



The Amazons Australia

The Amazons Australia – World First All-Female ARWS Stage Adventure Race Newsletter 1

Welcome to the first newsletter for The Amazons Australia. We plan to publish a newsletter every couple of months in the lead up to the event to keep updated and help you plan and prepare for this new and exciting event.

How amazing is it that the Adventure Racing World Series (ARWS) have endorsed the event and that everyone who signs up and races in the first edition of The Amazons Australia will make history by competing in this world first ever All-Women's ARWS Adventure Race.

Are you ready for this as the Amazons are calling

In Ancient Greece, there was believed to be a race of female warriors who lived on the outer limits of the known world.

The Amazons were strong, warlike, courageous and a force to be reckoned with.

But the Amazon spirit is not lost.

It's in the wild women who seek adventure.

The tenacious athletes who push their minds and bodies beyond the limit.

The mothers who sacrifice.

The ladies who unapologetically dance to the beat of their own drum.

The spirited sisters who grow together.

The brave, willing to leap into the unknown.

To the fearless femmes.

We call you.

For the challenge of a lifetime.



Contact Us triadventure@optusnet.com.au





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The AMAZONS AUSTRALIA

TEAMS OF TWO

July 6-10 2025

Mission Beach

Cassowary Coast, Queensland.

STAGE ADVENTURE RACE

The Amazons Australia is a stage adventure race, which will give teams up to 8 hours to navigate their way each day through the course searching for checkpoints whilst trekking, mountain biking and kayaking. There may be multiple legs of each discipline on each day. Navigational skills are certainly going to help teams travel through the course more efficiently, but you have plenty of time to work on this.

ENTRY INFORMATION

Early entries are opening on 15 November 2024 and as there are only 50 team spots available, we are encouraging you to enter early, to avoid missing out. Entries will be online via Race Roster and the link will be found on [Entry Information](#) page on The [Amazons Australia](#) Website. The link will be able to be viewed before entries open, but you will not be able to enter details until Friday 15 November.



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COST

Early Entry \$875 per person or \$1750 per Team

(15 November 2024 - midnight 31 December 2024)

Standard Entry \$975 per person or \$1950 per team

(1 January 2025 - until midnight 31 May 2025)

Late Entry \$1075 per person or \$2150 per team

(accepted after 31 May 2025 if not sold out until midnight Sunday 22 June 2025)

WHAT DOES YOUR ENTRY INCLUDE?

- Opportunity to be a part of an ARWS world first all-female event
- ARWS Regional Ranking Points for your team
- Pre-Event Sunset Social & Welcome Function (Food & Beverage)
- Post-Event Presentations & Prize Giving Function (includes meal)
- 3 Days of Racing on a spectacular course - up to 8 hours per day
- Maps and Course Notes on waterproof paper
- Kayak hire (incl paddles & PFDs on request)
- Transport of gear & equipment during the event
- Overnight storage of gear and equipment during the event - if required
- Tracking device to carry throughout the event so that your friends and family can watch your progress
- Live updates to results and leaderboard via website live tracking
- Professional Photographer – photos will be available for free access after the event
- Event Merchandise and Finisher Memento
- Category Prizes and Random Draws provided by event sponsors
- Discounted Entry into the ARWS Oceania Championships - November 2025 (30% Discount)

* Winning Team - **Free Entry** into the ARWS Oceania Championships - November 2025

* Winning Team - **Free Entry** into The Amazons Australia 2026.

* FIRST 5 Team entries will receive 2 **free pairs** of PINK MOXIE Gaiters per team.



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CATEGORIES

Adventure Racing traditionally has teams of Mixed, Male and female teams and not much differentiation for different age categories, so for The Amazons Australia we have three categories based on age* 1 July 2025.

Legends - Two women over 50* who are willing to show the younger generations just what fearless means.

Warriors - Two women over 30* who are strong, skilled and up for any type of adventure.

Princesses - Two women under 30* who are tough and resilient, so ready to step up for the adventure.

