



Legend

Expedition Race

Information Pack

24 FEB-2 MARCH 2024



AR
WORLD SERIES

WELCOME TO LEGEND 2024!

Legend Expedition Race is a true test of endurance, where participants will cover up to 500 kilometres in six days, using only their own strength, skills and team work to complete the course. The race will start in Apollo Bay in the heart of the Otways along the Great Ocean Road and be taken on a journey through some of the most spectacular parts of the region.

Now in its second edition it's exciting to see the way the event has developed. We've got a line up of 14 amazing teams, some completely new to expedition racing, quite a few returning, and several teams making their comeback to expedition racing.

As always it's been a real privilege to explore the region and to put the course together – the region really is one of the great wonders of the Australian landscape. We've worked hard to make sure that each leg plays an important part in the journey, highlighting something unique and about the area. We've also worked hard to include the biggest highlights and experiences of the region.

We've got an epic ocean paddle leg to start the event with a sheltered launch and a fun beach landing along one of Australia's most iconic shorelines. This will be followed by a series of breathtaking trek and cycling legs taking in waterfalls and the wild coastline that the region is



so famous for. And while teams will be tempted to stop in the tourist towns for coffee or a pub meal, an epic journey along some of the best gravel roads and mountain bike tracks in the country await teams as they head into the Otways.

It's going to be a real challenge, especially managing both the cold and heat. It will take everything in you to get it done. But the results will truly be worth it in a uniquely Australian setting.

Of course a big thanks goes out to everyone that has entered – this is an exciting stage in our journey and we've been dreaming if this event for a long time. And while we're 100% focused on delivering this event, this just the start of the Legend!

Special thanks must go to our sponsors Wild Magazine, Squirt and Trail Brew for their support – it's very much appreciated. And of course to the team that makes this happen and everyone that's entered – bring on an awesome event!

Chris Dixon

RACE DIRECTOR



OUR 2024 LINEUP

We've got an awesome lineup of events in 2024 – unique courses that test athletes over 125-250km courses of non-stop day and night racing in the disciplines of trekking, mountain biking, kayaking, and navigation.

