



TRAINING DAY PROGRAM

The day will enhance your skills for the Great Adventure Challenge.



Kayaks, paddles and buoyancy aids are provided as part of the training day.

You need to provide your own MTB and Helmet

Timings for the course are tight. So please arrive by 8:15, so we can make a prompt start at 8:30am

We are expecting up to 40 people on the day.

Agenda

Time	Item	Comments
08:30	Introductions	Course expectations
08:45	Navigation Theory	
10:15	Break	
10.30	Navigation Practical	
12:00	Lunch	Please bring your own or order Subway. See below for details
12.30	Kayaking – Group 1 Mountain Biking – Group 2	Split into two groups
13:50	Break	Groups swap disciplines
14:10	Mountain Biking – Group 1 Kayaking – Group 2	
15:30	Kit (light is right)	What to wear and take (map boards)
15:45	Training and injury prevention, nutrition & hydration	
16:00	End of training day	

Kit List:

- Bring a change of clothes and a towel as you will definitely get wet kayaking.
- Rain coat
- Sun cream
- Lunch – there are **no** shops nearby
- Compass and watch (we can lend you a compass if you don't have one)
- Pen and paper
- Means of carrying 2 litres of water while running & riding
- Snack food
- Mountain bike
- Cycle helmet (Australian Standards approved)
- Bike tools (at least sufficient to repair puncture)





THE GREAT ADVENTURE CHALLENGE

RACING FOR SMILES



Venue:

The training day will be held at Bilarong Reserve, North Narrabeen. This is 25km from the centre of Sydney and it takes approximately 45 mins to drive there.



For direction follow the attached google link and put in your start location:

https://drive.google.com/open?id=1cXvkUPaK0GzhfGjpy_a4r1uvVA&usp=sharing

Lunch:

Please bring your own or order Subway through us and pay for it on the day.

Let us know your [Subway](#) order no later than **Thursday 6th September**. We will then order and collect it for you. You can pay for it when you receive it (exact change appreciated)

Email [April](#) with your order.

Parking:

You may like to park on Palm Terrace (parallel to Wakehurst Parkway) to avoid the \$30 parking fee to park in the reserve. Then all you need to do is walk across the road to the Scout hall.

I hope you are looking forward to the day... you'll have fun!

Wishing you health and adventure.....

Gary Farebrother
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"Living life to the Max"

