



2024 EVENT GUIDE

11-12 MAY 2024

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WELCOME FROM OUR MAYOR

A warm welcome to all participants in the 2024 Zach Mach and Mini Mach challenge.

This fantastic event celebrates the life of Zach Roberts, a young man whose love for adventure racing is celebrated each year when hundreds of competitors gather to tackle 90km of challenging terrain in our stunning Pioneer Valley.

It's great to have our young adventurers back on the track for the Mini Mach this year. Introduced last year, the Mini Mach offers people as young as seven a chance to compete in adventure sports, bringing a whole new generation to the fold.

Council is pleased to support this event again through our Invest Mackay Events Attraction program. It is a program which aims to promote the best of our region to locals and visitors alike.

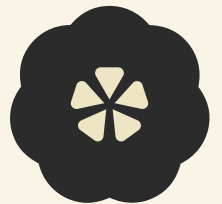


Congratulations to the organisers and volunteers who deliver this event each year. It is one of the major attractions on our events calendar and just would not happen without the passion and drive of a small band of people who are dedicated to adventure sport in our region.

Zach's legacy lives on!

Have a fantastic time.

Mayor
Mackay Regional Council



TROPICAL TRAILS & ENDLESS TALES

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EVENT SCHEDULE

BIB COLLECTION

8 & 9 MAY - 3.30PM - 5.30PM - Corry Cycles

10 MAY - 3.30PM - 5.30PM - Race HQ (Pinnacle)

FRIDAY 10 MARCH

3.30PM - 5.30PM - Early Kayak Drop - Dam

3.30PM - 5.30PM Bib Collection - Race HQ

6.00PM - LATE Carb Loading - Pinnacle Hotel

SATURDAY 11 MARCH

5.00AM - Kayak Drop - Dam

5.00AM - Parking - behind Pinnacle Hotel - follow signs

6.00AM - Sign-in Solo, Pairs & MTB Competitors - Race HQ

7.45AM - Event Briefing - Loading Ramp - Pinnacle Station Rd

8.00AM - SOLO, Pairs, Teams & MTB Stage Only Start

9.00AM - Stage 2 - Kayak Only & Team Competitor briefing & sign-in - Dam

9.15AM - Kayak Stage Only Competitor Start

10.00AM - Stage 3 - Trail Run Only Sign-In

10.15AM - Trail Run briefing - Race HQ

10.30AM - Stage 3 - Trail Run Only Competitor Start

11.30AM - Stage 4 - Road Cycle Only & Team Competitor briefing & sign-in

11.45AM - Stage 4 - Road Cycle Only Competitor Start

STAGE CLOSE TIMES

12.00PM - Stage 2 - Kayak - CLOSE

2.30PM - Stage 3 - Trail Run - CLOSE

4.30PM - Stage 4 - Road Cycle (full Event) FINISH

PRESENTATIONS

9.00AM - Stage 1A & 1B - MTB Only

11.00AM - Stage 2 - Kayak Only

12.00PM - Stage 3 - Trail Run Run Only

2.00PM - Stage 4 - Road Cycle Only

4.30PM - SOLO, Pairs & Teams.



EMBRACE THE CHALLENGE!



ZACH MACH is a Multisport Event for the weekend warrior to the elite, for ages 7 to 107+ in

Mackay's great outdoors based around Adventure, Community and Health.

Brace yourself for the ultimate dirty, muddy, and wet challenge! Conquer nature's obstacles, navigate through mud-soaked trails, and embrace the thrill of facing the elements head-on. It's not just a race; it's a choose-your-own-adventure extravaganza!

ZACH MACH celebrates the life of Zach Roberts, an outstanding young man who embraced adventure and people. He was a much loved grandson, son, brother and former student from Mackay Christian College who tragically passed away in a traffic accident at the age of 18.

Celebrate the life of Zach Roberts and join us for the 2024 ZACH or Mini MACH Adventure.





THE LOCATION PINNACLE

LOCATED JUST 10KM FROM THE FINCH HATTON MTB TRAILS - ZACH MACH & MINI MACH ARE DESTINATION EVENTS.

The 4 x adventure stages of ZACH MACH Adventure Challenge cover a massive 90km of terrain in Mackay's stunning Pioneer Valley.

ZACH MACH HQ is located directly beside Pinnacle Family Hotel, Child Street, Pinnacle, Qld Australia - less than 50minutes drive from both Mackay's CBD and Airport.

Participants and their families/supporters are encouraged to use the facilities on offer. Bring a swag, tent or turn your vehicle into your personal camper at ZACH MACH HQ. There are showers and toilets. Camping is included in the \$30 Carb Loading Meal on Friday night.

Athletes are welcome to bring their own food and supplies. We encourage everyone to support the 2 x local businesses: Pinnacle Family Hotel (lunch and dinner) and The Pinnacle Whistlestop Cafe (coffee, smoothies, brekky and lunch snacks).



RACE DAY INFORMATION

REGISTRATION: Before you dive into the excitement of the event, please take a moment to register at our registration tent. This is where you'll receive your essential timing chip, a crucial tool for tracking your progress throughout the competition.

TIMING CHIP: Your timing chip is your key to accurate timing and tracking during the event. It must be securely strapped to your left ankle at all times, so make sure it's snug and comfortable before you start. For **teams** participating in relays, the timing chip doubles as your relay baton during transitions. Ensure smooth handovers by securely fastening the chip to the left ankle of the incoming team member. For **pairs**, you will receive one timing chip between the two of you. Coordinate with your partner to decide who wears the chip during each leg of the event.