TERRA NOVA 24

WEBSITE: www.terranova24.com.au

DATES: 6-7 April 2024

LOCATION: Shoalhaven NSW, Australia – 2 Hrs South of Sydney

DISTANCE: 24hrs / 120km & 80km / full & half

MOUNTAIN DESIGNS GEOQUEST

WEBSITE: www.geoquest.com.au

DATES: 7-10 June 2024

LOCATION: North Haven NSW, Australia

DISTANCE: 48hrs / 220km & 120km / full & half

MOUNTAIN DESIGNS HELLS BELLS

WEBSITE: www.hellsbells.com.au

DATES: 3-4 August 2024

LOCATION: Sunshine Coast QLD, Australia

DISTANCE: 24hrs / 120km & 80km / full & half

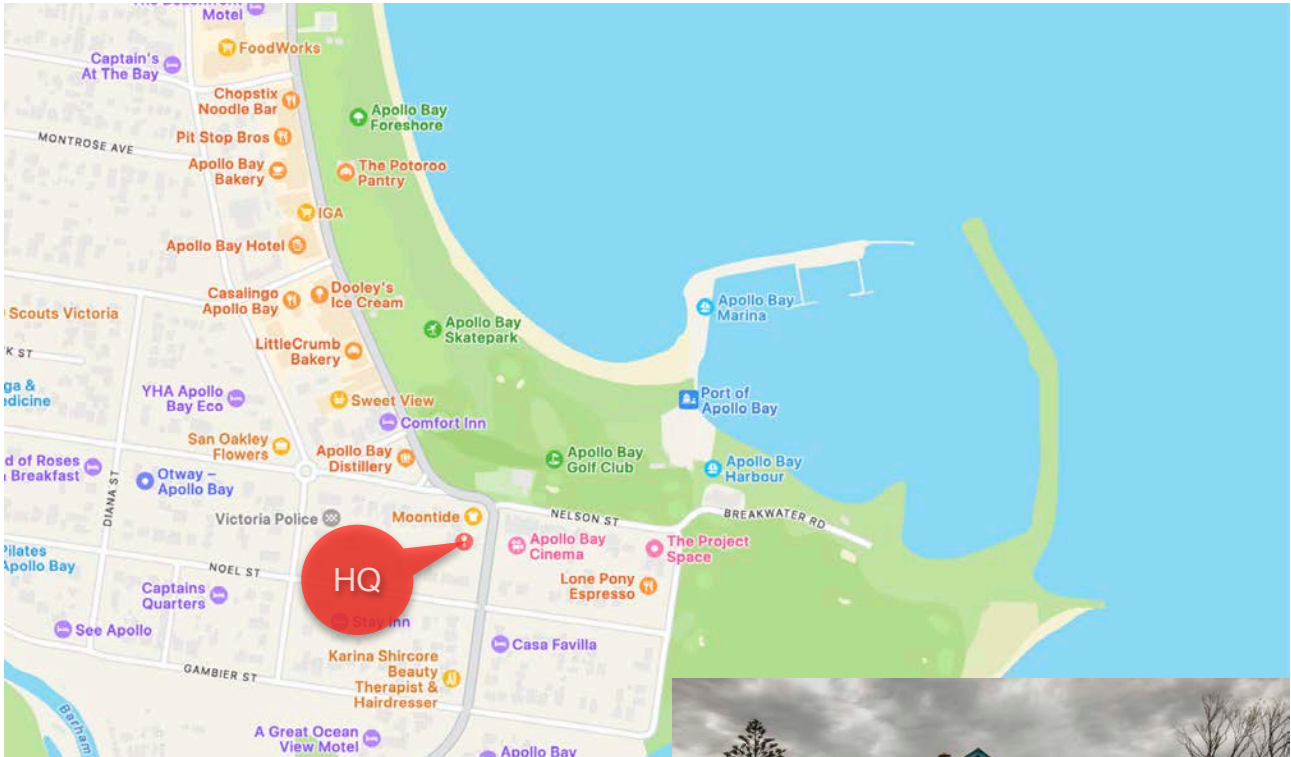
TOP DOG 24

WEBSITE: www.topdog24.com.au

DATES: 23-24 November 2024

LOCATION: Stromlo Forest Park ACT, Australia

DISTANCE: 24hrs / 120km & 80km / full & half



RACE HQ + ACCOMODATION

The Legend Expedition Race 2023 will be based out of the beautiful coastal town of Apollo Bay.

Home of fresh seafood – Deservingly known as paradise by the sea, Apollo Bay is midway along the majestic Great Ocean Road, in the shelter of Cape Otway and on the lowest slopes of the beautiful Otways.

Race HQ is in the old “Mechanics Institute Hall” or “The Mech” at the southern end of the main street in town. It has easy access to all the amenities in town and will provide a great space for registration, the finish line lounge and for presentations.

Accommodation and tourist information can be found at: visitapollobay.com

ADDRESS:

21 Great Ocean Rd
 Apollo Bay VIC 3233
 Australia



PROGRAM AND TIMINGS

SATURDAY

0900 – 1500 Registration, competency checks, briefings, mandatory gear check – HQ

1500 – 1700 Swim and kayak test – Apollo Bay Foreshore

SUNDAY

0700 – 0730 Boxes brought to HQ

0730 Team “Lock Down” and course map handout

0930 Race Start

SATURDAY

1200 Course closes (6 days)

1730 – 1830 Presentations and dinner

COURSE AND DISCIPLINES

The Legend Expedition course is a linear adventure race. All teams begin the adventure at the same point, then navigate their way through each leg consecutively.

At the end of each leg is a Transition Area where you change from one discipline to the next. At most Transition Areas you will find a gear box, Bike Box or Paddle Bag. You will not stop via HQ during the race. The race finish will be at HQ.

Disciplines this year include:

- Ocean kayaking
- Kayaking inland lakes and waterwaks
- Trekking / trail running
- Mountain biking
- Navigation

Some advice and an extra mandatory gear item

- *“Even when you're feeling warm
The temperature could drop away
Like four seasons in one day”* Crowded House
- Teams should be prepared for anything in terms of temperature, in the last week temperatures have been 38 degrees inland on the course and 22 degree on the coast, just 40kms apart. It could drop to 0 degree overnight and then be sweltering through the day.



- There will be a relatively protected beach landing on the first kayak leg, we have tested the kayaks in the surf and they track well in the waves. The kayaks will be available on Saturday for you to do some tests.
- There are several bike legs that will involve leaving bikes for short periods to complete a short trek leg. **A bike chain and lock or method to secure 2 or 4 bikes together is essential.**
- A sling and set of scales will be available at race HQ for teams to test the weights of their gear boxes. It is essential that box weights be adhered to.

Please ensure you have thoroughly researched what is involved with expedition racing and the and are sufficiently prepared.

