



★ 24 HOUR ENDURO ★
CHAMPIONSHIPS



TWENTY EIGHTEEN ★ ATHLETE GUIDE

JUNE 9+10, 2018 / SYDNEY, AUSTRALIA / OCRWC.COM

***ENDURANCE IS NOT JUST
THE ABILITY TO BEAR A HARD THING,
BUT TO TURN IT INTO GLORY.***



WELCOME TO THE



★ 24 HOUR ENDURO ★
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THIS IS A TEST FOR NO ONE OTHER THAN YOURSELF. Whether you have already smashed through our courses in the past or are immersing yourself into extreme obstacle racing for the first time, this is a milestone event in every sense of the word. OCR World Championships has teamed up with True Grit™ to bring you a World Championship 24-hour obstacle course event.

Do not underestimate what you have signed up for. We expect you will have the training, preparation and strategic planning behind you to not only survive this event, but to emerge as a better version of your previous self.

This guide is here to assist you. No one will be holding your hand. Hold your own hand. Race your own race.

Competing on a 10km+ course besieged with obstacles designed to test the limits of your physical and mental capacity, you will be given 24-hours within which you will aim to complete as many laps as possible. Set Your Goal. Make Your Plan. Execute.

Adrian & the OCR 24 Hour Enduro Team,

A handwritten signature in green ink, appearing to read 'Adrian T. J.', is written over a light green background.

BROUGHT TO YOU BY
 **ADVENTUREY**



Execution

This event forms part of the dual crown for the OCR World Championships (OCRWC). Competitors vying to be World Champion for 2018 (Elite and Age Group categories) will need to compete in both the 24hr Enduro and 15km OCRWC events. A points system will decide on overall podium finishers for 2018.

Racers are invited to challenge the course either solo, or as part of a 4 person team (Men/Women/Co-ed).

Solo

The solo competitor tackles the course for a grueling 24-hours straight. Solo competitors can choose to compete in either the Elite wave (qualifying required) or open age categories (non-qualifying). On completion of each lap, competitors will pull into their pit / transition area to either refuel / rest, before continuing. Each solo competitor will be allocated a 3 x 3m space in which to set up their camping / administration area. All provisions for the event must be brought in by each competitor. Pre-erected, hired tents are available on site, which can be rented through the ocrwc.com website.

The Open age categories for each gender, for the 24hr Enduro will be:

- 18-29 years of age
- 30-39 years of age
- 40-49 years of age
- 50+ years of age

The specific age of each competitor will be categorised from the day of the event (09 June 2018).



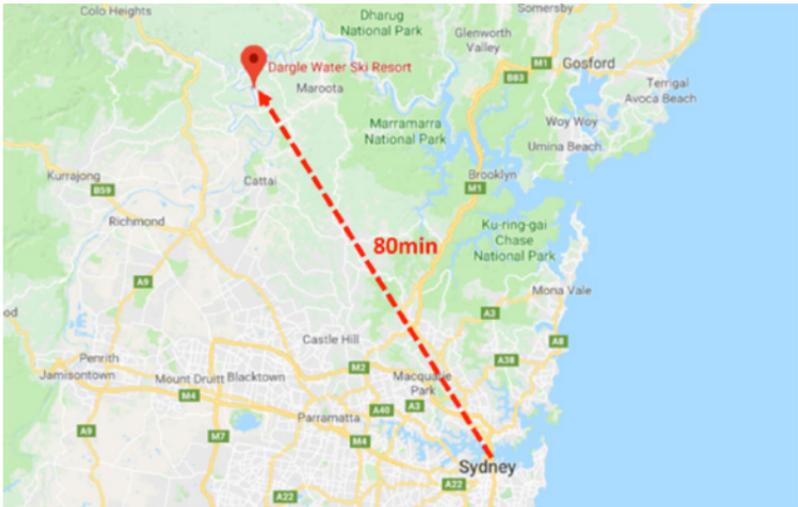
Teams

Teams of 4 will race in a relay format, restricted to allowing only one team member on the course at any given time. The team categories will be:

- Men – 4 x males.
- Women – 4 x females.
- Co-ed – 2 x male and 2 x female.

