



# Ona Mission Multisport Adventure 2017

## ONA MISSION EVENT DETAILS, 03<sup>rd</sup> September 2017

### **Ona Mission Multisport Adventure, Mission Beach - what's it all about?**

Welcome to 'Ona Mission' #10!

2017 is the 10<sup>th</sup> anniversary of the Ona Mission Multisport Adventure, held annually in September at Mission Beach in Tropical North Queensland. Not only the best excuse for a tropical weekend in Mission Beach, you also get to multisport your way through the most spectacular World Heritage scenery in Australia.

From the sands of South Mission Beach Ona Mission begins with a paddle on the Great Barrier Reef Marine Park to world famous Dunk Island. On 'Dunk' participants run through the National Park rainforest to the top of the Island, a scenic lookout called Mt Kootaloo, then it's back down to the island beach. Long course runners head around the island circuit track and through other parts of the island.

At the end of the run it is a paddle back to the mainland and then there is a mountain bike leg which heads north along the palm-tree-lined beaches, onto the road and over Fenbys Gap before turning off-road into the shade of a Wet Tropics rainforest trail – the Musgravea Track – before heading back to South Mission Beach. Long course bikers take a detour through the Mission Beach Mountain Bike Park. There is only about 5km of tarmac riding – the rest is trails, grass or the beach but nothing too technical so newbies don't need to worry.

Then you are back to the sea breezes for the final run leg, heading south along the beach to the boat ramp and return to the finish line and glory! Long course runners continue past the boat ramp and get a real treat running along the beachside Kennedy Walking Track to Tam O'Shanter Point and return back the same way for the finish.

You can take on the short or long course as a solo competitor, be part of a team with a paddler, runner(s) and rider, or try the 'pairs' category – the only category that allows you

to use a double paddle craft, and you complete the whole course together.

Back in 2017 is the successful Junior category for 13 to 17 year olds, in the short course. Juniors can participate as individuals or in teams of up to four people.

Ona Mission Multisport Adventure is an event run by the Cassowary Coast Multisport Club a volunteer run not-for-profit community organisation. This is a popular community event for families and socially as many participants make a weekend of it in Mission Beach.

We invite you to join us in the fun of the Ona Mission 2017 anniversary event, register today and we will see on the beach in September.

### **ONA MISSION EVENT DETAILS, 03<sup>rd</sup> September 2017**

While we do not anticipate any great changes to the following event details, course, and start times can be changed at any time by the event organisers. Confirmation of the final event courses and start times will be made at the compulsory event briefing on Saturday 2<sup>nd</sup> September.

**Dates:** Sunday, 03<sup>rd</sup> September 2017

**Times:** 7:00am Long Course start  
7:30am Short Course start  
2:30pm Presentations to begin

**Location:** Mission Beach Surf Life Saving Club  
**154 Kennedy Esplanade, South Mission Beach**

An on-site Event Headquarters will be set up on the day, location of this will be advised at the event briefing.

**Course map:** See the course map on-line at our event web page;  
[www.onamissionevent.com.au](http://www.onamissionevent.com.au)

**Short Course:** **Distances: 4km paddle, 6km run, 4km paddle, 23km ride, 4km run**  
Individuals, Teams, Pairs, Junior  
Designed for those who are at least moderately fit and seeking to experience adventure racing in a fun environment involving running, paddling and mountain biking. As an individual, or in a team of 2 or 3 people (Juniors max 4 persons). We also welcome back the 2 person 'Pairs' category.

JUNIORS are back after a successful introduction in 2016!

**Long Course:** **Distances: 8km paddle, 11km run, 4km paddle, 30km ride, 10km run**  
Individuals, Teams (of 2, 3 or 4 persons)  
For those with some experience in multisport adventure racing who relish

the longer distances. Participate as an individual or in a team.

**Participants:**

**INDIVIDUAL:**

Male, Female

Age groups: Open (18 - 44yrs), Masters (45yrs plus), \*Junior (13 - 17yrs)

**TEAMS** - of 2 or 3 people (\*Juniors max 4 people):

Male, Female, Mixed

Age groups: Open (18 yrs plus), \*Junior (all of team must be \*Junior, aged 13 - 17yrs)

**PAIRS** - of 2 people, must finish each stage together. Short course only.

Age groups: Open (18 yrs plus), \*Junior (both must be \*Junior, 13 - 17yrs)

Note: tandem/double paddle craft are allowed.

**\*Junior (13-17yrs)** participation is in short course only and is subject to parent/legal guardian approval & capability waiver prior to the event.