LOGISTICS

GEAR BOXES

Each team is to provide 4 x plastic boxes with a volume of no greater than 100L each (**max packed weight of 25kgs**). These boxes will need your team name and a letter on them (A, B, C, D). Pack items such as:

- Food (e.g. sandwiches, bars, trail mix, chips, etc)
- Drink (water bottles, electrolyte)
- Dry spare clothing (e.g. shirt, socks, jumper etc)
- Batteries for headlamp/ mountain bike
- First aid (e.g. strapping tape, chaffing cream)
- Bike spares (e.g. tubes, pump, lube)

In the logistics plan (below) and the course notes (later this week) you will be told the locations on the course where the organisers will pre-position each of these boxes for you. Boxes are packed prior to the start and submitted to the logistics official. Be aware that what you pack in these boxes is what you will receive later in the course. Some duct tape is recommended to secure the lids of your boxes.

BIKE BOXES

All teams will need to pack their bikes into a standard airline bike box (dimensions of 140cm x 80cm x 30cm). These can be purchased from an airline as cardboard boxes (you will need to waterproof them in some way), however corflute boxes are significantly more durable. Instructions on how to build your own bike box can be found

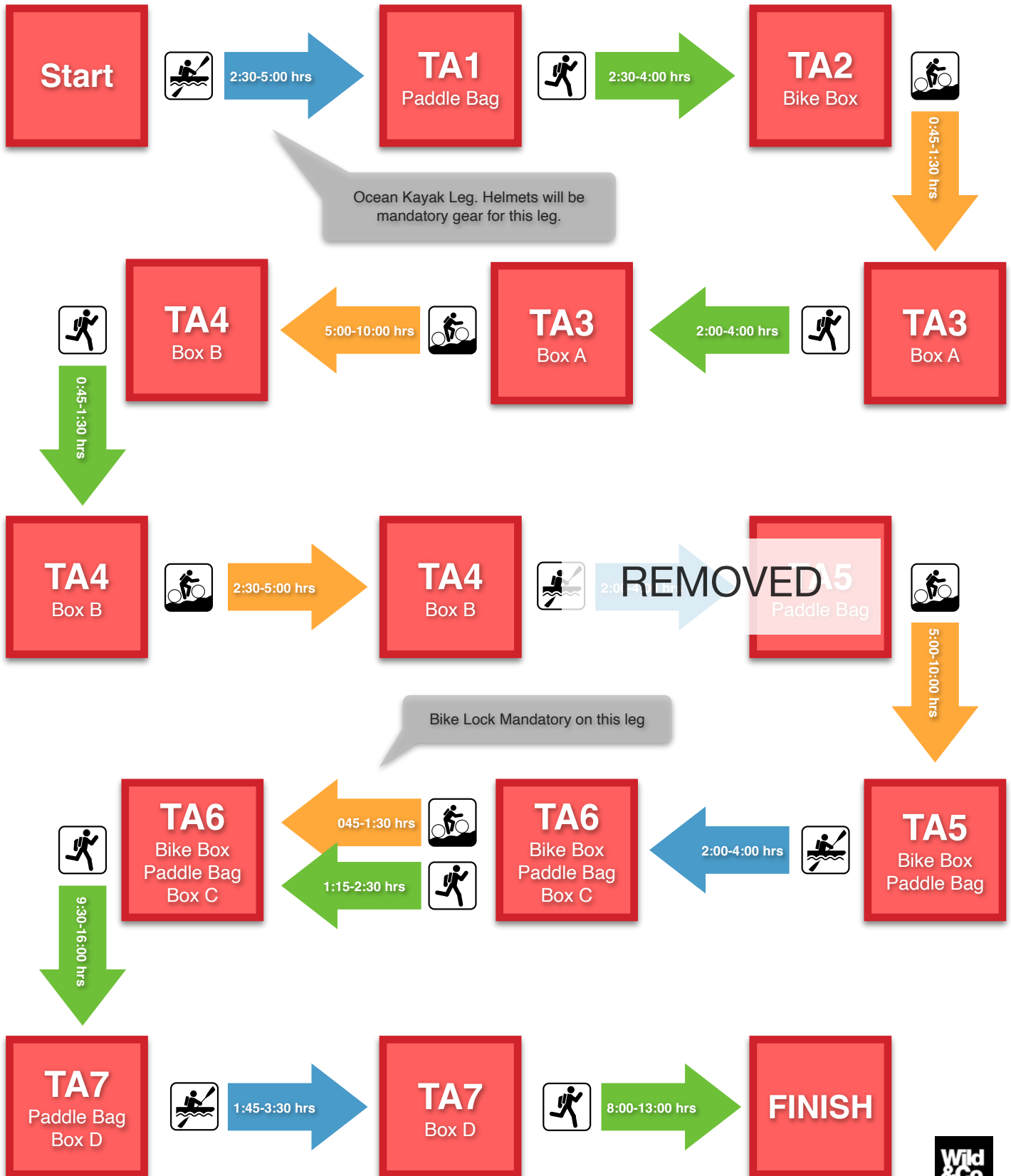


on the [Rogue Adventure blog](#). Alternatively, corflute bike boxes are available for sale from [EnviroBox](#). **The Maximum weight allowed is 30kgs.**