Strategy will play a major part in how a team utilizes this format to best manage and apply the varying skills and physical capacities of each person. Each team will choose how many laps each competitor conducts and when they conduct their change of timing chip. Each team will be allocated a 6 x 6m space in which to set up their camping / admin area.

Map



Venue Address

Dargle Farm, 312 River Road, Lower Portland, NSW, 2756

★ 2018 EVENT SCHEDULE

THURSDAY, 07 JUNE 2018

0830 – 1900 hrs Race Packet Pick Up (Vibe Hotel)

0830 – 1900 hrs Pre-Event Merchandise (Vibe Hotel)

1800 hrs Pre-Event Dinner (Vibe Hotel)

FRIDAY, 08 JUNE 2018

1000 – 1800 hrs Race Packet Pick Up (On-site at Venue)

1200 hrs Venue Open

SATURDAY, 09 JUNE 2018

0800 – 1000 hrs Race Packet Pick Up (On-site at Venue)

0930 hrs Competitor Brief — SOLO

1030 hrs Competitor Brief — TEAMS

1200 hrs 24 Hour Enduro World Championships Race Start

1200 hrs Elite Solo

1210 hrs Age Group Solo

1220 hrs Teams

SUNDAY, 10 JUNE 2018

1200 hrs 24 Hour Enduro World Championships Race Finish

1200 hrs Elite Solo

1210 hrs Age Group Solo

1220 hrs Teams

1300 hrs Presentations (Pit Area)

PARKING

Parking will be available at the venue site free of charge to all Competitors and Pit Crew (must show accreditation for free access). All other spectators will be charged \$10 per vehicle. The area is accessible by 2WD vehicles. A separate parking area will be available for buses (including mini-bus and coaches). We recommend car pooling on the day.

WEATHER

The race will be held rain or shine. If there is lightning in the area, the race will either have a delayed start or, depending on the intensity of the weather, be canceled. The determination will be made by the event staff.

Weather in June in the Sydney area can be unpredictable. Temperatures can average around 14 C (57 F) during the day and drop to -2 C (28 F) during the night. As with all obstacle races, athletes should come prepared to compete in any conditions.

COMPULSORY EQUIPMENT

This equipment must be carried by each individual and NOT transferred from competitor to competitor. This will be checked and you must have this gear to participate.

HEADLAMP

Consider your environment. Choose wisely. Look for models that are water resistant, can be operated easily by cold, numb fingers and shed enough light to keep you on the straight and narrow. Remember to bring a supply of back up batteries and attach it securely to yourself.

SAFETY WHISTLE

Securely on your person, easy to locate and loud enough to be heard by other competitors. We recommend purchasing a model with an accompanying strobe light.

PERSONAL EQUIPMENT

Bring whatever you think you will need to be comfortable, keeping in mind the course involves undulating terrain, stretches of water and long stints of mud. It is YOUR responsibility to deal with this environment effectively. Abandoning unwanted gear on the course is grounds for immediate disqualification

In similar events, participants have grossly underestimated the cold, many withdrawing from the competition before completing even one lap. If you plan to be around for more than a couple of hours, we strongly suggest you do not take the cold lightly.

The items listed below for you are NOT the A-to-Z of your equipment inventory. These are simply some suggestions that will serve to improve your overall experience. Don't be scared to think outside the box a little and get creative.

PIT AREA

No cars are allowed in the Pit Area. Plan to have all your gear and food easily transportable as you will need to carry it to your assigned site/s.

It is only a short walk between the car park and the pit area of roughly 100-200 metres.

- Gloves...warm and dry.
- Enough clothing to give you some options during the race, plus something warm to soothe you after the hard work is done.
- A tent or marquee to fit inside your allocated site. Solos and teams will get allocated a site. These sites are on a first come / first served basis, once the Pit Area is opened. Pre-erected, hired tents are also available through the OCRWC website, ocrwc.com.
- Sleeping bag and light camping mat. Think about insulating the floor of your tent with a thick space blanket.
- Torch or a lantern that can be suspended from the ceiling of your tent.
- Dry towels and plastic bags.
- Compression wear as a recovery tool post-race.
- Waterproof clothing (including gumboots) if you're moving about the pit area.

