

# Ona Mission 2019



# Competitor information



# ONA MISSION

## 01 September 2019

### Event Details

Welcome to Ona Mission 2019.

Following are the event details. While we do not anticipate any great changes to the following details, do note that the event course and start time can be changed at any time by the event organiser's.

### **Event Timetable:**

### **Registration**

- 1) Friday, 30<sup>th</sup> August 2019, 10:00am to 2:30pm. Castaways Resort & Spa
  - 2) Saturday, 31<sup>st</sup> August 2019, 4:30pm to 5:30pm. Mission Beach Resort
- ALL participants must register. Event numbers are assigned and t-shirts issued.

### **Race Day Sunday, 01st September 2019**

Venue: Mission Beach Outriggers Club 'Vaka Hut', Kennedy Esplanade, South Mission Beach

6:00am- 6:30am: Equipment Drop

6:30am: Briefing (compulsory for all participants)

7:00am: Start – S1 mountain bikes (on beach in front of the Outriggers Club transition)

area)

7:15am: Team island-runners - depart to Dunk Island.

1:00pm: Event presentations - at Mission Beach Outriggers & Canoe Club, South Mission Beach. (Time could change to allow late finishers to finish.)

4:15pm: Winners presented at Red Bull Defiance presentations, Castaways Resort & Spa

Note: Shuttles for participants: from finish line back to the Ona Mission event transition area and presentations. (Details available at event registration.)

## **Event Terms & Conditions and Mandatory Equipment:**

All entrants must read the event Terms & Conditions and the Mandatory Equipment list. View these via link on the Ona Mission event website

[www.onamissionevent.com.au](http://www.onamissionevent.com.au)

## **Mandatory Equipment YOU must provide:**

- S1: Mountain bike & bike helmet (Australian standards approved cycling helmet).
- S2 & S4: Suitable watercraft & paddle (surf skis, kayaks, canoes, SUP's, outrigger canoes).
- S2 & S4: PFD is required. A Type 1 or Type 2 PFD (NO inflatable PFDs). A PFD must be worn by all paddlers. There will be a pre-race inspection.
- S2 & S4: Dry bag needed to take running shoes for S3 Dunk Island run, & on return for S5 beach run.
- S3 & S5: Running shoes. (S3 is beach and trail run. S5 is a beach run.)
- ALL stages: water & nutrition (you must be self-sufficient on all legs)
- ALL stages: you must wear your Race number / ID and or bib.

## **What we supply**

- Race number (or bib).
- Ona Mission Lunch, available at the event base for participants ONLY
- Water at transition points (i.e. the beach transition & Dunk Island spit transition)
- Event T-shirt (one per participant). Merchandise will be available for

purchase.

### **Teams:**

- Teams are of 2 or 3 or 4 persons.
- Each team only has one person on the course at a time.
- Teams tag / hand-over at the end of each stage at designated areas near transitions
- **IMPORTANT:** teams will need two different runners as the S3 island runner will NOT be able to do the S5 beach run.
- Dunk Island runners: event transport is organised to get team runners to and from Dunk Island (this transport for team runners is included in the registration fee).

### **Ocean paddle:**

- This event involves an ocean paddle to Dunk Island. We recommend you 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 in Ona Mission.

### **Spectators & Supporters:**

- Mission Beach Resort, Saturday dinner after registration. We recommend booking early
- Watch: best locations are the Start and transition area at the Outriggers Club
- Finish line: is located in front of Castaways Resort & Spa Mission Beach
- Sunday Lunch: near the Outriggers Club you have the Big4 Caravan Park Café across the road, or Tuskers at the Surf Club just up the same road.