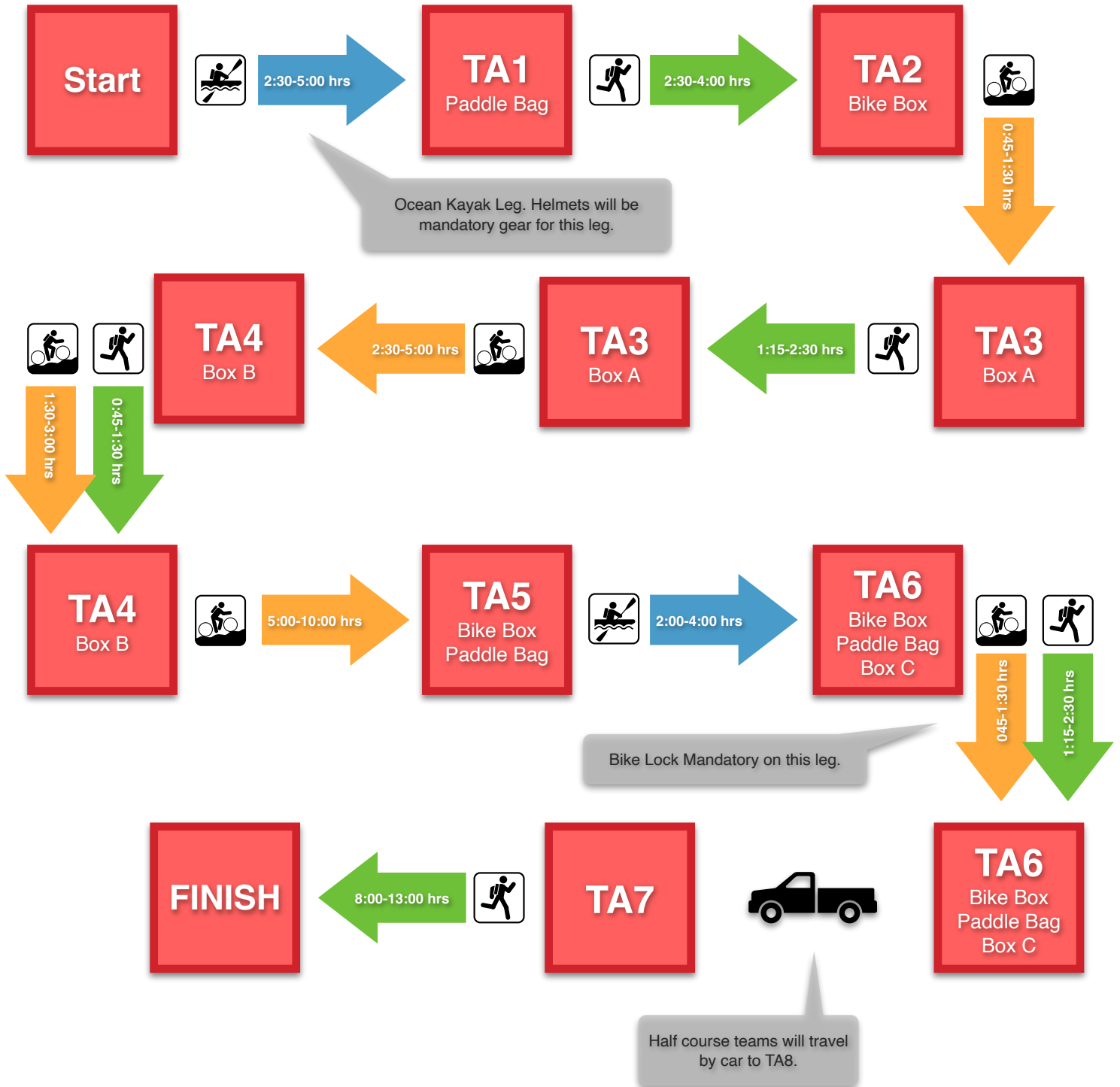
PADDLE BAG

All teams must provide a labelled paddle bag. tie down straps are also a good idea. This bag should contain the mandatory kayaking equipment: paddles, PFDs, helmet (if required) and glow sticks plus any seating used by teams. **The maximum weight allowed is 25kgs.** If paddles don't fit inside your paddle bag, they must be firmly attached to the bag.