PIT AREA *continued*

- First aid and injury management gear.... blister kits, anti-chaffing balm, eye wash, etc.
- Equipment repair kits.... duct tape will fix about 90% of any gear drama you might have.
- Earplugs if you fancy getting any shut-eye (teams).
- Additional food and fluids as trialled and tested in your training.
- Space blanket + thermals.
- A few pairs of good, durable socks.
- Some form of skin protection, to protect against rubbing, chafing and irritation.
- Spare shoes with good grippy traction and hand/foot warming packets.

ON-COURSE

- A wetsuit is seriously worth considering. You will be hitting cold, muddy water throughout the course and temperatures could fall below 6°C, plus any additional wind-chill factors. Remember, it is MUCH easier to cool down than it is to warm up. As far as selecting the most appropriate wetsuit, think about mobility vs insulation vs durability. Get some training done in the suit.... learn to love it and identify any chaffing spots.
- Neoprene gloves with a good grip that are thick enough to provide warmth but thin enough to maintain dexterity.
- Quick-dry/neoprene beanie or balaclava.
- Waterproof/windproof jacket.
- Appropriate footwear with a few options for you to change into during the race.
- Compression wear.
- Personal hydration system and/or race belt to carry your nutrition,
- Repair kits (You would be surprised to see what can be achieved with a simple roll of duct tape), spare batteries.
- You decide. You prioritize.

ALLOCATED PIT AREA SITE

The Pit area opens at midday (1200hrs) on Friday 8th June 2018, for set up. Solos will be allocated a 3m X 3m site each. Teams will be allocated a 6m x 6m site. Sites cannot be reserved and will be on a first come / first served basis. Pre-erected, hired tents will be in prime positions, so take advantage of hiring these through the OCRWC website.

Similarly if you want to team up with a fellow competitor you can create a 'super site', by combining two sites within your designated area. (Eg: Two solo competitors creating a 6x3 metre site by combining). Tents or marquees are suitable to be used, either must fit inside your allocated area.

PIT AREA ACCESS

The Pit Area will be a controlled area. Only those persons that have registered for Pit Crew access and have the appropriate wristband will be allowed into the area. You can allocate up to 3 persons for your Pit Crew if you are a solo competitor, or 5 persons for your Pit Crew if you are part of a team. Each Pit Crew member will be allocated a t-shirt and wristband to signify they are a Pit Crew member. Security will monitor the entry and exits into the Pit Crew areas.

For safety reasons, Spectators and Pit Crew will not be allowed out on the course.

PROHIBITED EQUIPMENT / ACTIVITY

- Generators.
- Football boots, cleats or metal studded trail running shoes.
- Illegal and/or performance enhancing drugs.
- Alcohol externally brought into the event.

NUTRITION

No matter how well you have trained, your race nutrition will make or break your overall performance. We recommend you thoroughly explore the range of options available to you and consider things like your own food sensitivities, portability and what on-site preparation may be involved. Cold, wet and dark are conditions not conducive to knocking up a nice feed.

Regardless of what you choose, the golden rule applies: Never race with anything untested.

Train with your food and drink as you would train with your equipment. You are racing for 24-hours and should be exposing yourself to extended (training) sessions (6hrs+) while experimenting with the food and supplements you have selected.

We recommend exploring predominantly liquid solutions to provide the bulk of your calorie intake. Liquid nutrition is the easiest, most convenient, and most easily digested way to uptake a calorie and nutrient-dense fuel. This can be achieved through a number of different powders and gels. Natural alternatives such as honey-based solutions have also proven to be highly successful.

Solid food, for the most part, cannot match the precision or nutrient density of the best liquid fuels. In addition, too much solid food consumption will divert blood from working muscles for the digestive process. This, along with the amount of digestive enzymes, fluids, and time required in breaking down the constituents of solid food, can cause bloating, nausea, and/or lethargy. You want to be smashing the obstacles...not the PortaLoos.

