COURSE NOTES HELLS BELLS



Fastest estimate = 0		
To Finish estimate = Team Estimate:		 <u>CAUTION</u> - 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. <u>TRANSITION</u> - Rainbow Waters. Water, amenities available.
 > START INFORMATION > Race Briefing 1000hrs, Gear Drop from 1000hrs > Race Start 1100hrs > TA1 LOGISTICS: No Box. Do not leave any paddle gear. 		
25 km	Elevation Gain 0m	RAINBOW WATERS TO TIN CAN BAY
Fastest estimate = 3:00 hrs 1,2, Charts To Finish estimate = 6:00 hrs 1 Team 2,3,4,X,Y, Z,TA2 > TA2 LOGISTICS: Box A, Bike at TA1.		 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) <u>FIRST RESPONSE</u> - 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. <u>Collect CPs 2, 3, 4 in order.</u> Teams must collect 2 of 3 CPs X, Y or Z in ANY order. On completion of leg carry kayak and paddle gear to designated area. <u>TRANSITION</u> - Cab Creek Park Tin Can Bay. Water, amenities available.
9 km	Elevation Gain 10m	TIN CAN BAY ROGAINE
		 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. <u>Collect all CPs in ANY order</u>. Teams must stay within 100m of each other, all team members must visit all CPs (within 5m), penalties will apply. <u>TRANSITION</u> - Cab Creek Park Tin Can Bay. Water, amenities available.
► TA2 LOGISTICS: Box A, Bike at TA1. Place gear in 'ready to go' area on exit.		
80 km	Elevation Gain 1,20m	TIN CAN BAY TO FRESHWATER RD
		 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
► TA 3 LOGISTICS: Box B. Place bike and gear in 'ready to go' area on exit.		Cooloola National Park. Collect all CPs in order.
13 km	Elevation Gain 440m	FRESHWATER RD TO RAINBOW BEACH
		 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
	s, Gear Drop from 100 Box. Do not leave any 25 km Fastest estimate = 3 To Finish estimate = Team Estimate: x A, Bike at TA1. 9 km Fastest estimate = 1 To Finish estimate = Team Estimate: x A, Bike at TA1. to go' area on exit. 80 km Fastest estimate = 4 To Finish estimate = 4 To Finish estimate = 1 To Finish estimate = 1 Team Estimate: x B. in 'ready to go' area on 13 km Fastest estimate = 1 To Finish estimate = 1	rs, Gear Drop from 1000hrs Box. Do not leave any paddle gear. 25 km Elevation Gain Om Fastest estimate = 0:00 hrs Team T