RACE PLATES: To ensure smooth operations and accurate tracking throughout the event, it's imperative that your race plates are prominently displayed at all times. These plates serve as identification markers and help event organizers and officials keep track of participants.

BIKE/S: your race plate should be affixed to the front of your bike/s where it's clearly visible. Make sure it's securely fastened to avoid any disruptions during the race.

RUN: your race plate should be displayed on the front of your shirt.

KAYAK: your race plate should be displayed on the back of your life vest / PFD.

AID STATIONS: Basic aid stations will be set up at the following locations:

1. Teemburra Dam
2. Trail Run - after Gargett
3. Cycle - at the end of Pinnacle-Septimus Road

However, due to the remote nature of some of these locations, we cannot guarantee the availability of supplies. It's strongly advised that you carry sufficient nutrition and hydration to sustain you through each stage of the race.

TRANSITION AREAS: Competitors are allowed to bring eskies (coolers) to transitions to store and top up personal hydration and nutrition supplies. This allows you to have access to the specific items you need to fuel your performance throughout the event.

TEAM TRANSITIONS: All transitions will be from the nominated transition tents – timing chips must be exchanged under the tent - not at the entry or exit points of any stag.

EMERGENCY ASSISTANCE: Stop and give assistance to other competitors if needed. If another competitor falls and injures themselves, it is not an opportunity to pass them. Give assistance and ensure they are ok. Time considerations will always be given to the ones who stop and assist injured competitors. Do not leave anyone unassisted, send for help.



RACE DAY INFORMATION

SPECTATORS: Friends and family are encouraged to join us to support our competitors! However, we kindly ask that spectators avoid entering certain areas reserved for competitors only, such as the finishing chute, Recovery Area, and First Aid area. Thank you for your cooperation in ensuring a smooth and safe experience for everyone involved!

FOOD/DRINKS: Nothing beats the Pinnacle Family Hotel for a famous Pie and their nightly specials, there is so much more. The Whistle Stop Café will be open from 7.00am on Saturday and Sunday with coffees, frappes and homemade treats.

MERCHANDISE: We have an array of merchandise available including 2017+ Event Shirts, socks, earrings, visors and a handful of 2024 Event Shirts! We will have cash and online purchase facilities available at the ZACH MACH Event HQ from 4.00pm on Friday 10th May.

VOLUNTEERS: We are still looking for a number of volunteers for the Trail Run and Road Cycle. If you have a family member or friend who would like to volunteer for a free Pinnacle Pie! Send us an email: info@tri-activ8.com.au with your preferred times and locations!

BAG DROP: There will be a bag drop area at Race HQ. Please label your bag clearly and avoid bringing items of value. No responsibility will be taken by our Race Team for items left in the bag drop area.

PRESENTATIONS: As a celebration of achievement and recognition of outstanding performance, presentations will be held throughout the day at Race HQ, the Pinnacle Hotel. For specific timings of presentations, please refer to the race schedule provided. While approximate times will be given, please be aware that the schedule may be subject to slight adjustments to accommodate the flow of the event.

RACE PHOTOS: Our official photographer will be out on the course. Photos will be posted on our Facebook page as soon as they are available. We will also have a variety of drone & videographers out on course this year.

PARKING: Please park behind the [Pinnacle Family Hotel](#) so we can leave room for patrons at the front car park. Simply drive past the Hotel and take the 1st turn left at the sign. There will be no parking at the front of the venue. Parking at Teemburra Dam will be past the entry point to the dam. Please only drop off kayak and park inside the main car-park avoiding the outside area for MTB's to travel into the transition. All spectators to park past the entry of the dam – we recommend staying at the dam until all of the MTB'ers have left the dam as the road will be used by MTBs (check transition maps).

