



Newsletter 1 July 2006

Hamilton Island



**\$15,000
IN CASH AND
PRIZES TO BE WON**

Men's Health
Ocean Racing Series
SWIM • PADDLE • RUN

**SUMMER
SERIES | 5**
SEPT 06 - MAR 07

EVENT ONE

**HAMILTON
ISLAND**

**FRIDAY,
SEPTEMBER 15**

MOUNTAIN BIKE RACE 10KM

**PADDLE, SWIM AND
NIPPER SPRINT KNOCKOUTS**

**OPENING PARTY AND
EVENT REGISTRATION**

**SATURDAY,
SEPTEMBER 16**

OCEAN SWIM 2KM

NIPPER SWIM 500M

SHORT COURSE PADDLE 8KM

**WOMEN'S LONG-COURSE PADDLE
12KM**

**"THREE PEAKS CHALLENGE"
MOUNTAIN RUN 12KM**

**LONG COURSE OCEAN PADDLE
20KM**

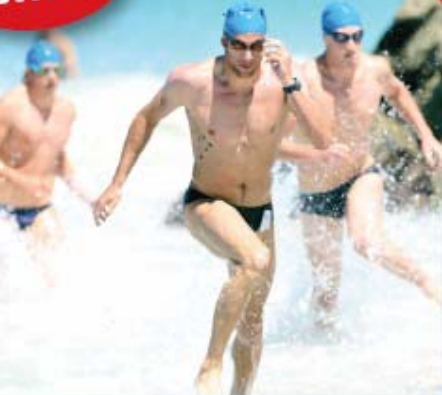
**SUNDAY,
SEPTEMBER 17**

ADVENTURE RACE 32KM
(Incorporating swim, paddle, run and bike)

**AWARD PRESENTATIONS
AND WIND-UP PARTY**

The Men's Health Ocean Racing Series is on again. The season opener will be staged at Hamilton Island – one of Australia's premier holiday destinations. Along with the usual swim, paddle and run races, this season will feature a range of new and exciting events, such as Nipper events, a mountain-bike race and mountain run. Now the whole family can participate alongside Australia's sporting elite.

**OCEAN
SWIM**



Swimmers will race over two kilometres in the protected waters of Catseye Bay. There will also be a junior swim of 500 metres. This is your chance to swim in paradise.

**OCEAN
PADDLE**



★ To allow for competitors to share crafts, events will be divided: the short course in protected waters and the long-course over a quick 20km downwind course.

**BEACH
RUN**



★ A tough 12km run that takes you past some of the most scenic locations on the island.

**MOUNTAIN
RIDE**



★ A 10km race from the top of the island and back. Mostly an off-track race, so road bikes are not recommended.



Men's Health

***Proudly Sponsored by:
Men's Health Magazine***

**Hamilton Island
15/16/17 September 2006
\$15,000 in cash to be won, plus
other great prizes!**

Hamilton Island will once again host the opening round of the *Men's Health* Ocean Racing Series. After the hugely successful event last year we have added a few new races to the three day program. Individual events make up Friday and Saturday's program while we wrap up the weekend with the Adventure Race on the Sunday.

New to the program will be a mountain bike race and an extended Adventure Race that now has a mountain bike leg added to it. Taking in two islands this will be the most unique Adventure Race (AR) on the Australian AR program and can be raced as an individual or in a team.

For ocean swimmers this is your chance to swim at one of Australia's premier holiday destinations. The crystal clear waters of Catseye Bay will make this a truly enjoyable experience.

The scenic three peaks of Hamilton Island makes up the 12 kilometer aptly named "three peaks challenge" mountain run. For the not so quick, this will also be a very enjoyable hike over some of the "off the beaten tracks" on the Island.

Once again the paddlers will get to race downwind as they are loaded on board the barge and transported upwind. This course is without a doubt the best ocean paddling course out there and makes for not only a great race but an out of the ordinary adventure. There will also be a 10km short course paddling event held in the protected water of the bay.

Series five will double as the Australian Championships for Ocean Paddling. From this series the National Team will be selected to represent Australia in South Africa at next year's World Cup Event.

We will also be hosting the Australian leg of the Ocean Paddling World Cup in Western Australia in November as part of the International World Cup Series.

With \$15k in prize money and additional prizes plus being a 3-star event you can earn extra points in the national series for all events. This makes race 1 at Hamilton Island a must do for competitors and their families. More information coming.

The new website with all the pertinent information will be up shortly. Keep checking

www.menshealthoceanracing.com.au

2006 rates for competitors, friends and family for race 1 at Hamilton Island

Special 2 Night Packages:

Reef View – 2 night package

- \$483
- \$231 extra night, room only.

Whitsunday Apartments

- \$535
- \$273 extra night, room only.

Package includes:

- 2 nights accommodation
- Free use of catamarans, windsurfers, paddle skis
- Free resort shuttle
- Return airport transfers
- Kid's stay and eat free

The number to call for bookings is 13 7333.

Make sure you mention that you are part of the series!

How do I get my craft to Hamilton Island?

An event truck will leave from Sydney 5 days prior to the event. This will mean the truck will have to be loaded on the weekend prior to the Hamilton Island event. There is limited room on the truck so make sure you book a spot early. The cost will be dependant on how many spots are booked. To book contact

dean@oceanpaddler.com

Spectator Boat

We are organizing a spectator boat for the long course paddling event. There is a cost of \$25 per head. This is the perfect opportunity for family members and friends to check out the Whitsunday region and watch some great racing all at the same time. Please book as soon as possible as we imagine the seats will go fast and space on the boat is limited.

To book contact

dean@oceanpaddler.com

Paddling Events

The long course paddle will be held at different times to both the short course and open women's paddling races. This is to allow the sharing of craft between paddlers for those events.

Teams for the Adventure Race

If you are short a person or two for the Adventure Race, contact dean@oceanpaddler.com we may be able to organize or put you in touch with other potential teammates.

Registration

Event registration can be done at the opening party and on the beach during each race day. All on the day entries will incur a \$10 late entry fee. Entries will be taken until just prior to the start of each event.

Race Briefings

All race briefings will take part in the Endeavour Room with the **exception of the long course paddle which will take place on the barge on the way to Lindeman Island.**

For any additional information contact 0400389730 or email

dean@oceanpaddler.com

More newsletters will be sent out regularly with detailed information regarding Hamilton Island and other events in the series.

Hamilton Island Events Timetable

| | | |
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| Friday | 4.00PM | Paddle, Swim and Knockouts |
| | 4.30PM | 10k Mountain Bike Race |
| | 5.30PM | Welcome Party, Day 1 Presentations and event registrations |
| Saturday | 8:00AM | 2k Ocean Swim |
| | 9:00AM | 10k Short Course and 14km Women's Paddle |
| | 11:00AM | 12k "Three Peaks Challenge" Mountain Run |
| | 3:00PM | 20k Long Course Paddle |
| Sunday | 9.30AM | Adventure Race (Individual, Two and Four Person Teams): |
| | | • 1k Run |
| | | • 1.6k Swim |
| | | • 6k Paddle |
| | | • 6k Run |
| | | • 3k Paddle |
| | | • 7k Mountain Bike (Dent Island) |
| | | • 2k Paddle. |