FULL LOGISTICS



HALF LOGISTICS



*More adventure,
less chafing*



Barrier Balm

The best barrier against chafing

Available in 100g, 20g and 6g sachet

squirt
CYCLING PRODUCTS

www.squirtcyclingproducts.com



Chain Lube



Tyre Sealant



Bike Cleaner

COMPETENCY TESTS

At registration you will receive a questionnaire for both the navigation and first aid checks. You will need to complete these tests and return to the appropriate person at registration.

In the afternoon there will be a swim and deep water kayak re-entry in Apollo Bay that is compulsory for all team members to attend.

ON THE COURSE

RACE FINISH AND CUT OFFS

Official course closure is 12:00 am on the Saturday 4 March. All teams must be back by this time.

If during the race you think it doesn't look like your team will finish the course, we recommend you still race for the full time allocated and finish as many legs as you can. You should attempt to collect at minimum one checkpoint per leg to give yourself the best chance of staying as a ranked team.



CHECK POINTS (CP)

Checkpoints (or "Controls") are a point marked on the map with a purple circle (and number/letter) that you will need to visit as a team during the race. At the physical location of a checkpoint you will find a 30cm x 30cm or 15cm x 15cm orange and white orienteering marker. These are usually tied to a tree branch or similar with string. Hanging from the marker is a small punch device that you must use to make an indentation in your control card/ and or race control bands. This indentation proves to the officials that you have visited that checkpoint. Some checkpoints may only have the punch chained to something secure (without the flag - which can tend to attract people to steal it) so use the description to assist in locating the punch.

All numerical CPs (CP1, CP2, CP3 etc..) must be collected in the correct numerical order.

Alphabetical CPs (CP A, CP B, CP C etc..) may be collected in any order as deemed most efficient by your team.

MISSING CPS

You may arrive at a location you believe is correct and you can't find the checkpoint (e.g. you are in the wrong location or it has been stolen or incorrectly placed by the organisation). You can continue to search for the checkpoint, however if you are absolutely certain the control is missing, it is recommended you take a photos of the area if you have a camera. You should also ensure your tracker has a good view of the sky for approximately 5 minutes to register your location. If the race organisation verifies the control is missing or misplaced, and you can prove you were in the correct spot, you will be credited with this checkpoint. No time adjustments will be made.

COURSE MARKINGS

No direction arrows, tape, markers etc are placed on the course (unless specifically noted in the Course Notes or on Maps).

TIME ESTIMATES

"Fast" time estimates are based on estimated speed of a top 3 team completing that section in good weather conditions and excluding stops/sleep. "To Finish" times are based on estimated speed of a team who will complete the full course and finish just prior to the final race cut off, completing that section in good weather conditions and excluding sleep.

ENVIRONMENTAL IMPACT

Human Waste: You must bury all human waste 20cm below the ground and at least 100 metres from creeks or water ways, or alternatively use a public toilet.

Rubbish: You must carry all rubbish with you to a bin. This particularly relates to the gel packets. If you drop litter on the course we will not be able to get permissions to use areas in the future. If you see rubbish left by another team, please pick it up. We all accidentally drop things, so do the right thing and ensure we can continue to use beautiful areas in the future.

Wildlife: Hopefully you will see some wildlife during the event. Do not approach or disturb wildlife.

Tracks: Minimise the impact on vegetation by using existing trails where possible.

Gates: Leave them as you found them.

TOILETS AND WATER

There are toilets at some of the transition areas. These are detailed in the course notes. Water is available at some but not all TAs and CPs. Plan wisely for this.

EQUIPMENT

MANDATORY EQUIPMENT

The most up to date Mandatory Equipment list is on the website www.legendexpd.com.au or can be found [here on the ARWS website](#) Mandatory equipment checks will be conducted during the race.