Lastly, some of the calories ingested from solid foods are used up simply to break down and digest them; in essence, these calories are wasted.

This is not to say that solid food should be excluded... just that it should not form the bulk of your fueling solution. While solid food will obviously still carry some nutritional benefit, it will also provide relief from a phenomenon known as "flavour fatigue". This occurs when a single fuel source has been used to an extent where the athlete simply cannot face consuming any more, obviously to his/her detriment.



PARTICIPANT DETAILS

Supplementing your food intake should be a handful of supplements. Although the options are almost limitless and needs vary from person to person, we encourage you to look at ‘frequent flyers’ such as magnesium and electrolytes. While it is common for athletes to use pharmaceutical products such as pain killers and anti-inflammatories, such usage should be done in consultation with your doctor.

Finally, consider the phrase “Garbage in. Garbage out.” Use clean, quality products if you’re looking to get the most out of your race experience. Remember to stay hydrated and to start your hydration in the days leading up to the event. There will be water available at 2 locations on course. Possibly consider a personal hydration system.

PENALTY

If you attempt an obstacle and fail or if you are unable to complete certain obstacles, there will be a physical penalty to be done before continuing on with the event. Obstacle marshals will monitor the penalty at each obstacle. There will also be MANDATORY obstacles on course that must be completed. YOU MUST DO AND COMPLETE THESE MANDATORY OBSTACLES before continuing in the event. These obstacles will be briefed during the Competitor Brief, prior to the event. All individual carry obstacles will be mandatory.

CAN I TAKE A BREAK?

Yes, competitors can stop to have a break by entering the Pit Area. It is up to each and every participant to determine if and when they should take a break...depending on their physical or mental needs and race strategy.

FOOD AVAILABLE ONSITE

Dargle Farm is a rural property, so there are no permanent food locations or restaurants on site. Multiple food vendors will be available on site for meal / snack purchases in the festival area, both from early morning and into the night.

SLEEP

While there will be some men and women who will engage “beast-mode” and simply not stop for the full 24-hour period, we will bestow an equal serving of respect to those who are pushing their own limits but may need to get their head down for a while.

While all options are open, you are encouraged to hope for the best, but plan for the worst. Bring what you think you might need, even if it is worst case scenario, but keep in mind its only one night so maybe the kitchen sink isn't required.

ARE WE THERE YET?

While there is a start line, YOU create the finish line, depending on how you tolerate the grueling course laid out in front of you. Just keep gritting your teeth, lap after lap, for the full 24-hour period or until your body can give no more.

The event finishes at the 24-hour mark. If you are part way on course at that time, the lap you have partially completed WILL NOT count to your total. Think carefully how you manage your rest between laps as this will directly impact your capacity to squeeze in that extra lap that could make a massive difference to your overall and category positions.

The winner will be the individual / team who completes the most laps. In the event that some athletes complete the same number of laps, the winner is the individual / team who finishes that final lap first.

TOILETS

Toilets will be located both in the festival area and the pit area and 2 will be placed at a drink station roughly half way out on course.

FIRST AID

A major First Aid Station will be positioned out on course, at a midway point and at the Start/Finish line of the event. First Aid will be available to participants over the 24hr period, including an event doctor.

CAMPFIRES

Individual campfires are not permitted in the Pit Area, however, large communal campfires will be in the Festival Area and Pit Areas, that everyone will have access to.

ALCOHOL

Alcohol is prohibited from being brought into the venue.

HOW WILL MY LAPS BE MONITORED?

At the start of every lap, you or the team-mate heading out on course must transition through a clearly signed zone within the start chute. At the completion of every lap you must return to the same zone to indicate you have completed another lap. This will be a simple and seamless process. All competitors will pass through the pit area at this point.

For those competing as a team, the completion of every lap provides two choices; to continue on and enter another consecutive lap, or pass on the timing baton to a team mate. If you continue on, simply sign to indicate you have left for another lap. Or, if your team mate is leaving, they sign off to indicate the same.

