

bribieislandmultisport



swim | run | paddle | mountain bike

100KM AND 50KM
18TH APRIL 2010












TRAIL RUN / MTN BIKE / SWIM / KAYAK

www.geocentricoutdoors.com.au

BRIBIE ISLAND MULTISPORT

The **Bribie Island Multisport** is a **100km** and **50km** race through Bribie Island, Pumistone Passage and the Glass House Mountains. The full course is broken into 9 legs and the half course completes the last 4 of these. The race is a true multisport endurance event with top teams taking 5 hours. Tail enders do not miss out as the course remains open for 11 hours, enabling most to make their way to the end. Competitors may enter as individuals or as a relay team of 2, 4 or 5+.

Leg	Event	Distance	Description
 1	Swim	800 m	Swim in the Surf
 2	Run	8 km	Sand and trails around the southern tip of Bribie island
 3	Swim	800 m	Two 400 swims in the protected passage linked with a short run along the beach
 4	Kayak	13 km	Long kayak up the Bribie Passage dodging sandbars and luxury yachts to the sleepy coastal town of Donnybrook
 5	MTB	20 km	Flat ride on good fire road to Wild Horse Mountain
 6	Run	9 km	Demanding run on rocky trails and single track around Wild Horse Mountain. Finishes with a steep ascent to the top!
 7	MTB	30 km	Technical and tough mountain bike ride including single track, loose climbs and sandy sections
 8	Kayak	10 km	Shorter paddle back down and across the passage
 9	Run	4 km	Quick run home along sealed bike track on gorgeous Bribie island foreshore

Bribie Half only do legs 6, 7, 8, 9

The race is held on the **18th of April 2010.**

For race and entry information head to www.geocentricoutdoors.com.au