STRONGLY RECOMMENDED EXTRA GEAR:

- Gloves with thermal properties
- Thermal paddle gear and gloves such as Frog Skins
- Spare fleece and sets of thermals if it gets wet

RACE MAPS

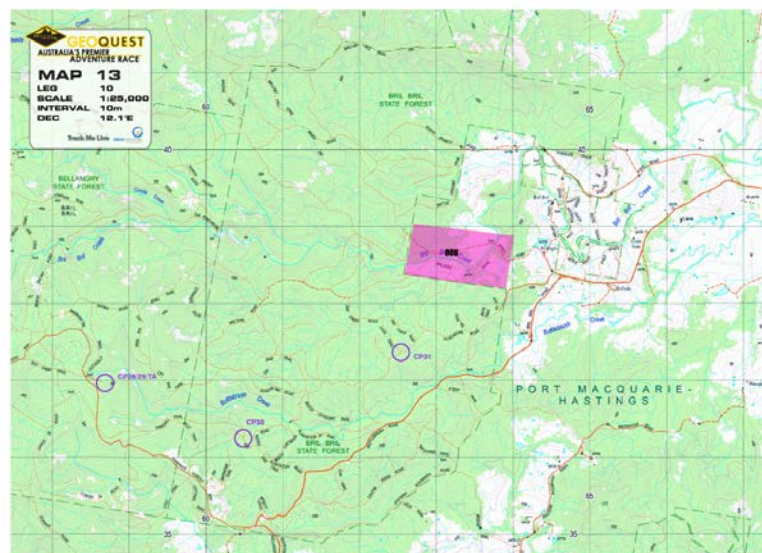
Your team is provided with TWO set of colour 1:25k and 1:40k topographic maps, on A4 & A3 sheets.

There is also an overview map included. The maps have been printed from common source data, meaning that all colours, symbols, contour intervals, magnetic variation and scale are consistent between all race maps.

One set of Maps will be waterproof, the second set will be printed on paper.

RACE BIBS

Every competitor is provided with a race bib that must be worn at all times during the race.



PHONES – COMPULSORY EQUIPMENT

Don't forget you are required to provide one fully charged mobile phone on the Telstra 4G network (Optus & Vodafone don't get sufficient coverage). Lets face it, if you need to make an emergency call, you want to get coverage.

There is Telstra 4G coverage throughout most of the course. Please note that coverage is generally better on high points, or on points with direct view of a phone tower (usually towards populated areas along the coastal strip). Coverage lessens as you head inland, and certainly when in the valleys (where there may be no reception at all).

Your phone **MUST** be turned off and remain secured in your bag at all times. It or any other phone must not be used at all while you are racing unless it is for an emergency. You are **NOT** permitted to call your support crews, surf the live site or find your location on a map!



PERSONAL GPS

If you would like to record your route you are able to include a personal GPS inside your bag.

Garmin Fenix and Enduro watches with Adventure Racing mode are permitted these will be checked at the finish line to ensure they have remained in AR mode for the duration of the event.

LEGEND EXPEDITION RACE KAYAKS

Organisers will provide all teams with kayaks. You will need to provide the mandatory gear as per the mandatory gear list.

Organisers will move kayaks to the start, and from the end of each kayak leg. You will not keep the same exact same kayak for through the race so please remove all your equipment at the end of each kayak leg.

PFD'S AND PADDLES

All competitors are encouraged to bring their own paddles and PFDs.

Organisers can hire PFDs and Paddles if needed for a small fee (\$10 per item), however you **MUST** let us know how many you need by 23 February as we need to ensure we have sufficient. You must place an order with us for the required equipment using this form:

[CLICK HERE > HIRE PADDLES AND PFDs](#)

If you do not let us know, you will not have one provided. Pre-ordered PFDs and paddles will be given to you at race registration and be collected back at the end of the race.

Paddles and PFDs can be collected at race registration and returned at the end of the race.



SAFETY

PARTICIPANT RESPONSIBILITY

During the event you must be aware the rescue by the organisers or emergency services may not be possible immediately. In the first instance you are responsible for yourself and your team mates. Organisers have assets in place to assist, but for whatever reason they may not be immediately available.

It is not practically possible to provide all the safety needed for all the possible scenarios. If you are not willing to accept this self responsibility, you should not start the race.

If you get to a point in the course that you decide you are not comfortable and confident in completing safely, it is your responsibility to do something about it. If you feel the level of inherent risk is unacceptable, do something about it. Avoid it, withdraw, it is your decision.

SAFETY ASSETS INCLUDE:

- Firstly your team mates and support crew.
- Event officials with first aid certificates and training.
- 1 x First Response team with first aid trained officials.
- Watercraft safety including event officials.
- Normal access to emergency services via '000'.

NO ROAD CLOSURES

No roads have been closed for the event. You must use extreme caution any time you are on a road. You must obey road rules at all times.



LIVE COVERAGE

As in previous years, the event will have dedicated live web site. There will also be a version optimised for your mobile devices (eg iPhone/ iPad). The link for this will be shared during the week before the race.

Teams will carry tracking devices so the world can watch your every move while your race. Images, interviews, social media and maps of the course will also be posted to the site. Coverage will commence on Friday.

TRACKING

Each team will be issued with a live tracking device. This is to be kept inside the water proof container/bag provided and it **MUST** be carried in the top of your back pack otherwise it won't work. The device is water resistant but not designed to be submerged - keep it in the container/bag!

The device stores your location through the inbuilt GPS and will transmit every 10 minutes providing it has reception. If it can't send, it will continue to store your locations until it gets reception.

Please note if you are lost and in a remote area without phone coverage, we may not be able to see your location. Move to high ground and different aspects of a hill or high point for a better chance of GPS reception.

RACE RULES

RACE RULES

There is a copy of the race rules on the website at www.legendexpd.com.au. The event uses the standard Adventure Racing World Series rules of competition.

Adventure racing relies on the honesty of teams during the race. If you observe a team on the course breaking any of the race rules please raise this directly with the team. They may be new to the sport and not be aware of some particular rules. There may also be a valid reason or you may have misunderstood the situation - in which case you can clarify the situation there and then.

OUT OF BOUNDS (OOB)

There are a number of out of bounds areas marked on the race maps in pink. These are generally dangerous areas such as the main Highway and other major roads, other imposed restrictions from NSW Forestry and National Parks (eg recent harvesting), or specific private land holdings that we do not have permission to use.

Out of bounds areas are STRICTLY no go. Traversing these areas will receive heavy penalties or disqualification. If you find yourself in an OOB area, you must return the way you entered and go around.

Private Property is always out of bounds unless you are told it is specifically open to the event. Some private property may be marked in pink on race maps where the organisers think it may help teams when planning a route. However, you are still prohibited from entering private property even if it is not marked in pink on your race maps.

PENALTIES AND DISQUALIFICATIONS

Disqualifications will normally result from a deliberate breach of the race rules. Time penalties will normally result from an un-intentional breach of the rules or non-completion of a segment of the course. The penalty will usually be in the form of additional time added to a team's final race time.

Below is an indication of penalties given at past races:

- Break 100m rule - 4-8hrs, or DQ if this occurs in potentially dangerous area
- Missing mandatory equipment at a check - 2-4hrs .
- Not wearing race bib as outermost item - 1-2hrs.
- Lost control card/ wrist band - 0.5 - 1hr per band.
- Missing CP - as per deviation time in rules.
- Late finish - 2.5 x time past official finish time.
- Assistance by safety craft - 6-10hrs.
- Rescue from dangerous situation - DQ.



RACE FINISH

FINISH LINE

Finish line will be at Race HQ.

COURSE CLOSURES

All teams must be finished by 1100 Saturday.

RACE PRESENTATIONS AND DINNER

These will be at the 'The Mech' – race HQ over dinner.

The winning teams in each category will be invited to share their race experience. There will also be a question and answer session at the end of their talk where you have the opportunity to ask them just about anything you like!

FINAL POINTS

VOLUNTEERS

Many event volunteer officials have given up their time to assist over the weekend which makes it possible for you to participate in this adventure race. Please be courteous to them on the course and make sure when you see them that you tell them you appreciate them contributing their time to support this event and our sport.

If there is an issue on the course that causes any anger or frustration then you must talk to the event directors. Bad behaviour to the volunteer officials will not be tolerated.

Reminder – every participant in the Legend Expedition Race needs to have Ambulance cover. If you have forgotten to do this, make sure it is done prior to race registration. Check that your team mates have the required cover. Competitors who live in states such as Queensland and Tasmania do not require a separate policy as they are already covered under state legislation.

Insurance – The event organisers have a public liability insurance policy to the value of 20 million dollars. This is a compulsory insurance policy in Australia for events that are organised on, or cross through, any form of government land/public place. This is not personal accident insurance for you! It is strongly recommended you have your own personal accident insurance.



Team captains – once again please note that this information has only been sent to those email addresses you provided on your entry form. Don't forget to tell your team mates what is happening!

If you have any questions, please contact me

Chris Dixon
Event Organiser/ Director
Wild & Co
www.wldnco.com

Mobile: 0497 417 195

ACKNOWLEDGEMENT, WAIVER AND RELEASE – COMPETITORS + SUPPORT

WARNING: THIS IS A LEGAL DOCUMENT THAT AFFECTS YOUR RIGHTS. PLEASE READ ALL OF
(2 PAGES) THE DOCUMENT CAREFULLY.