There will be an automatic ankle 'timing baton' that will be wearable by all active competitors. Technology, available in the start chute will also only allow one competitor on course at a time. The team member active on course must wear the ankle 'timing baton' throughout the 24hr period.

CAMPER STOVES / GENERATORS

Camper stoves are permitted, however, generators are not permitted in the pit area. Naked flames are not permitted inside tents, due to the flammability of tents.

MOBILE PHONE

Please note: it is not compulsory to carry a mobile phone on course. There is LIMITED mobile coverage available at the event site.

SHOWERS

Warm showers will be located near the finish line throughout the event.

PHOTOS

Photos of the event will be available for free in the shop section of the www.ocrworldchampionships.com website in the week after the event.

DISQUALIFICATION / WITHDRAWAL

Should you become unwell or feel physically unable to continue you may withdraw from the event by advising a race marshal. You will surrender your timing baton and may access the Pit Area to pack up any of your own personal equipment. You may not access the equipment of any other competitor.

Once you withdraw from the event you will not be able to rejoin the race. However, you are encouraged to enjoy the race atmosphere and cheer along all the new friends you have made. They'll need you.

- Any participant breaching any directive within the Prohibited Equipment / Activity list will be disqualified.
- Any participant breaching course rules will be given one warning. A second warning will result in the disqualification of the solo participant or the team as a whole.

Any disqualification is at the discretion of OCRWC race organizers. The decision is final and not subject to debate.

PRIZES

Every finisher will be awarded a OCRWC 24hr Enduro finisher T-Shirt. Medals will also be awarded to the respective race categories. The total cash and prize pool will be announced closer to the event date.

ACCOMMODATION

OCRWC have partnered with TFE hotels and are proud to bring a 15% discounted rate to 3 hotels within Sydney. These include:

- Vibe Hotel (Rushcutters Bay) – This hotel will be the base for the event, hosting the pre-event dinner and post-event drinks and also be the location for race packet pick up and Merchandise.
- Adina Town Hall (CBD).
- Travelodge (CBD).

Booking links can be made through the 24hr Enduro registration page of the OCRWC website.

RACE PACKET PICK UP

All competitor and pit crew race packets are to be picked up from the Vibe Hotel Business Centre (Rushcutters Bay) and at the Venue, during the following periods:

- 0830-1900 hours, Thursday 07 June 2018 (Vibe Hotel).
- 1000-1800 hours, Friday 08 June 2018 (On-site at Venue).
- 0800-1000 hours, Saturday 09 June 2018 (On-site at Venue).

The race packet will include the following items:

- OCRWC 24hr Enduro t-shirt.
- Competitor Badge.

All athletes are responsible for picking up their own race packets during the allocated timings. Individuals may not pick up participant packets on the behalf of others.

- You must have Photo ID with you to pick up your race packet and be checked in. NO EXCEPTIONS.

Pit Crew packets will also be available during these periods and can also be picked up from the Information Tent on site at the event. They will contain Pit Crew T-shirt and badge. Same day pit crew registrations will not include these items.

Merchandise will also be available during these periods.

Timing chips will be given out the day of the event.

PARTICIPANT DETAILS

MERCHANDISE

Merchandise will be available at the Partnered Event Hotel, the Vibe Hotel (Rushcutters Bay) during race packet pick up (Wednesday-Thursday prior to the event) and will also be available for purchase in the Festival Area from the Merchandise Tent during the hours of 8am – 4pm on Saturday & Sunday.

COMMUNICATION

While we want your race to be all smiles and laughs along the way, this is a serious event and we understand you may have questions.

We appreciate your support and are here to help ensure your race runs smoothly and remains a stress-free affair. Should you need to speak directly with race organizers, please use the contact details provided below and we will do our best to help.

Contact us at ocrworldchampionships.com/contact/

TRAVEL AND MEDICAL INSURANCE

If you are traveling to this event, it is advised that you purchase travel and medical insurance for any unforeseen issues or injury during your stay. You can usually acquire this through a travel agent, a bank, your credit card company or your existing insurance provider.





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