Event Schedule 2025 (Proposed)

After each day of 'racing' we would love all participants to have the opportunity relax and share stories of their adventures as the sun sets in Mission Beach. We are excited to announce that The Plenty Restaurant and Bar will be our event social hub for the Official Welcome and Presentation Dinner.

Saturday 5 July

Interstate and overseas arrivals, transport to Mission Beach; Event shuttle to HQ* (extra cost). See further details on the competitor information page.

Sunday 6 July

Day 1 – 8.00 am Arrive

12.00 pm – 3.00pm Registration, photos, interviews, admin, gear checks

4.30 pm Happy Hour on Sunset - Plenty Restaurant & Bar

Official Welcome, RWS CEO; Guest Speakers



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(complimentary for participants)

6.00pm OPTIONAL* Dinner at Plenty Restaurant & Bar

(not included in entry*)

Monday 7 July

Day 1 – 5.30am HQ Open

6.00am Map Handout & Briefing

7.00am START Day 1

3.00pm FINISH Day 1 (8 Hours)

4.30pm onwards OPTIONAL Social Drinks & Dinner at Plenty Restaurant & Bar* (not included in entry) a chance to relax, unwind and share stories of your adventure with teammates and fellow Amazonians.

Tuesday 8 July

Day 2 – 5.30am HQ Open

6.00am Map Handout & Briefing

7.00am START Day 1

3.00pm FINISH Day 1 (8 Hours)

4.30pm onwards OPTIONAL Social Drinks & Dinner at Plenty Restaurant & Bar* (not included in entry) a chance to relax unwind and share stories of your adventure with your team and fellow Amazonians.



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Wednesday 9 July

Day 4 6.00am Map Handout & Briefing

7.00am START Day 3

3.00pm FINISH Day3 (8 Hours)

4.30pm OPTIONAL Happy Hour on Sunset at
Plenty Restaurant & Bar* (not included in entry)

6.00pm Dinner & Presentations at Plenty Restaurant & Bar including
speeches from guest speakers* (included in entry)

Thursday 10 July

Day 5 7.00am Post event Breakfast at Venue* TBA

(not included in entry)

Checkout of your accommodation or Stay and Play!

ACCOMODATION

We are so thankful to have the support of Cassowary Coast Tourism who are welcoming all of you Amazons to explore and have an amazing adventure in this truly spectacular location in the Cassowary Coast Region of Tropical North Queensland.

The event HQ is located right in the heart of the town of Mission Beach, sometimes referred to as North Mission Beach. There are plenty of places to suit all budgets that are within walking distance to HQ.



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We strongly advise that you try to stay nice and close to the event HQ as that will be where we gather each day for the event briefing and also where you will end up after finishing.

Accommodation in Mission Beach can be found by visiting the **Cassowary Coast Tourism** Website

<https://cassowarycoasttourism.com.au/mission-beach-holidays-and-rentals/>

or

Mission Beach Holidays

<https://www.missionbeachholidays.com.au/>

TRANSPORT

We recommend that participants flying to the event, fly into Cairns as there are shuttles that service the Mission Beach area. Qantas, Jetstar and Virgin provide daily flights directly into Cairns Domestic International Airports. Air New Zealand and Singapore Airlines service the International Airport.

Airports **Cairns** Domestic and International Airport – 2hrs North of Mission Beach

Townsville Domestic Airport - 3 hours South of Mission Beach

Shuttles

The local shuttle service to Mission Beach is Mission Link. It takes approximately 3 hours. If booking this service, please ensure that you advise the transport company that you are travelling with a bike. Below is the link to their website.

Mission Link <https://www.missionlink.com.au/>



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We are hoping to provide an event shuttle* from Cairns Airport. This would transport you and your gear directly from the domestic / international airport to Mission Beach - HQ. At this stage, to take advantage of this service, you will need to plan to arrive before 1pm on Saturday 5 July 2025. It is proposed that the event shuttle will depart the Airport at approximately 2pm

Following the event, the shuttle will depart Mission Beach - HQ at approximately 8am on Thursday 10 July 2025 and should have you at the airport by approximately 11am (*Subject to change depending on service provider and there being sufficient bookings).