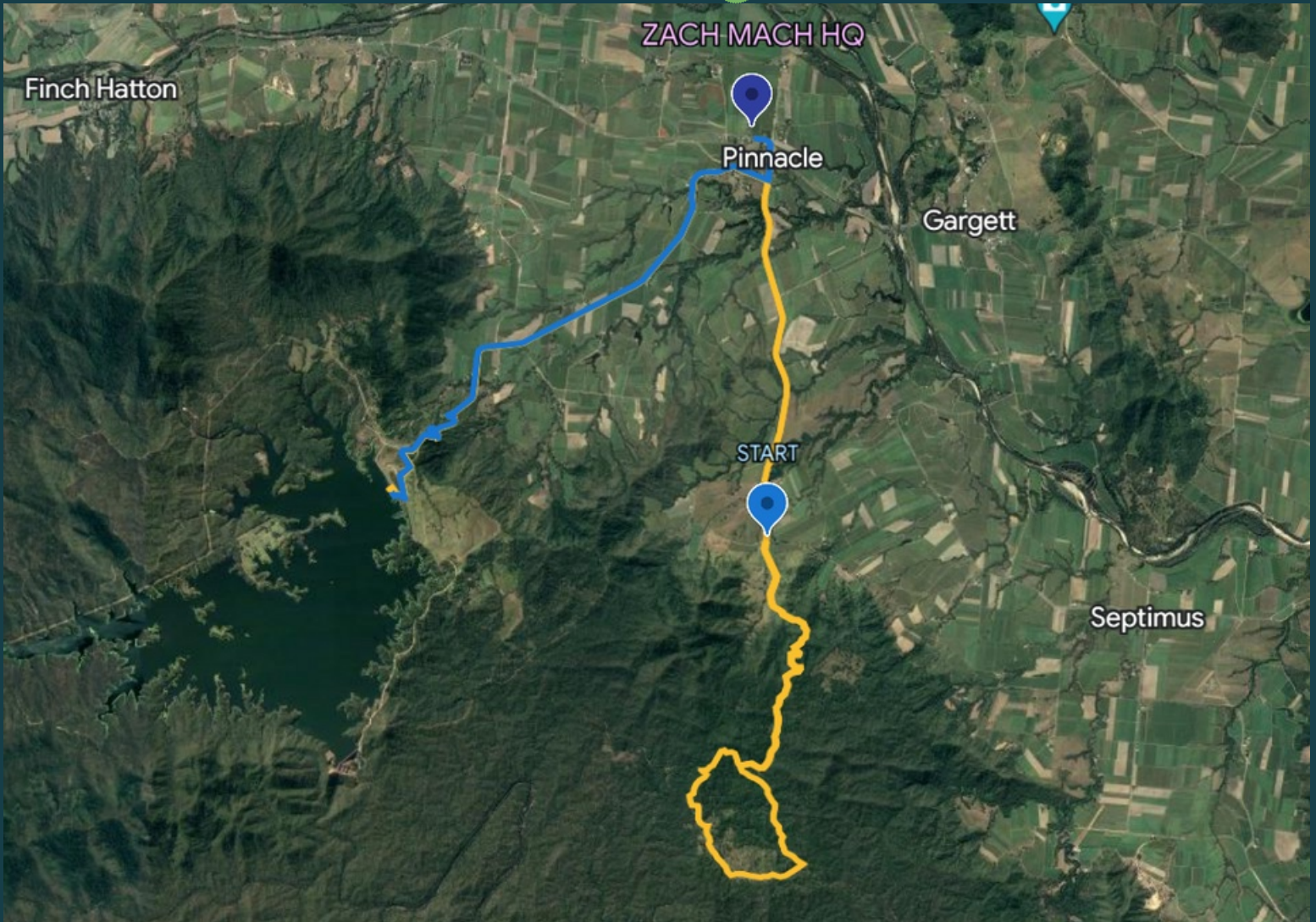


THE PINNACLE FAMILY HOTEL

Rock up to the Pinnacle Family Hotel on arrival and commit to the \$30.00 Carb Loading dinner on Friday night and you get to camp for FREE! Hot Showers and Toilet Facilities.



STAGE 1A & 1B - MTB



ZACH MACH MTB

Split into 2 stages: 1A and 1B, the Mountain Bike (MTB) ride will have you traversing between cane paddocks and grinding up through Mia Mia State Forest before summiting at Teemburra Dam. Expect, dirt, mud, creek crossings and sweat! Stage 1B will have you rolling back down along the sealed roads of Mia Mia to the ZACH MACH HQ.

MANDATORY GEAR

- Nutrition & Hydration
- Covered torso
- Mobile Phone with Emergency+ App
- Helmet - correct fit & meeting Australian Standards
- Bike with working brakes and in good working order
- Spares kit - recommended



STAGE 2 - KAYAK



ZACH MACH KAYAK

On top of the world at Teemburra Dam with the ducks paddling beside you and the barramundi swimming beneath you, this glorious kayak leg will have you cruising out on pristine still waters.

Expect serenity, fresh air, mountain views, water reflections and cheering from Mackay Canoe Club and Kayaksnthings support crew.

TIMES

8.30AM Kayak Stage Only - Sign In - Teemburra Dam

9.00AM Kayak Briefing - Stage Only & Team Competitors

9.15AM Kayak Stage Only Start

MANDATORY GEAR

- Nutrition & Hydration
- PFD Life Jacket (Australian Standard)
- Kayak / Surf Ski / SUP / Canoe (non-motorised)
 - Teams and pairs can use a 2-person option



STAGE 3 - TRAIL RUN



ZACH MACH TRAIL RUN

This is a trail run with a little bit of everything for the adventurer. Starting and finishing from ZACH MACH HQ. Expect scenic rainforest, a bit of mud, water, sand and rocks. Prepare to get wet... really wet, the creek crossings can be deep - we will have one of our fave support crews: the S.E.S. there to keep an eye on you!

