



expedition edition
WILDSIDEADVENTURERACE
experience adventure



MEDIA RELEASE

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Super fit athletes descend on Canberra for Wildside Adventure Race around the nation's capital and surrounds

Next week Canberra and its surrounds play host to the [Wildside Adventure Race \(WildsideAR\) 2017](#). Twenty teams comprising four people each take part in this five-day expedition which promises to be chock full of adventure in Canberra's alpine terrain, from 30 September to 6 October 2017.

"Some of the best adventure racers in Australia are coming to the nation's capital to tackle the course created by [Fully Rad Adventures](#)," said Richard Old of Fully Rad Adventures.

"These super fit athletes will undertake one of Australia's toughest and most tactical multi-disciplinary sports races combined with navigation in Canberra's CBD and more remote locations, journeying across a course navigating from control point to control point.

"The race throughout the ACT and surrounding NSW has ten legs covering a distance of 400 kilometres, and will include flat water paddling, white water paddling, abseiling, mountain biking, pack rafting and trekking. Although the race route cannot be revealed until launch day, the participants have been told to prepare for trekking legs across farmland, trails and off-track with some tough terrain and hills.

"And Canberra's varied terrain competes with the best of the world's adventure race courses, offering rugged national parks through to urban environments," Richard continued.

Adventure racing sees participants battle the clock, fatigue, the elements and the terrain. People with ordinary lives and ordinary jobs who strive to be seriously fit pair up or join a team to undertake an adventure race over five days with very little sleep – they do it to get off the beaten track, explore remote locations and challenge themselves both mentally and physically. This is extreme orienteering. The teams must strategize and plan the entire race – when to eat, when to sleep, what to carry, how fast to go. They race unsupported and must be self-sufficient.

"WildsideAR is the Australian leg of an international circuit of adventure racing that takes place across the globe. This is the second Expedition Edition with the added energy of being part of the Outdoor Race World Tour and also the final of the Adventure 1 Australian Adventure Race Series. The best teams have been racing throughout the year collecting series points.

"We look forward to seeing the teams cross the finish line at WildsideAR, for it is then that we can announce the top Australian Adventure Racing Team of the race series," Richard concluded.

Once the race has started, anyone and everyone can follow the progress of teams through the live site link on the Wildside website www.wildsideadventurerace.com.au. This will show you in real time where a team is on the course.

WildsideAR takes place from 30 September to 6 October. For more information visit www.wildsideadventurerace.com.au or Facebook www.facebook.com/wildsideadventurerace

For more information, images or to arrange an interview, please contact Lauren Griffiths at Threesides on 0417 409 26 4 or lauren.griffiths@threesides.com.au