

GEOQUEST



ADVENTURE RACING

Since the inception of the race in 2002, Mountain Designs has been a proud sponsor. Supporting the event and the competitors over the last 6 years has seen the sport grow dramatically. This support has also seen some of the best and most innovative adventure racing specific equipment developed. Through feedback from participants and by sponsoring the best adventure racing team in the country, Mountain Designs has continually evolved its range of adventure racing gear. Go to any race and you will see the competitors choosing iconic equipment such as the Outrace/ Endurance backpack and the lightweight Flash Jacket.

As the longest running adventure race in Australia, The Mountain Designs GeoQuest has a tradition to live up to. Known for the best courses, an awesome atmosphere and being "the" race on the calendar, Geocentric Outdoors strives to uphold these traditions. Mountain Designs looks forward to standing by Geocentric Outdoors and all the competitors who follow their passions for adventure racing.

Gear you'll need

Races 12 Hours - 48 Hours

- Outrace pack
- Thermal top & bottom
- Flash Paclite jacket
- Space blanket
- Medical kit

Other Gear

- Dry bags for kayaking legs,
- Extra hydration bladders for quicker change overs
- Extra thermals, to replace wet gear
- Take all size packs to races as you can use smaller packs for shorter legs
- Spare compass
- Map case
- Extra footwear (a dry change is nice)

RACE DAY TIPS

- Know what to do before you get to a change over, quick transitions are the easiest way to make time on your rivals
- Find a comfortable race outfit you can wear across all disciplines, less changes = faster race
- On your map board use a piece of blue tack to mark your location
- Never follow anyone, always read the map
- Use the 100 meter rule to protect slower team mates
- Give everyone on the team a job, get people involved in the race and not just following, enjoy the race more and go faster
- Never let your slowest team member travel at the back

Find out more: www.geocentricoutdoors.com.au/geoquest/geoindex.htm