TIMES

10.00AM Trail Run Sign-In

10.15AM Trail Run Briefing - Stage Only & Team Competitors

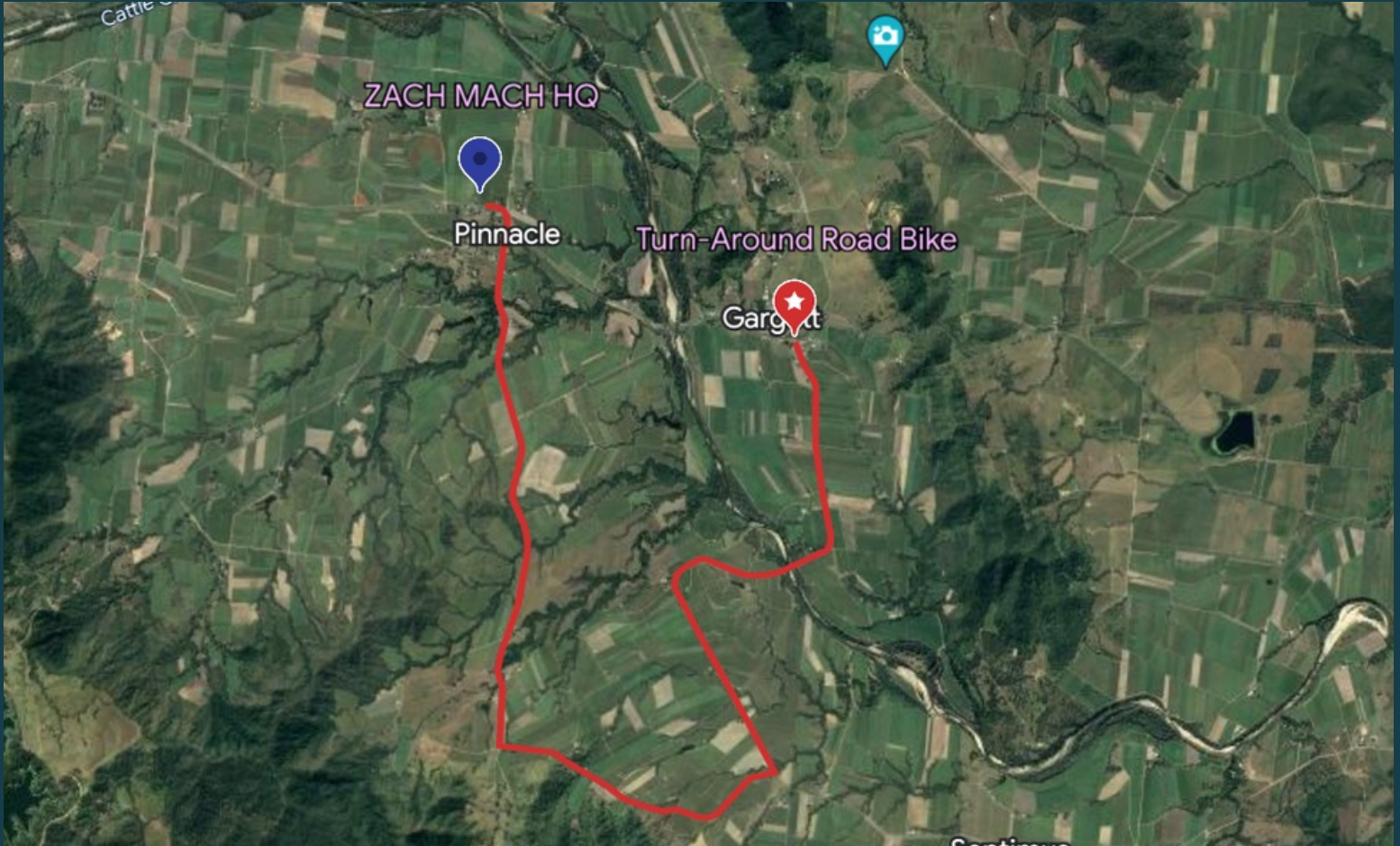
10.30AM Trail Run Stage Only Start

MANDATORY GEAR

- Nutrition & Hydration
- Covered torso
- 2 x snake bandages
- Mobile Phone with Emergency+ App (waterproof bag)



STAGE 4 - ROAD CYCLE



ZACH MACH ROAD CYCLE

The road ride takes place on sealed roads starting and finishing at ZACH MACH HQ, the cogs will be gliding and cadence will be surging as you take to these smooth roads.

Expect rolling hills amongst historic cane properties, scenic views, hopefully no head winds (but we can't control the weather...) and a sweet ride.

TIMES

11.30AM Road Cycle Briefing - Stage Only & Team Competitors

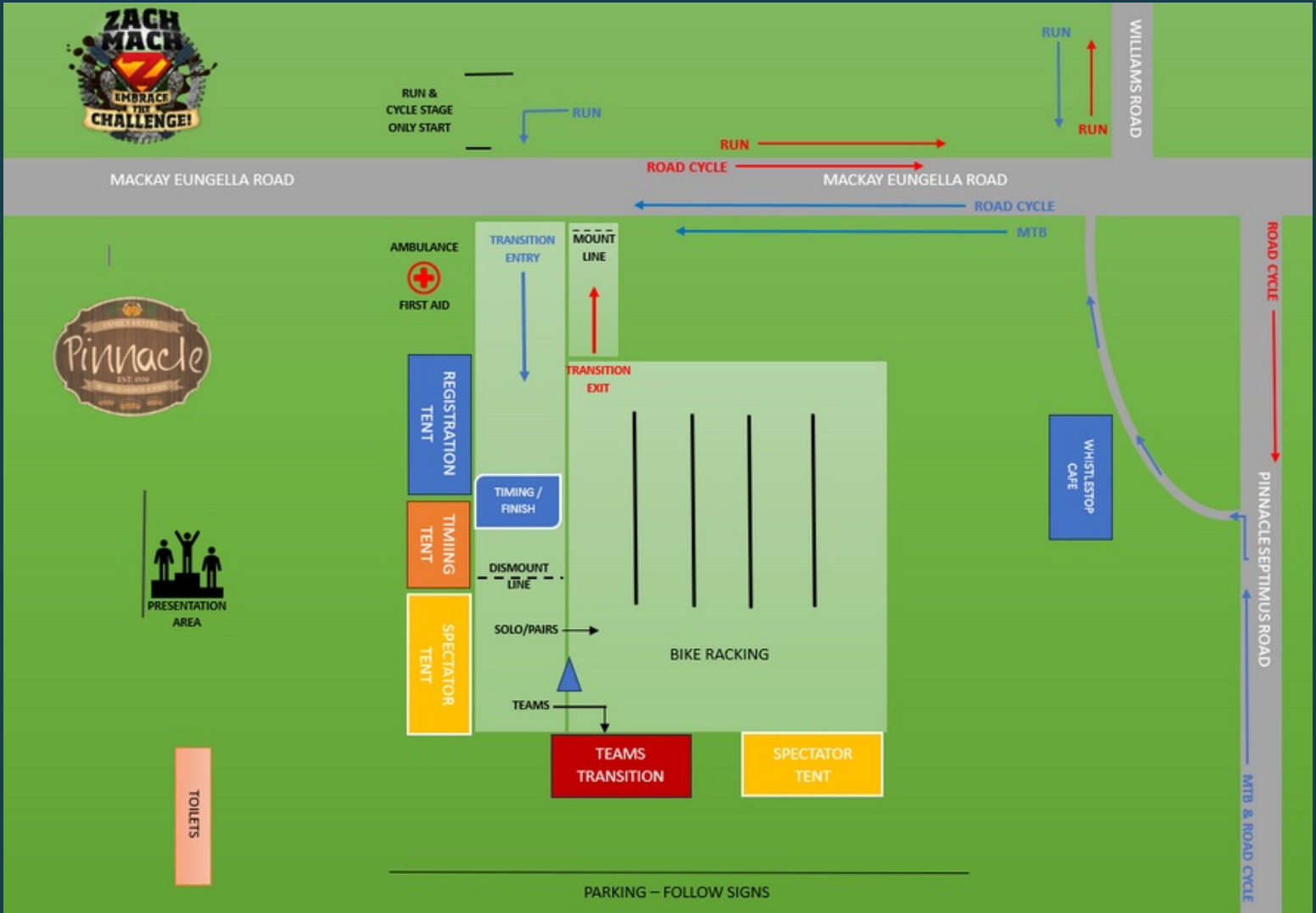
11.45AM Road Cycle Stage Only Start

MANDATORY GEAR

- Nutrition & Hydration
- Covered torso
- Mobile Phone with Emergency+ App
- Helmet - correct fit & meeting Australian Standards
- Bike with working brakes and in good working order
- Spares kit - recommended



PINNACLE HQ - TRANSITION AREA



KAYAK TRANSITION



GENERAL INFORMATION

RULES & REGULATIONS: In order for the event to run as smoothly as possible we need all participants to cooperate and stick to our rules and regulations, please read through the points below:

- No Rego – No Race – we do not offer registration on the day.
- Visible race numbers must be displayed at all times throughout the course. Timing chips must be worn at all times.
- No short-cuts – please stick to the marked track for safety and fairness reasons. All courses are clearly marked and we have marshals out on course.
- Fitness level – please manage your health and pace out on course. Our event officials reserve the right to short course or pull competitors out of the race if they are concerned with well-being.
- Obey traffic regulations unless otherwise directed by an event marshal.
- Be respectful to other competitors, volunteers, officials and spectators.
- Dress code – please wear appropriate clothing, including pants, shirts and suitable shoes. Torso must be covered at all times.
- No littering out on course
- We ask you NOT to wear headphones, so you can hear other competitors, any vehicles in the area and hear the instructions of volunteers and marshalls.
- Stop and give assistance to other competitors if needed. If another competitor falls and injures themselves, it is not an opportunity to pass them. Give assistance and ensure they are ok. Time considerations will always be given to the ones who stop and assist injured competitors. Do not leave anyone unassisted, send for help.

HYDRATION & NUTRITION: Staying properly hydrated and nourished is vital for peak performance during the event. As a competitor, you are responsible for managing your own hydration and nutrition needs throughout the race. While basic aid stations will be available at certain locations, it's essential to plan ahead and come prepared.

PLAN AHEAD: Take the time to plan your hydration and nutrition strategy before the race begins. Consider factors such as the intensity of each stage, weather conditions, and your individual hydration and nutrition needs.

FACILITIES: Toilets are available at ZACH MACH HQ and at Teemburra Dam.

PRIVATE PROPERTY: In an attempt to showcase the beauty of our region, you are very fortunate to have exclusive access to Private Properties along with Natural Reserve & land managed by SunWater. Let's continue to show our appreciation and respect towards the families that live on and work this land by only accessing during the designated event times. It is also for your safety.

CAMPING: Rock up to the Pinnacle Family Hotel on arrival and commit to the \$30.00 Carb Loading dinner on Friday night and you get to camp for FREE! Hot Showers and Toilet Facilities.



RACE DAY CHECKLIST

ALL ATHLETES - MANDATORY

- WATER & Nutrition
- 2 x COMPRESSION bandages
- Mobile Phone with Emergency+ App (waterproof bag)

MTB

- Covered torso
- Closed in shoes
- Helmet - correct fit & meeting Australian Standards
- Bike with working brakes and in good working order
- Spares kit - recommended

KAYAK

- PFD Life Jacket (Australian Standard)
- Kayak / Surf Ski / SUP / Canoe (non-motorised)
 - Teams and pairs can use a 2-person option
- Paddle/oar

TRAIL RUN

- Covered torso
- Closed in shoes

ROAD CYCLE

- Covered torso
- Closed in shoes
- Helmet - correct fit & meeting Australian Standards
- Bike with working brakes and in good working order
- Spares kit - recommended



VOLUNTEERS

Our events thrive on the incredible support of volunteers. Whether you're a seasoned volunteer or new to the experience, there's a place for you on our team. From marshalling on the course to manning aid stations, there's always something exciting to do, and plenty of fun to be had along the way.

If you have family and friends coming along to cheer you on invite them to volunteer as well. Roles include marshalling, aid station support, sweep runners, parking marshals, assisting with athlete sign-in, preparing refreshments, and event setup/pack down. With so much involved in making the event a success, we rely on our dedicated volunteers to help us run the show smoothly.

If you're interested in being part of the action and volunteering your time, please email us with your preferred times and locations to: info@tri-activ8.com.au.

As a token of our appreciation, volunteers receive a complimentary Pinnacle Pie and a drink voucher compliments of Mackay Christian College.

Who could resist such a tempting offer?
Join us and be part of the magic behind the scenes!





ACTIVE PHYSIO MASSAGE

Active Physio, the valued partners of ZACH MACH, will be available with their magic powers from 10.00am to 2.00pm, providing insightful conversations, professional recovery methods and beneficial guidance.

Drop by their location near the timing tent to elevate your performance

3/43 Gregory St,
Mackay Q 4740

28 Central Street
Sarina Q 4737

reception@activephysiomackay.com.au

Phone: 07 4953 3557
Fax: 07 4953 3558

 Find us on
Facebook

www.activephysiomackay.com.au

MINI MACH ADVENTURE CHALLENGE



Prepare for an exhilarating Mother's Day! Gather your group for the MINI MACH Adventure Challenge on May 12th.

Embark on a 2KM MTB ride, engage in orienteering, conquer river crossings, and experience the thrilling 2.5KM MTB grand finale. Brace yourself for an adventure-filled expedition with unexpected twists at every corner!

It's more than just a race; it's a mission to awaken your inner adventurer!

We're thrilled about the new starting line located right across from the Pinnacle Hotel.

Prepare to showcase your biking skills as you head down to the intersection of Williams Road and Mackay-Eungella Road before the race begins.

Pinnacle State School is joining in on the excitement, introducing a new element every year! Get ready for a series of thrilling adventures!

Additionally, for the daring adventurers aged 10 and above, there's a brand-new MEGA MACH feature to add an extra twist to the journey.

Participants opting for the MEGA MACH experience will snag a cool wristband along with their timing chip at the registration desk.

MANDATORY Gear – shoes, race number, bike, helmet
A helmet must be worn for the cycling stages. This can be placed with the bike for the run stage.

SCHEDULE

6.30am to 7.30am Check-in and collect timing chip and nominate for the MEGA MACH

6.30am to 7.30am Bike drop off to Transition 1 (walk from ZACH MACH HQ)

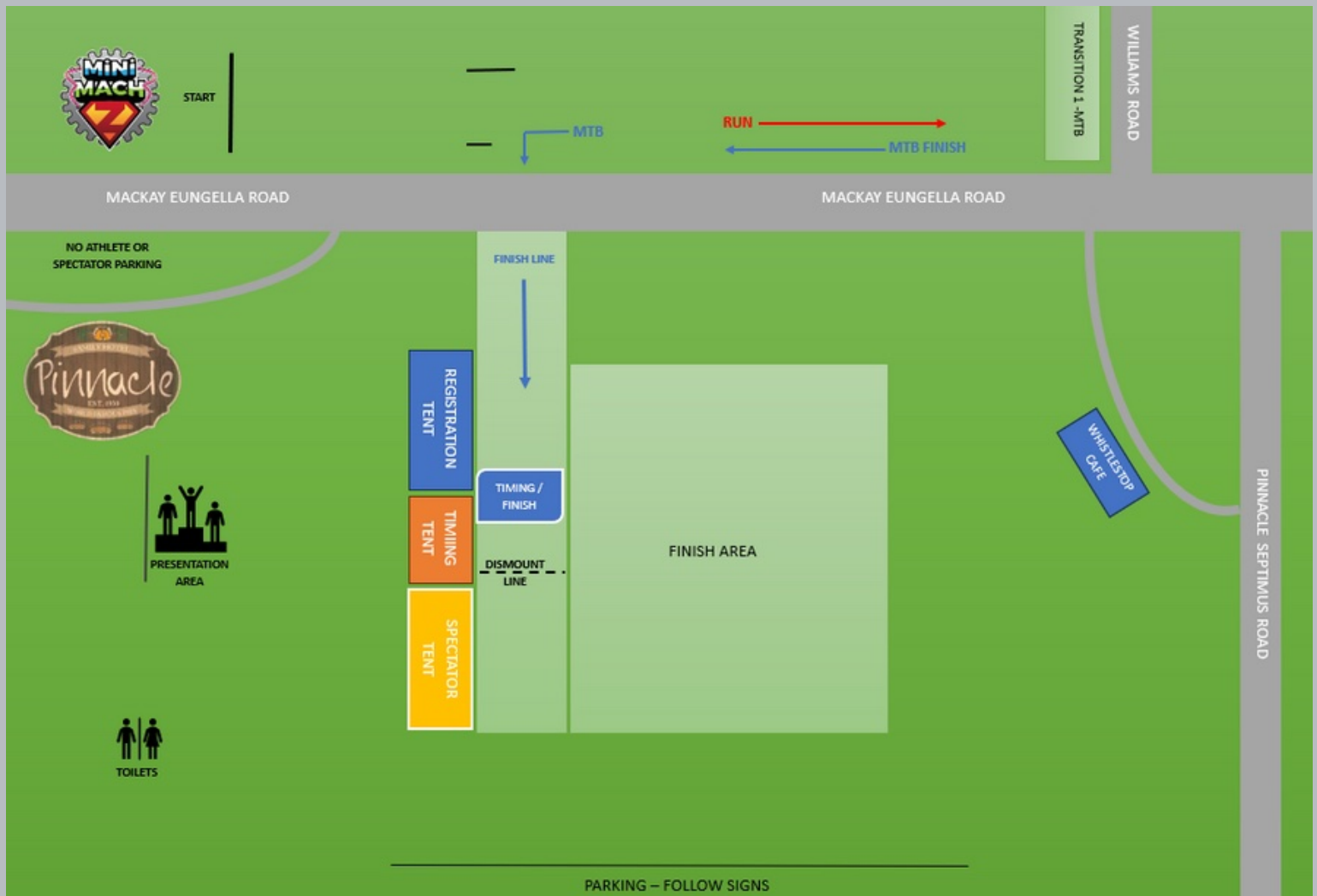
7.45am Race briefing, opposite the Pinnacle Family Hotel

