

GeoQuest Half 2014 - The cowgirls ride again

Tuesday, 10 June 2014

The Cowgirls ride again

The 2014 Queens Birthday weekend saw the Mountain Designs GeoQuest being held at beautiful Crescent Head and what better way to spend the holiday weekend than with 200 other Adventure Racers running, swimming, riding and paddling around the beautiful Macleay Valley Coast. The TriAdventure Cowgirls team this year was made up of Jan (Team Captain and super navigator), Gina, