience before the race. There are sections of the rivers where willow trees would make a swim potentially dangerous.
 - 4.8 The official sticker with race number (provided in your race pack) must be clearly visible on the front, right hand side of your craft (as you sit in the craft). All other numbers must be covered or removed.
 - 4.9 **Competitors who choose to leave the river for any reason, with or without their craft, MUST notify 2 competitors or one official before they leave the river bank.** This is to avoid unnecessary searches.

5. Running Rules

- 5.1 Competitors must take care when crossing roads and give way to all vehicles where applicable. Marshals will monitor any crossings and time penalties or disqualification may occur for infringement.
- 5.2 Competitors must be self-sufficient and carry own fluids and energy foods.
Multisport events do not provide drink and aid stations along the course.

Competitors (especially individuals) should expect a long, dry run and should carry at least two litres of drink for this leg.

- 5.3 Competitors should keep to the right-hand side of any road that is shared by vehicles.
- 5.4 **There is a cut-off time of 3.15pm at the intersection of Towong Hill Rd and the Murray Valley Hwy that will be strictly enforced.** Competitors who have not reached that checkpoint by 3.15pm will be advised that the mountain section of the course is closed and that there are no marshals on that section of the course. If they wish to finish the event they will be transported to Thougla Hall and permitted to finish the run from there. If, prior to the race commencing, any competitor believes that they have special circumstances that should allow them to complete the course after the cut-off time, they should contact the Race Director prior to race day.

SUPPORT CREW INFORMATION

- All Individual competitors must have a support crew. In relay teams the team members can act as support crew.
- It is approximately a 25 minute drive from Corryong to Khancoban.
 - Vehicle access to the Khancoban transition and support crew/spectator parking is via the dirt track at the base of the dam wall. Do not cross the airfield! **Hint look at the transition plan.**
- On race morning, the Alpine Way MAY be closed to all traffic opposite the dam wall at Khancoban from 8.30am until the last MTB competitor has crossed it.
- The cycle stage is closed to all vehicles for the duration of the cycle leg. Support Crews **must not** follow, lead, or leap frog their cyclist at any time.
- After 8.30am on race morning, vehicle access to the Khancoban transition will be restricted until the last MTB competitor has crossed the Alpine Way (approx 9.15am).
- Support crew may assist their competitor at the start of the paddle leg but at no other time during the stage can they render assistance.
- Support Crew and competitors are to ensure that their race number (sticker) is securely attached to the front right hand side of their watercraft. To help with ease of identification at check points it is requested that race numbers from other events be covered over or removed.
- Most parking at the Towong transition (paddle to run) is on the access road (Towong Hill Rd) or on opposite side of the river to the transition. ***Vehicle access is restricted onto the river flats***

to reduce damage to the grass. Limited parking will be available on the river flats to those support crew with special needs (these need to be assessed at registration). Support crew will have to drop off gear, or relay competitor, then park their vehicle and walk back to the transition. Expect to have to carry your competitor's craft a few hundred metres out to your vehicle when they have finished. The drop off area will be marshalled.

VANTAGE POINTS

The best vantage points for support crew, spectators and supporters are as follows.

- At the start (MTB).
- From near the Khancoban airfield (MTB).
- At the entrance to Khancoban Station (MTB & paddle).
- At the transition areas.
- Where the Murray Valley Hwy crosses the Murray River (half way mark of paddle leg) approximately 12kms out of Khancoban. Please exercise caution when parking and crossing the road. Try to pull as far off the roadway as possible.
- On the Murray Valley Hwy near Towong Hill Rd or Towong Gap (run). Please exercise caution when parking and crossing the road. Try to pull as far off the roadway as possible & obey marshals.
- At Thougla hall on the Thougla Road (about 5kms from the finish line). Toilets are available and there is usually a community run bbq operating. Drinks can be handed to runners here.
- At the finish.

TRANSITIONS

The Start.