8.00am Race Start

9.15am Presentations and Random Draw Prizes



MINI MACH - TRANSITION AREA



REGISTRATION: Before you dive into the excitement of the event, please take a moment to register at our registration tent. This is where you'll receive your essential timing chip, a crucial tool for tracking your progress throughout the competition.

TIMING CHIP: Your timing chip is your key to accurate timing and tracking during the event. It must be securely strapped to your left ankle at all times, so make sure it's snug and comfortable before you start. For **pairs**, you will receive one timing chip between the two of you. Coordinate with your partner to decide who wears the chip during each leg of the event.

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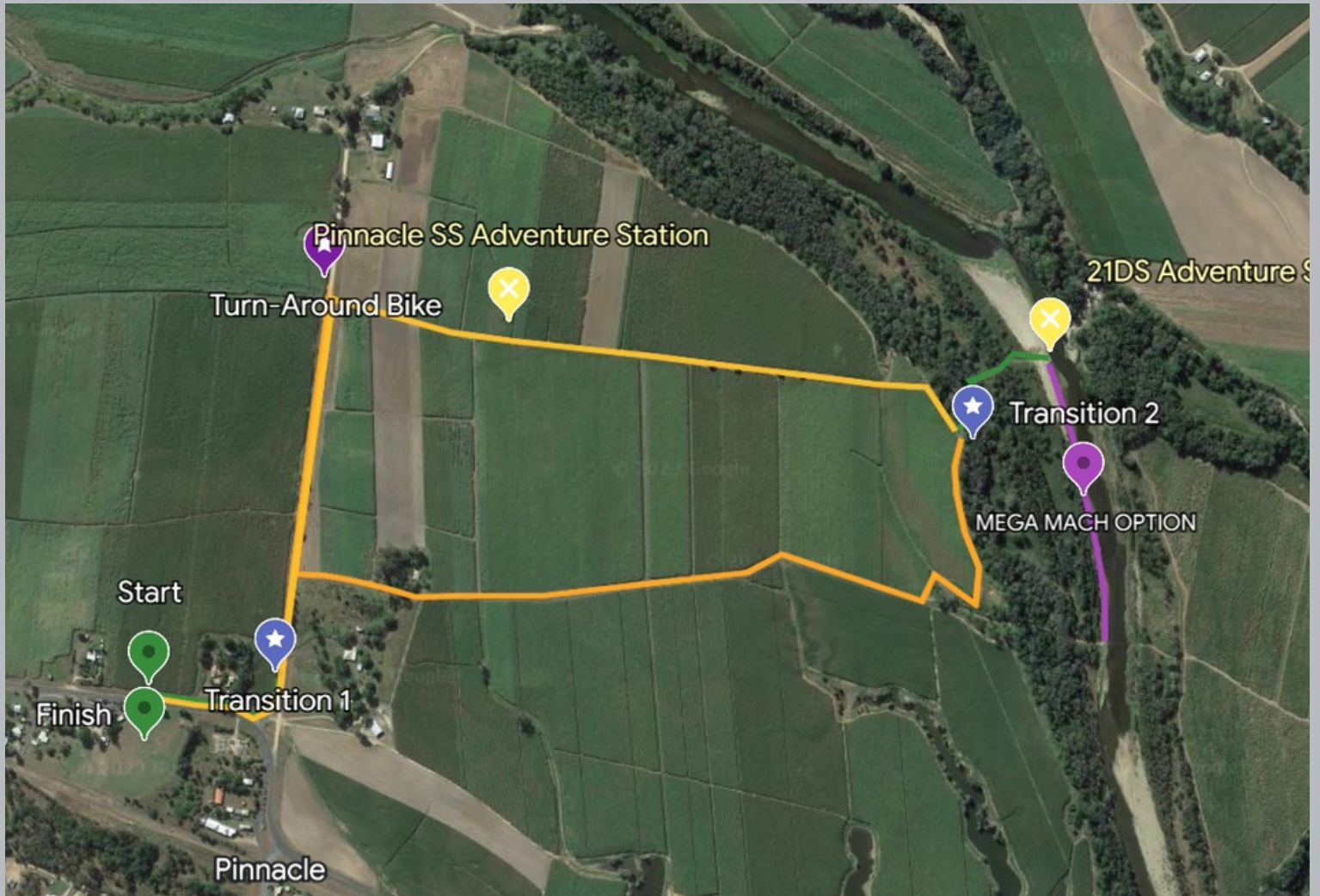
BIKE: your race plate should be affixed to the front of your bike/s where it's clearly visible.

Make sure it's securely fastened to avoid any disruptions during the race.

RUN: your race plate should be displayed on the front of your shirt.