**Entry Fee:**

2017 Ona Mission entry fees are all per person as follows:

Individuals:	Open & Masters \$110.00	Junior \$65.00
Teams (of 2 or 3):	Open \$90.00	Junior \$50.00
Pairs:	Open \$90.00	Junior \$50.00

(Junior age group is 13years to 17 years inclusive)

All competitors receive a Ona Mission event shirt and lunch on event day.

**Register Now:**

Register are open now on-line, use the 'Register Now' link on our web page;  
[www.onamissionevent.com.au](http://www.onamissionevent.com.au)

**Registrations close at mid-night Thursday 31 August 2017.**

**EARLY BIRD PRIZE** – register and pay by 22<sup>nd</sup> August 2017 and go in the draw to win a \$500.00 Mission Beach Resort accommodation voucher. (To win the participant must be present at the draw to claim the prize or it will be re-drawn). This will be drawn at the compulsory event briefing and can be used in 2017, thanks to;



MISSION BEACH  
RESORT

## General information:

### Accommodation & things to do at Mission Beach:

- Book early for the Ona Mission weekend in Mission Beach. We appreciate if you can support event sponsors including our major sponsor Mission Beach Resort.
  - o Mission Beach Resort; ask for promo-code '**Ona Mission**'. Ph; 4088 8288 or go to [www.missionbeachresort.com.au](http://www.missionbeachresort.com.au), E: [missionbeach.resort@alhgroup.com.au](mailto:missionbeach.resort@alhgroup.com.au)
  - o For accommodation and information on things to do and see we suggest you contact the Mission Beach Visitor Information Centre: Ph; 4068 7099 or at [www.missionbeachtourism.com](http://www.missionbeachtourism.com)
  - o To explore things to do go on the way to or around Mission Beach visit [www.tropicalcoasttourism.com.au](http://www.tropicalcoasttourism.com.au)

## Timetable:

### Saturday, 02<sup>nd</sup> September 2017

**Briefing & Registration:** Compulsory for participants to register and attend briefing.  
Venue: Mission Beach Resort, Lot4 Wongaling Beach Road, Wongaling Beach  
4:30pm: Registration opens, collect shirts and numbers etc. (Volunteers briefing)  
5:30-6:30pm: Race briefing (attendance mandatory).  
6:30pm: Event registrations CLOSE  
(Note, Meals will be available at the Mission Beach Resort restaurant.)

### Sunday, 03<sup>rd</sup> September 2017

**Race Day:** Pre-event sign in and prompt race start times.  
Venue: 154 Kennedy Esplanade, South Mission Beach  
6:15am- 7:00am: Compulsory pre-event sign-in at Event HQ  
6:30am: Team runners will be transported to Dunk Island. (and Volunteers)  
7:00am: Start – Long Course (south side of start line)  
7:30am: Start - Short Course (north side of start line)  
Both start on the beach in front of the Mission Beach Surf Lifesaving Club. Please arrive well ahead of the start time to sign-in.

2:30pm Presentations; start at the Mission Beach Surf Lifesaving Club. Times are approximate to ideally allow late finishers to get in prior to starting the presentations.

### **What to bring:**

- Suitable watercraft and paddle (surf skis, kayaks, canoes, SUP's, outrigger canoes).
- PFD required. A Type 1 or Type 2 PFD (NO inflatable PFDs). These are compulsory and are to be worn by all paddlers. There will be a pre-race inspection.
- Mountain bike & approved helmet.
- Running shoes. Note individuals will need to take shoes with them on the paddle so you may want to pack a dry back.
- Water & nutrition (you must be self-sufficient on all legs)

### **What we supply**

- Lunch is available (Included for participants. Available for supporters to purchase)
- Water at transition points (i.e. the surf club headquarters & Dunk Island spit)
- Event T-shirt (one for each participant. Merchandise will be available for purchase)
- Race number (or bib).

### **Ocean paddle:**

- This event involves an ocean paddle to Dunk Island. It is advisable to paddle the course at least once before the event, preferably with other experienced paddlers.
- SUP's (stand up paddle boards) are able to participate as a watercraft.

### **Teams:**

- For the Dunk Island run, transport is organised to get runners to and from Dunk Island. (this transport for team runners is included in the registration fee).
- The recommended team size is three people – with a paddler, a runner, and a rider. Two-person teams are allowed in this same category.
- Runners in teams of 3 will be returned to the mainland in time for their final run leg. (NOTE: in a team of 2 people, the island runner would not be back in time to do the mountain bike leg.)

