



Ona Mission Multisport Adventure

16th September 2018

Welcome to Ona Mission Multisport Adventure 2018. A fun adventure weekend event set in the most sensational locations of Mission Beach and Dunk Island.

EVENT DETAILS

Confirmation of the final event courses and start times will be made at the compulsory event briefing on Saturday 15th September.

Dates: Sunday, 16th September 2018

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.

Course map: See the [course map](#), link available at our event website home page;
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 to 4 people. We also have the 2 person 'Pairs' category.

Long Course: **Distances: 8km paddle, 11km run, 4km paddle, 30km ride, 6km run**
Individuals, Teams (of 2 to 4 people)
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 to 4 people:

Male, Female, Mixed

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

PAIRS (short course only) - of 2 people, must finish each stage together.

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

Note: tandem/double paddle craft are allowed.

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

Entry Fee:

2018 Ona Mission event entry fees are all per person as follows:

Individuals:	\$110.00	Junior \$65.00
Teams (of 2,3, or 4):	\$90.00	Junior \$55.00
Pairs:	\$90.00	Junior \$55.00

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

All competitors receive an 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**Registrations close on Thursday 13th September 2018.****EARLY BIRD PRIZE**Register and pay by 30th August 2018 and go in the draw to win!**GENERAL INFORMATION****Make a Mission Beach Adventure Weekend of it**

- Friday: settle in early and stretch the legs. Try one of many Mission Beach eateries
- Saturday: *Vaka Tua Motu* (around Dunk Island paddle) by Mission Beach Outriggers Club
- Saturday: *Mission Beach Outdoor Film Festival*, adventure films from around the region
- Sunday: *Ona Mission Multisport Adventure* by Cassowary Coast Multisport Club
(refer Facebook pages for details on the MB Outdoor Film Festival, MB Outrigger Canoe Club)

Accommodation & things to do at Mission Beach:

Book early for the Ona Mission weekend in Mission Beach. We appreciate it if you can support event sponsors including our major sponsor Mission Beach Resort.

- **Mission Beach Resort;** stay here and ask for the promo-code ‘**Ona Mission**’.
Ph; 4088 8288 or Email: missionbeach.resort@alhgroup.com.au
Visit www.missionbeachresort.com.au,
- Mission Beach; things to do contact Mission Beach Visitor Information Centre:
Phone; 4068 7099 or visit www.missionbeachtourism.com
- Tropical Coast; things to do on the ‘GBR Way’ to and from Mission Beach visit www.tropicalcoasttourism.com.au

TIMETABLE

Saturday, 15th September 2018

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

(Book early for dinner at the Mission Beach Resort restaurant)

Sunday, 16th September 2018

Race Day:

Venue: 154 Kennedy Esplanade, South Mission Beach

6:15am- 7:00am: **Compulsory pre-event sign-in** at Event HQ (be early)

6:30am: Team runners will be transported to Dunk Island. (and Volunteers)

7:00am: Start – Long Course (south end of start line)

7:30am: Start - Short Course (north end of start line)

Starts are on the beach in front of the Mission Beach Surf Lifesaving Club. Important to 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 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 bag.
- 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 beach transition area & 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:

- Teams can be two or three or four persons. The recommended team size is three people – with a paddler, a runner, and a rider.
- One person for each discipline. Teams of 4 persons can have two runners (eg. one paddler, one rider, one island runner and one beach runner)
- For the Dunk Island runner, transport is organised to get runners to and from Dunk Island. (this transport for team runners is included in the registration fee).
- Runners in teams of 3 will be returned to the mainland in time for their final run leg. (NOTE: in teams of 2, the island runner would NOT be back in time to do the bike leg.)

Make a Team:

- Looking for teammates – utilise the [Multisport Clubs Facebook!](#) Shout out here if you want to be part of team or you need a paddler, a runner, or a rider.
- Corporate Teams – why not enter your workplace team for a corporate challenge with a difference? 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
Phone: 0484 791 829 Email: info@coralseakayaking.com
Visit www.coralseakayaking.com
 - o Mission Beach Water Taxi, Wongaling Beach
Phone: 07 4068 8310 Email: info@missionbeachwatertaxi.com
 - o Cairns and Townsville options:
 - Adventure Equipment Australia, Cairns
Phone: 4031 2669 or Visit: www.adventureequip.com.au
 - Adventurethon, Townsville
Phone: 0447 496 489 or Email: info@adventurethon.com.au
Visit: www.adventurethon.com.au
 - Outer Limits, Townsville
Phone: 0421 484 211 or Email: info@outerlimitsadventure.com.au
Visit: 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 \$40 administration fee if an individual competitor is forced to withdraw from the event and advises event organisers by email to admin@onamissionevent.com.au prior to 8pm September 1st, 2018. After 01st September 2018 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.

Sponsors

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

Don't hesitate to let every local business or café know that you are here for Ona Mission!

If you would like to get behind the event and support Ona Mission 2018 yourself please contact us admin@onamissionevent.com.au or phone 0409 040 667.

Let us know how we can make it work for you!

More Information:

The best way to keep updated on this event and other Cassowary Coast Multisport Club is vents is to 'like' the club Facebook page. Every now also check out our websites www.ccmclub.org.au and www.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.

Cassowary Coast Multisport Club

Ona Mission Event Director: Richard Blanchette

Phone: 0409 040 667

Email: admin@onamissionevent.com.au

FB: www.facebook.com/cassowarycoastmultisportclub

WWW: www.ccmclub.org.au



Thank you to our 2017 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, Mission Beach Water Taxi, Dunk Island, One Fish Technology, Pump n Pedal, Queensland Parks & Wildlife Service, Raging Thunder Adventures,, Visy, Bingil Bay Café, Outerlimits Adventure, **Zephyr Coast**, Dunk Island View Caravan Park, Ozscape, Bluewater Café, Cassowary Coast Regional Council, Coast Guard, SES Mission Beach.