1. I understand and acknowledge that participating in the Legend Expedition Race Adventure Race (the **Event**) from 24 February-2 March 2024 is a dangerous activity. The Event may involve mountain biking, kayaking, trekking, running, navigation, rafting, snorkelling, Stand Up Paddle boarding, abseiling, use of a tyrolean traverse and/or a flying fox, rock climbing, ascending, swimming, rock scrambling, coastal travel, sailing, driving, crossing and/or travelling on roads, roller skating, caving, snow traversing, traversing isolated and remote tracks, repairing equipment and other unspecified activities. I am aware and understand the activities I will potentially be involved in. Hazards include, but are not limited to remoteness from assistance or medical aid, the extremely strenuous nature of the Event including participating at night, becoming lost, vehicle traffic, actions of other participants spectators and public, weather conditions, flood, fire, storm, sleeplessness, hypothermia and heat exhaustion, condition or suitability of participant's equipment, natural and man made objects in the environment and other unspecified hazards. I am aware of the hazards involved and acknowledge that there is always risk of injury (including permanent injury, mental injury, paralysis and death) and damage to my property. In my judgment I have sufficient competence, knowledge, common sense, experience, survival skills and equipment to participate in all Event activities in a manner safe to myself and others.
2. I certify that I am physically fit and that I have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person that I can not participate in the Event and that I have been given the opportunity by the organiser to attend a pre event briefing session.
3. In consideration of being allowed to participate in the Event, I (on my own behalf and on behalf of my executors, administrators, heirs, next of kin, successors and assigns):
 - A. WAIVE, RELEASE AND DISCHARGE from any and all liability for death, disability, personal injury, property damage, property theft and all other risks, claims or actions of any kind (including breach of contract, acts of negligence to the fullest extent permitted by law) whatsoever and however occurring, together with any legal fees incurred as a result of any such claim whether it is valid or not, which I at any time had or have as a result of or in connection with, directly or indirectly, my participation in and my travelling to and from the Event the following person or entities: Wild&Co, Event sponsors, Event producers, community organisations, all State, Federal and Local Government authorities in which the Event may be staged and the owners, licensees or occupiers of any property upon which I enter and their (its) respective officers, directors, employees, independent contractors, sponsors, representatives, agents, members and volunteers, including medical and paramedical personal appointed for the Event;
 - B. INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in paragraph 3(a) from any and all liabilities, claims or actions (including negligence) whatever or however caused arising as a result of or in connection with, directly or indirectly, my participation in and travelling to and from the Event, including any claim by my (or my team's) support crew or any person assisting me or my team;
4. I acknowledge that I am responsible for my personal possessions and equipment during the Event.
5. I accept the communications, search, rescue and medical aid arrangements put in place by the organisers. I understand and agree that in the first instance I am responsible for the provision of first aid to myself and those around me. As a competitor or support crew I am responsible for myself or my team's timely removal from the course to a medical facility. I give my consent to receive any first aid and medical treatment which may be deemed advisable in the event accident, injury and/or illness as a result of my involvement in the Event.
6. I certify that the medical information supplied by me on the entry form is true and I consent to and authorise that information to be provided to any medical practitioner, ambulance officer or any person involved or associated with any medical treatment or assistance that may be given to me as a result of my participation in the Event, regardless of whether the treatment is given.
7. I agree to allow my photograph, video, multimedia or film likeness and or name to be used for any legitimate purpose by Wild&Co, it's sponsors or assigns without notification, payment or compensation.

8. I acknowledge that the Event arranged insurance covers myself for public liability whilst participating in this event. I am responsible for my personal accident insurance and ambulance cover.
9. I acknowledge that the organisers reserve the right to alter the advertised course if conditions warrant. I agree that the organisers reserve the right to cancel or postpone the Event due to weather conditions, natural disaster, "acts of god", terrorism, war or any other reason so deemed by the organisers, and that my entry fee will be non-refundable.
10. I agree to abide by the Event rules and directions of officials and I understand that my entry may be voided if through my actions or behaviour, if in the opinion of the organisers, I break any of the rules or I bring the Event into disrepute. I further understand that the organisers reserve the right to reject any entry without having to justify their actions.
11. I certify that I will be eighteen (18) years of age or older before the Event starts or that I have full permission from my parent/ guardian and they have read and understood the above and will co-sign below.
12. **I have carefully read this form (2 pages) and understand and agree to its contents.**

Team Name _____

Team Member 1 (Name) _____ (Signature) _____ (Date) ____/____/____

Team Member 2 (Name) _____ (Signature) _____ (Date) ____/____/____

Team Member 3 (Name) _____ (Signature) _____ (Date) ____/____/____

Team Member 4 (Name) _____ (Signature) _____ (Date) ____/____/____