

King Valley Challenge Competitor and Support Crew Information

Good decision on your behalf to tackle the King Valley Challenge. As with all Multi-Sport events, there's a few logistics to think about. Read this document through and everything will be clear so you enjoy your day in the King Valley!

Before The Race

Aim to arrive at Lake William Hovell at 8am, this will give you time to get organised and enjoy the pre-race hype. *There is no drinking water at the lake, please fill your bottles before you arrive (the water is straight from the lake).* There is no shop past Cheshunt so bring all you need to stay hydrated and your energy levels up until you leave Lake William Hovell.

When driving into the venue please drive past the start/finish line and park on the grass, if you don't have a kayak drive further along so those with kayaks can park closest to the lake, carry your kayak to the kayak transition. Register from 8am-8:40am and collect your race number, just 1 race number for teams, this is what you pass to your team mate in transition.

Put your bike in the transition area with everything you need. The bike transition is for everyone, but not compulsory for teams as you meet at the start line.

Those running the final 3.6km leg with no support crew must place your running shoes in a bag (bring your own distinctive looking bag and put a name on it) and put it in the back of the designated car which will be parked in front of the toilet block next to the start line. ***Be at the start line by 8:50am for the race briefing for a 9am race start.***

The Race

The run is 15kms out and back on undulating 4WD road with clear signs marking the way. **NOTE: There is a separate 6km run/walk event for which participants will turn left at the other end of the lake, 15km KVC runners turn RIGHT at this point.** The 3km walk/run turns at the first creek crossing, if you're going solo and turn here you've missed all the fun! The first creek crossing comes early in the race and is quite small and has concrete on the bottom but expect wet shoes unless you've got super long legs. The second creek (Evans Creek) crossing is at the 4km mark, expect to get wet up to your knees, it's about 10m across.

If Evans Creek is too big (e.g. flooding) you will turn around here (Plan B), if not you will go through the creek to the 7.5km turnaround point (We decide on the morning and inform you at registration and briefing). In the event of the course being changed to 'Plan B' you will run 3kms out and back on another 4WD road on the course on the way back, this has a hill climb (Yay!), the turnaround is at the top of this climb. We ran plan B in 2022 but unlikely to this year... Head back the way you came, as the run finishes where it started. Give the race number to your kayaker if in a team and then get kayaking.



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It's a good idea to take water with you especially if you'll be out there a while or going solo, the fresh water in the creeks is not necessarily safe so drink at your own risk.

If going solo you can leave your gear at the kayak transition but make sure it's together and well back from the lakes edge. Help is allowed getting started in your kayak, *everyone must wear a PFD or you will not be allowed to start.*

The kayak leg is non-drafting, no wash-riding people!

The 12km flat-water paddle is four clockwise laps up and down the lake, it's a relatively small and calm lake but you should choose a craft you feel stable in/on as the water is straight from the snow and it can get windy. It's an easy course with buoys to guide you, have your gps watch on as well in case you forget your laps.

Drafting/wash-riding will not be tolerated, and anyone found doing it will be given a time penalty in the results at the discretion of the Race Director. The lake has plenty of room for passing so please leave more than 3 metres when passing and a full boat length over 7 metres behind any other kayaker.

After four laps, kayakers get out of their kayak and go through the timing area to the bike transition. Team cyclists can be waiting at the timing table ready to go after taking the timing band.

The cycle leg is non-drafting

Please take care exiting the lake reserve, as there are some old speed bumps that can be hidden by shadows from the trees. There is also some blind corners as you ride out from the lake, be sure to stay left in case of oncoming traffic that could be on your side of the road. The cycle leg is very picturesque as you ride alongside the King River with vineyards all around you. When you get to Cheshunt you turn left and when you get to Whitfield you turn left, this is approximately half way. A couple of kilometres out of Whitfield you'll go over a bridge and that's where the climb really starts. About 8kms later you'll reach the Whitlands plateau and another 10kms you will turn left into the Powers Lookout road to finish the ride.

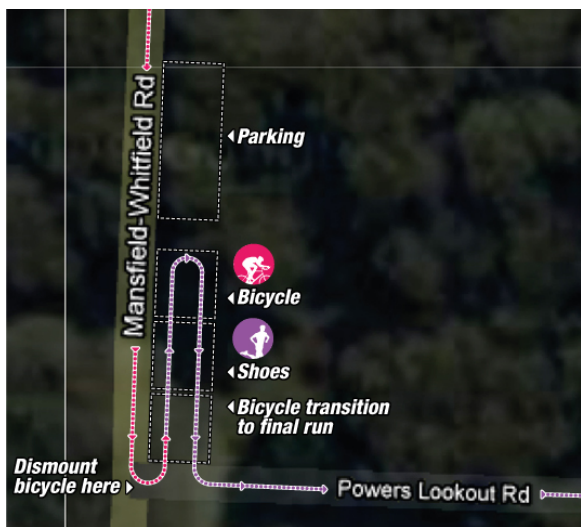
It's up to you to know the course, and follow signage, there will be no directional marshals on course as part of our permit agreement. If we did have Marshals they would need to be qualified and engaging a Traffic Management company would make the event not viable. So **follow the road rules** and know the course.