Cost \$TBA Per Person (return)

To book a spot on the event shuttle* please contact us by email
triadventure@optusnet.com.au

Hire Cars

If you need to hire a car there are plenty of rental car options. This will allow you to make the most of your stay and go and explore more of the Cassowary Coast after the event.

Here is the link to Airport Rentals which allows you to view and select from a wide range of hire car companies based out of Cairns Airport.

<https://www.airportrentals.com.au/australia/cairns-airport-car-rental>



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HOW DO YOU BECOME AN AMAZON?

Well, that's easy, read these Q&A's, find a partner who is willing to take on the challenge, enter the event and before long you will be on the start line and making history!

How fit do I have to be for The Amazons Australia?

The Amazons Australia is a stage race, this means that you will only be out on the course for up to 8 hours each day. There are 3 main disciplines – kayaking, trekking and mountain biking – so realistically you would need to be able to spend around 3 hours on each discipline. You can stop and take a break whenever you like, and you get a chance to swap from one discipline to another many times throughout each day of the event.

What is a Transition Area?

A transition area or TA is a place/location where you may change from one discipline to another. In The Amazons Adventure Race, you will be required to pack gear into bags and officials will transport bags, bikes, kayaks to the TAs for you. The logistics planner and the course notes will provide information such as discipline & approx. time/ distance so you can pack what you need before the start of each day. For safety reasons you are always required to check in at all the TAs marked on the course

How technical will the course be? Do I need to be an expert in every discipline?

Kayaking – the kayaks provided for the event are very stable and buoyant and relatively easy to paddle. You are required to have some ability to steer these as the kayaks have no foot steering pedals. The paddling for the Amazons Australia will be in protected open ocean environments, meaning there will not be surf, but the wind and tides can have an impact on how choppy the water is. So, we recommend that you and your partner practise together so you can handle a range of conditions and steer the kayak confidently.

Mountain Biking – You can expect to ride your mountain bike on roads, paths, dirt roads, sand and mountain bike trails in the event. So, some experience in riding mountain bike



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trails would be highly desirable, however in adventure racing it is totally fine to get off and walk whenever the conditions are above your skill level or simply too steep to ride up or down.

Trekking – If you have ever done a trail run before you will be fine. The tracks and trails for The Amazons Australia will vary, there will be some hills for sure, as well as plenty of rough, uneven ground. Be prepared to get your feet wet and be comfortable running with wet feet as well. We recommend that you have specific trail running shoes for the event.

I want to do the race, but I don't have a partner. How can I find a teammate?

Please contact us via our website and or post to **The Amazons Australia Facebook** page so we can help put you in touch with other adventure racers with some experience depending on where you live.

I want to do the race, but I need to get some skills and fitness. Where do I start?

Please contact us via the website and or email triadventure@optusnet.com.au and we can help put you in touch with coaches and or other adventure racers with some experience depending on where you live. Jan and Kim from Tri Adventure can also provide online and face to face coaching as they have both got over 20 years of experience in the sport and we want all women to have the opportunity to become an Amazon!



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WHY THE AMAZONS AUSTRALIA?

Jan and Kim from Tri Adventure have been involved in the sport of Adventure Racing now for more than 20 years each and collectively have over 100 years' experience in endurance sports. Over 12 years ago we created the Wild Women Adventure Race, which was the first all-female adventure race in Australia and this event is definitely a highlight of the AR calendar in Australia every year. But when Kim and the Mountain Designs Wild Women, won an ARWS Expedition Race in March this year outright, (meaning they finished the race ranked higher than all other male, female and mixed teams) they created history and, in the process, rocked the boat. As it turned out, they were not eligible for the ultimate prize for the winning 'mixed team' which was an entry to the ARWS World Championships. Kim and Jan will not be able to keep on racing forever as Jan is well over 60 and Kim is nearing 60, so we wanted to leave a legacy and provide a platform for women to aspire to be Amazons – women who are independent, fearless and ready to be challenged – for without an opportunity to see what we, as women are truly capable of achieving, we as women may not live our lives to the fullest!

The Amazons are calling!



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