The event will begin in Khancoban. There are ample parking and toilet facilities. The start line is outside the general store. Crews, supporters and spectators are asked NOT to park in Mitchell Avenue between Pendergast Road & the shops.

Transition 1. Bike to Paddle.

This transition is situated on the Corryong side of Khancoban, behind the airstrip next to the Swampy Plains River, 600 meters downstream from the spillway. **Access for vehicles between 8.30 & 9.15am on race day will be restricted as competitors use the dirt track at the base of the dam wall.**

- Competitors must pass through the timing gate wearing the timing band & race bib. The logo must be to the front over the top of all clothing, packs etc.
- Relay team members must exchange their bibs and timing band inside the transition area. Don't forget to pass on the timing band!
- Cyclist must dismount before passing through the timing gates.

Transition 2. Paddle to Run.

This transition is situated on the Corryong side of the Murray River at Towong, 12 kms east of Corryong, 300 metres upstream from a bridge across the Murray. Supporters will enter private property onto river flats through a gate off Towong Hill Rd (dirt). This road is closed to all through traffic from 11.00 a.m. on race morning.

- Vehicles will not be permitted onto the river flats. Support crew and spectators can drop passengers off at the gate and then they will have to drive back to the bridge, cross over the river and park on the NSW side where there will be ample parking. They will then have to walk back across the bridge to the transition area to watch and wait for their competitor.
- Support crew will be able to drive back to the gate after their competitor has exited the transition and collect their craft from near the gate.
- Competitors must wear the timing band & race bib through the timing gate.
- Relay team members must exchange their bibs inside the transition area.
- Runners exit the transition through the gate and turn left heading south along Towong Hill Rd.

The Finish.

The finish is at Corryong Secondary College in the main street of Corryong. Signs will indicate where to park.

- There is ample parking, shower facilities, toilets and most importantly massage for the competitors. Individual competitors will be given priority over team competitors if waiting for a massage and there will be a 15 minute time limit on massages. ***For health reasons, competitors are requested to shower before having a massage.***
- Sports drink, water and fruit will be available for all runners at the finish line.
- A coffee shop will operate at the finish line.
- A post event (all you can eat) meal for competitors will be served from 3.00pm. Extra meals can be purchased on the day by supporters.

Presentations.

- Presentation of prizes for the first three placegetters in all categories will get under way at about 6.00 p.m. A major spot prize will also be drawn & presented to competitors who are present.

Training Tips.

- This is a physically and mentally demanding event. It is advisable to try and get in some training sessions under event conditions.
- Parts of the bike leg are tough and will test your strength and technique. Train on some very steep hilly terrain.
- You cannot get assistance from support crew so it is important that you know how to carry out repairs, and be able to do them under trying conditions.
- Several riders have required medical treatment in the past. It is important that you get practice in similar conditions and terrain and do not push past your abilities on the day.
- The paddle leg is in fast flowing conditions with some tricky eddies. If you are not a proficient paddler in these conditions get some practice in fast flowing water or ocean and practice recovery techniques (in case you happen to tip over).
- The run leg is also hilly and demanding. As for the bike leg get some training runs in on the steepest hills you can find. 1-2 litres of drink should be carried on the run leg.

ACCOMODATION

Khancoban

Khancoban Lakeside Caravan Resort
(02 6076 9488)

Acorn Park Cabin
Enquire at Khancoban Roadhouse
Alpine Way
Khancoban
Phone: 02 6076 9400

Glenfair Guesthouse
Mitchell Avenue

Khancoban

Phone: 02 60769519

Queens Cottage

Pendergast Street

Khancoban

Phone: 02 6076 9033

Cossetinis B & B

Alpine Way

Khancoban

Phone: 02 6076 9332

Khancoban Rose Holiday Units

Mitchell Avenue

Khancoban

Phone: 02 6076 9317

Lyrebird Lodge

Spillway Road

Khancoban

Phone: 02 6076 9455

Verandah Camp Holiday Lodge & Homes

Mitchell Avenue

Khancoban

Phone: 02 6076 9392

Alpine Hideaway

Spillway Road

Khancoban

Phone: 02 6076 9498

Khancoban Backpackers

(02 6076 9471)