Drafting will be not tolerated, and anyone found doing it will be given a time penalty at the discretion of the Race Director. Drafting is sitting right behind someone's wheel, leave a good 10 metre gap, also no cycling two abreast for safety reasons and please follow normal road rules.



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Dismount as soon as you turn into the Powers Lookout road, don't overshoot the dismount area, there is plenty of warning. The cyclist runs past the timing table before racking their bike. Teams must wait until the bike is racked then change over the timing band (unless cyclist is doing final run leg) at the transition area. If solo, your running shoes (along with everyone else's) will be on the ground in between the timing table and the bike rack, rack your own bike put on your shoes and head down the 3.6km entrance to Powers Lookout and the finish line.



Final Transition Map:

The final run is through largely untouched bush with tall trees, when you come to a clearing for the powerlines, keep going straight and you only have a few hundred metres to go, stay left at the entrance, cross the line as you see appropriate e.g. go nuts!

We will have water and fresh fruit for you at the finish. Enjoy the views of the King Valley below and bask in your glory. Then head to the Presentations for more food and drink at the bike finish.

General Logistics for Everyone

The race HQ will have water in case you forget, but please bring your own drinks and food for the day. Cheshunt and Whitfield have great local stores if you need supplies and 'The Oven' in Cheshunt and Hobbledehoy in Whitfield do a good lunch. This year we have a food truck at our Whitlands block where the final bike to run transition is and the presentations are, **please bring cash**, no wifi up there. If you are supporting someone there is always time to visit the many wineries but don't lose track of time, the event director can't be held accountable for unreliable support crew.

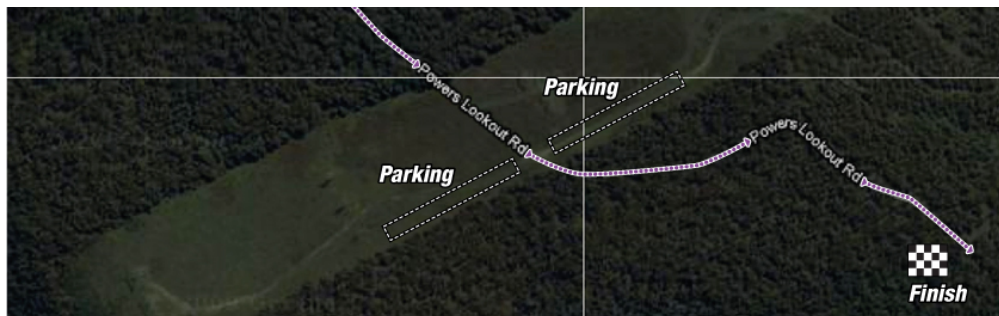
Once the cyclist leaves for Powers Lookout all team and competitor clothing and equipment must be taken from the Lake venue, so there's no back tracking (I might bring it to the finish including kayaks if I can). This means support crews and teammates are responsible for all belongings unless pre-arranged with the race director (or if you've hired a kayak from Vigor). If you do require help with your gear/car, please arrange directly with Liam, email before hand and arrive to rego before 8am so we can allocate a driver for your car to the finish line.



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Arriving at Finish line

Competitors will finish close to the Powers Lookout with a view of the entire Vic Alps, it's such a spectacular finish line. For those doing it easy in the car we ask that you park at the power lines clearing area 200m from the finish, there will be 'Car Parking' signs. Please don't drive into the lookout, we only have a permit for 5 cars (for officials with heavy stuff) and parents with babies.



Presentations and food and drink

After you have finished the event and had a drink and some fruit and obligatory photos you need to make your way back to the final transition for Presentations, lunch (food truck-bring cash) and drinks (water, Pizzini Wine, KRB Beer and food truck coffee etc.). If you are driving and have room please ask if anyone needs a lift as many solo competitors will need a lift. You will also need to pick up your bike!

For the best access onto the property and where all the car parking is please turn from the main road about 50ms from the Powers Lookout road. This will be sign posted, but if you miss it I suggest you drive past Powers Lookout entrance and turn at the next driveway to keep the Powers lookout road entrance clear. Remember there will be general public using this road so be super careful around this intersection, some stop and some don't, and some are travelling at 80+ k's an hour. The property has plenty of room to park so just follow the signs once on the property, be aware the lower section and corner close to transition are very wet.

Plan ahead with petrol, Whitfield Garage is open reduced hours on the weekend. Any questions, call Liam on 0425 711 412 (no phone reception at lake!). We hope you enjoy the mighty King Valley!