MINI MACH - COURSE



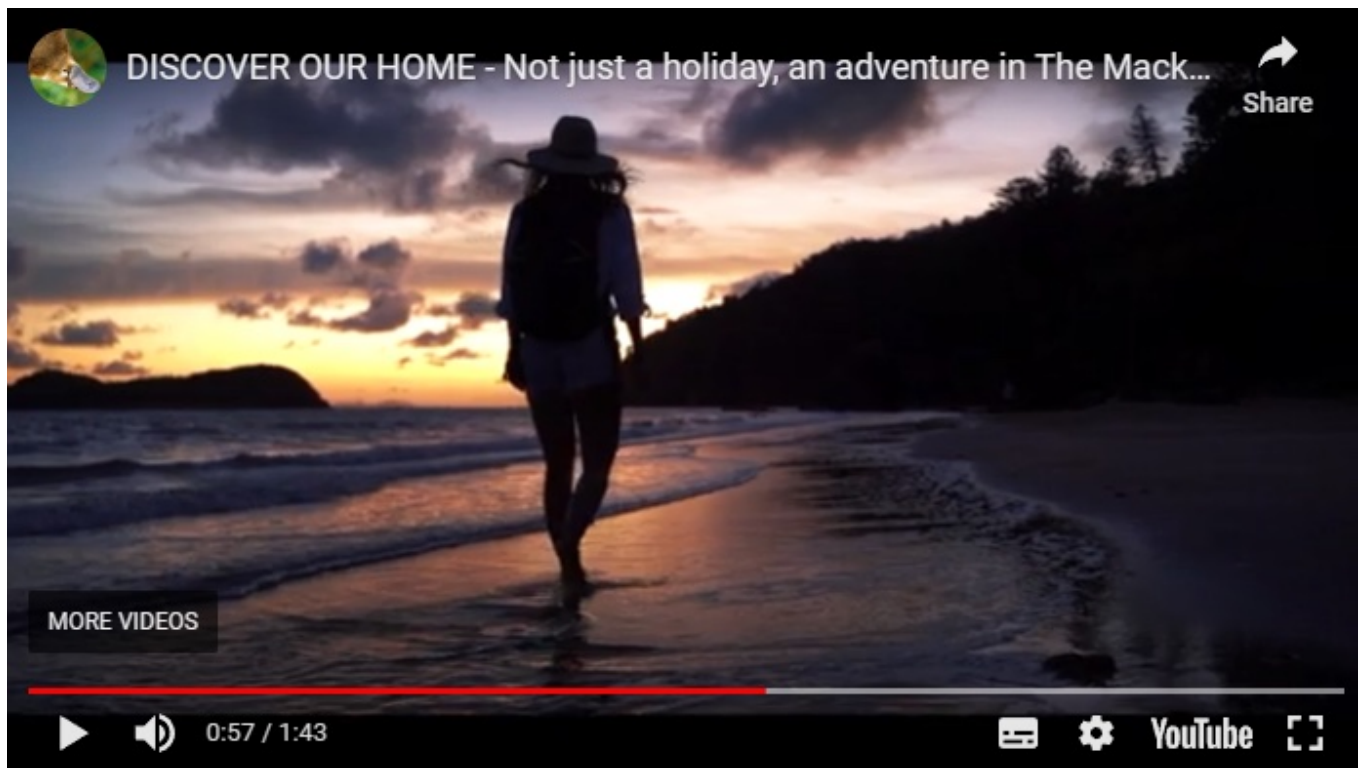
STARTING POINT: PINNACLE HOTEL The Mini Mach begins and ends at the iconic Pinnacle Hotel, where athletes will gather to kick off their adrenaline-filled journey. Athletes will dive right into the action with an adventure station challenge right at the starting line. From this adventure station, competitors will embark on a run down to Williams Road, where the real adventure begins. Athletes will mount their bikes for a thrilling 2.5km mountain bike or trail ride to the next stage of the course.

NAVIGATION CHALLENGE In Cattle Creek, athletes receive their maps and set off to locate several checkpoints strategically placed up, down, and across the river. Sharpen your navigation skills and embrace the thrill of the hunt!

PINNACLE STATE SCHOOL ADVENTURE STATION Back on solid ground, competitors make their way to the next adventure station for another exciting challenge that will test your skills and determination!

FINISH POINT: RACE HQ With the adventure station conquered, athletes jump back on their bikes and ride back to the Pinnacle Hotel, fueled by the excitement of the journey to finish strong!





#VISITMACKAY

Come face-to-face with nature.

Home to Australia's longest stretch of subtropical rainforest, Mackay presents no end of opportunities to explore untouched nature and the region's multitude of breathtaking and pristine national parks.

A trip to Mackay promises natural encounters that make you feel like you're chartering your own adventure – whether it be exploring secluded beaches, [casting a line](#), discovering tropical islands just offshore or hiking its famous hinterland.





TRAILRUN

SERIES

Embark on an adrenaline-pumping journey into the untamed heart of Mackay's breathtaking State Forests and National Parks with our brand-new, thrill-packed 4-part adventure!

Traverse rugged terrains and lush landscapes as you conquer short, medium, and long distances in each leg of this epic series.

Rack up those points and set your sights on victory as you compete to be crowned the ultimate champions of the "Mid-Short Course" and "Mid-Long Course" in 2024!

Are you ready to unleash your inner adventurer and claim your place among the fearless few? [CLICK TO REGISTER NOW](#)



THANK YOU TO OUR 2024 SPONSORS