### **Course Overview**

Stage 1 (S1): 24km Mountain Bike

Stage 2 (S2): 4km Paddle to Dunk Island

Stage 3 (S3): 6km Run up to Mt Kootaloo and back

Stage 4 (S4): 4km Paddle to South Mission Beach

Stage 5 (S5): 7km Run to north to the Mission Beach finish line

### **Course Map**

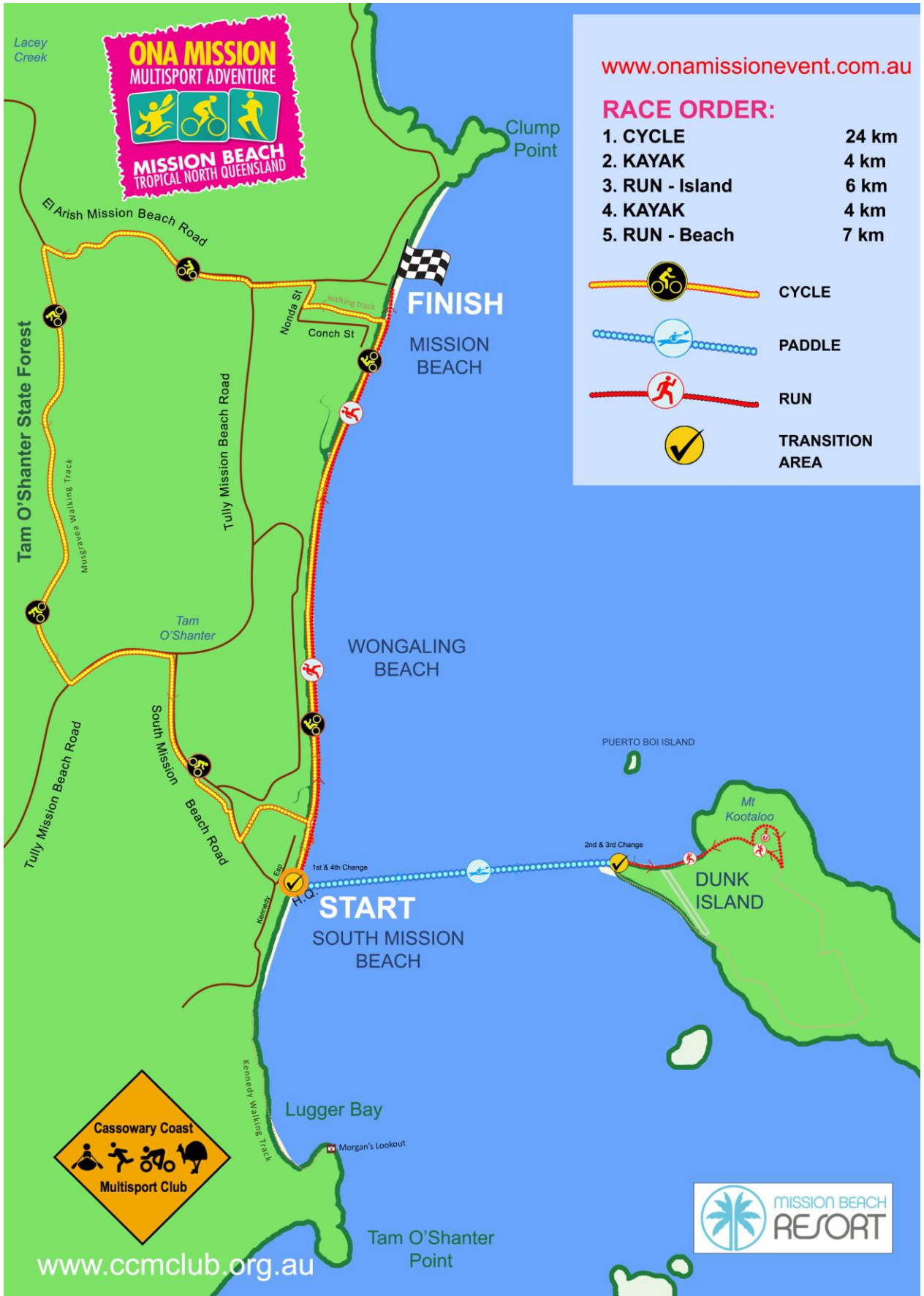
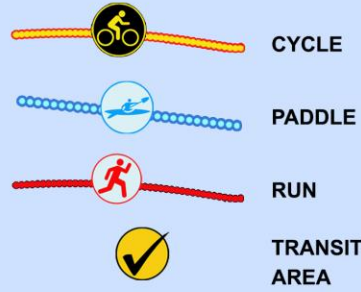
Lacey Creek



[www.onamissionevent.com.au](http://www.onamissionevent.com.au)

**RACE ORDER:**

- 1. CYCLE 24 km
- 2. KAYAK 4 km
- 3. RUN - Island 6 km
- 4. KAYAK 4 km
- 5. RUN - Beach 7 km



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



## 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.
  - **Mission Beach Resort**; our major sponsor has a deal for you! Ask for the Ona Mission promo-code. 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)
  - **Mission Beach Visitor Information Centre**: Ph; 4068 7099 or visit at [www.missionbeachtourism.com](http://www.missionbeachtourism.com) for accommodation and ideas on things to see and do
  - **Tropical Coast Tourism**: visit at [www.tropicalcoasttourism.com.au](http://www.tropicalcoasttourism.com.au) to explore the region around Mission Beach.

## 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:
  - Mission Beach Water Taxi, Wongaling Beach, Ph 07 4068 8310
  - Coral Sea Kayaking, South Mission Beach, Ph 07 4068 9154
  - 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))

## More Information:

- To keep updated on this event and see photos like and follow the club

Facebook page, go to the event website [www.onamissionevent.com.au](http://www.onamissionevent.com.au) , or email us at [admin@onamissionevent.com.au](mailto:admin@onamissionevent.com.au)

Ona Mission Multisport Adventure 2019 is run by Red Bull Defiance and the Cassowary Coast Multisport Club (a volunteer run not-for-profit organisation).

**Cassowary Coast Multisport Club**

Club President: 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)