Khancoban Alpine Lodge

(02 6076 9471)

Corryong

Mt Mittamatite Caravan Park

Phone: 02 6076 1152

Colac Colac Caravan Park

Phone: 02 6076 1520

Mountain View Motel

Phone: 02 6076 1766

Bed & Breakfast

Phone: 02 6076 1268

Corryong Country Inn

Phone: 02 6076 1333

Mother Hubbards Bed & Breakfast

Phone: 02 6076 1570

Rydges At Towong

Phone: 02 6076 8333

Courthouse Hotel

Phone: 02 6076 1711

Corryong Hotel Motel

Phone: 02 6076 1004

Jardine Cottage

Phone: 02 6076 1318

Snowy Mountains Holidays

Bed & breakfast

S/C units

6076 8252

For further inquiries contact Corryong Visitor Information Centre (02) 6076 2277 or the
Tumbarumba Visitor Information Centre on 02 6948 3333.

GENERAL INFORMATION

Fuel.

There are two service stations in Corryong. They are located on the North side of the main street at each end of town.

- The Mittamite Caravan Park Service Station is open 7 days a week from 7.30 am to 7.30 p.m.
- The Mildren and Coysh Service Station is open Mon-Fri 7.30 am-6.00 p.m. Sat. 8.00 am 1.00pm and on Sunday from 9.00 am 12.30 p.m.

In Khancoban there is just the one service station and it is located in the main street.

- The Khancoban Roadhouse is open Mon-Fri 7.30 am-6.00 p.m. Sat.7.00 am- 5.30 p.m. and Sun. 9.00 am-5.00 p.m.

Food.

If you intend purchasing your food supplies once you get to the area there are two dedicated food stores/ supermarkets.

- Corryong Supermarket (Main St.) is open Mon-Fri 8.00 am 6.00 p.m. and Sat 8.30 am 6.00 p.m.
- Khancoban General Store is open Sun-Fri 7.30 am 6.00 p.m. and Sat. 6.30 am 7.00 p.m.

You will be able to buy meals from the local hotels, restaurants and take away stores, but keep in mind that most of these establishments close or turn off meals by about 8.30 p.m. each night. So don't plan on arriving at your destination late at night and expect to buy something to eat when you get there.

Weather.

Previously we have been blessed with near perfect weather, sunny, high teens little or no wind. But bear in mind this event is in the alpine region and the weather is unpredictable and can change from perfect to extreme. The nights will be cold so make sure you bring warm clothes and bedding.

There is no accurate way to predict what will happen on the day so plan for all contingencies. We will update the web site regularly as the day draws near and provide you with the most up to date weather forecast.

Travel Information.

- Apart from the maps in the street directories and touring maps it may be well worthwhile visiting the Snowy Hydro website at www.snowyhydro.com.au. Apart from being a major sponsor the website is very informative and has great maps and photos.
- Approximate travel time to Corryong are as follows:
From Wodonga 80-90 minutes.
From Melbourne 5 hours (including a short break).
From Canberra (via Gundagai & Tumut) 3.5 hours.
From Thredbo 100-120 minutes.
- For those travelling and arriving after dark the region has a reputation and history of vehicle accidents with wildlife. Kangaroos, wombats, deer and emus are prolific. **Please drive with caution.**

CONTACT DETAILS.

Details of committee members to contact with any enquiries:

- Peter DIKSCHEI 0409022242
- Kerrie CLARKE (02) 6076 3206 w
- Bruce SAXTON 0419887583
- Bruce MEEK 0428583827
- Tony WERRETT 0428474593

We welcome your feedback. Please write to Peter DIKSCHEI at 11 Chinook Cres, Mooroolbark 3138 or email on pete.dikschei@bigpond.com