

COURSE NOTES

FAIRY BELLS



HellsBells

24HR // ADVENTURE RACE

LEG 1		5.5 km	Elevation Gain 0m		RAINBOW BEACH TO RAINBOW WATERS
	Fastest estimate = 0:30 hrs		1		<ul style="list-style-type: none"> ▶ CAUTION - Public roads, cars/trucks travelling at high speed, trek single file, use sidewalks and paths where possible, give way to pedestrians ▶ Teams to navigate the roads and paths from Rainbow Beach to Rainbow Waters to collect all CPs in order. ▶ TRANSITION - Rainbow Waters. Water, amenities available.
	To Finish estimate = 1:00 hrs				
<p>▶ START INFORMATION</p> <ul style="list-style-type: none"> ▶ Race Briefing 1000hrs, Gear Drop from 1000hrs ▶ Race Start 1105hrs <p>▶ TA1 LOGISTICS: No Box. Do not leave any paddle gear.</p>					
LEG 2		10 km	Elevation Gain 0m		RAINBOW WATERS TO TIN CAN BAY
	Fastest estimate = 1:15 hrs		1,2		<ul style="list-style-type: none"> ▶ Inskip Point - Low tide Sat 09:15am (0.77m) – High Tide Sat 04:22am (1.65m) ▶ Tin Can Bay - Low tide Sat 09:42am (0.88m) – High Tide Sat 05:24pm (2.02m) ▶ FIRST RESPONSE - Wave paddles vertically to attract safety craft. Use Phone in emergency. ▶ Team kayaks must stay within 100m of each other - safety officials will be checking ▶ Teams to enter water at boat ramp and navigate north towards Inskip Point before returning to Tin Can Bay. Collect CPs 2, 4 in order. ▶ On completion of leg carry kayak and paddle gear to designated area. ▶ TRANSITION - Cab Creek Park Tin Can Bay. Water, amenities available.
	To Finish estimate = 2:30 hrs				
<p>▶ TA2 LOGISTICS: Box A, Bike at TA1.</p>					
LEG 3		6 km	Elevation Gain 10m		TIN CAN BAY ROGAINE
	Fastest estimate = 0:45 hrs		2		<ul style="list-style-type: none"> ▶ Teams to use the fire trails and single track to navigate through the scrub behind Tin Can Bay. Some off-track navigation required, not all single track is marked on map. ▶ Collect CPs A,B,C,D,F, in ANY order. Teams must stay within 100m of each other, all team members must visit all CPs (within 5m), penalties will apply. ▶ TRANSITION - Cab Creek Park Tin Can Bay. Water, amenities available.
	To Finish estimate = 1:30 hrs				
<p>▶ TA2 LOGISTICS: Box A, Bike at TA1. Place gear in 'ready to go' area on exit.</p>					
LEG 4		50 km	Elevation Gain 800m		TIN CAN BAY TO FRESHWATER RD
	Fastest estimate = 2:45 hrs		2,3,4,5,6		<ul style="list-style-type: none"> ▶ CAUTION - Public roads, cars/trucks travelling at high speed, ride single file, use sidewalks and paths where possible, give way to pedestrians ▶ CAUTION - Exercise extreme caution – steep descents on this leg depending on route choice ▶ Teams to use fire trails and tracks to navigate their way through Toolara Forest and Cooloola National Park. Collect CPs 5,6,7,15,16,17,18 in order. ▶ TRANSITION - Freshwater Rd. No water. Amenities available.
	To Finish estimate = 5:00 hrs				
<p>▶ TA 3 LOGISTICS: Box B. Place bike and gear in 'ready to go' area on exit.</p>					
LEG 5		13 km	Elevation Gain 440m		FRESHWATER RD TO RAINBOW BEACH
	Fastest estimate = 1:30 hrs		6		<ul style="list-style-type: none"> ▶ CAUTION - Exercise extreme caution – cliffs and steep descents on this leg depending on route choice near the sand bluff ▶ Teams to navigate towards Rainbow Beach using the Cooloola Great Walk. ▶ Collect all CPs in order. ▶ FINISH - Rainbow Beach
	To Finish estimate = 2:30 hrs				
<p>▶ FINISH LOGISTICS: Box A,B,Paddle Gear and Bikes will be transported back to HQ no later than 10am.</p>					