### **Make a Team:**

- Looking for teammates? Use our [Facebook page](#) to find teammates! If you want to be part of team or you need a paddler, a runner, or a rider shout out on this Facebook page.
- Corporate Teams – why not? Enter your workplace team for a corporate challenge with a difference, why not make a weekend of it at Mission Beach

## Pairs:

- Pairs are two people taking on the whole race together. Pairs must cover the whole course together and must complete each stage and the finish together.
- Pairs category is in the short course only. Pairs is the only category where a double paddle craft can be used. (Towing devices cannot be used for bikes.)

## Watercraft Hire

- If you don't have a kayak/surf ski/ SUP/ outrigger canoe, ask around! It's amazing how many are out there. There are also hire companies, some listed below.
- Kayaks and canoes can be hired, the closest to Ona Mission are:
  - o Coral Sea Kayaking, South Mission Beach, Ph 07 4068 9154
  - o Mission Beach Water Taxi, Wongaling Beach, Ph 07 4068 8310
  - o There are also options in Cairns and Townsville:
    - Adventure Equipment Australia, Cairns, Ph 4031 2669 ([www.adventurequip.com.au](http://www.adventurequip.com.au))
    - Adventurethon, Townsville Ph 0447 496 489 (Email: [info@adventurethon.com.au](mailto:info@adventurethon.com.au), [www.adventurethon.com.au](http://www.adventurethon.com.au))
    - Outer Limits, Townsville, Ph 0421 484 211, (Email: [info@outerlimitsadventure.com.au](mailto:info@outerlimitsadventure.com.au), [www.outerlimitsadventure.com.au](http://www.outerlimitsadventure.com.au))

## Prize draws:

- For all and any prize draws competitors and/ or volunteers must be present at the presentation to be eligible for any random draw prizes. If not present then the prize will be randomly re-drawn immediately.
- Cancellations - we will refund full entry fee less a \$30 administration fee if an individual competitor is forced to withdraw from the event and advises event organisers by email to [registrations@onamissionevent.com.au](mailto:registrations@onamissionevent.com.au) prior to 8pm August 22<sup>nd</sup> 2017. After 22<sup>nd</sup> August 2017 there will be no refunds unless a medical certificate is provided, in which case you will be credited with an entry into the 2018 event.  
This does **NOT apply to teams**, which will need to find a replacement team member.

## More Information:

- To keep updated on this event like and follow the club Facebook page or email us at [admin@onamissionevent.com.au](mailto:admin@onamissionevent.com.au).

Ona Mission Multisport Adventure event is run by the **Cassowary Coast Multisport Club**, a **volunteer run not-for-profit organisation**. Find the club at [www.ccmclub.org.au](http://www.ccmclub.org.au).

### **Cassowary Coast Multisport Club**

Ona Mission Event Director: Richard Blanchette

Phone: 0409 040 667

Email: [admin@onamissionevent.com.au](mailto:admin@onamissionevent.com.au)

FB: [www.facebook.com/cassowarycoastmultisportclub](http://www.facebook.com/cassowarycoastmultisportclub)

WWW: [www.ccmclub.org.au](http://www.ccmclub.org.au)



See the spectacular Ona Mission Multisport Adventure 2016 [VIDEO](#), action [PHOTOS](#), and [RESULTS](#) from our website home page; [www.onamissionevent.com.au](http://www.onamissionevent.com.au)

### **Sponsors**

The Cassowary Coast Multisport Club could not put on an event like this without the help of sponsors and supporters.

If you would like to support Ona Mission 2017 as a sponsor contact us today at [admin@onamissionevent.com.au](mailto:admin@onamissionevent.com.au). It is very easy and rewarding.

### **Thankyou to our 2016 sponsors and supporters:**

Mission Beach Resort, Queensland Government, Total Grower Services, Stanwell Corporation, Castaways Resort & Spa, Skydive Australia, Adventurethon, Maxpaddle, Adventure Equipment, Mission Beach Dive, Bendigo Bank, Chilcott Constructions, Mission Beach Croc and Wildlife Tours, Mission Beach Dive, Mission Beach Sailing Club, Mission Beach Surf Lifesaving Club, **Avanti Bikes**, Mission Beach Water Taxi, Dunk Island, One Fish Technology, Pump n Pedal, Queensland Parks & Wildlife Service, Raging Thunder Adventures, **Ken Fox Homes**, Rotary Mission Beach, Visy, Bingil Bay Café, Outerlimits Adventure, **Zephyr Coast**, **First National Real Estate**, Dunk Island View Caravan Park, **Ray White Mission Beach**, Ozscape, Bluewater Café, Cassowary Coast Regional Council, Coast Guard, SES Mission Beach.

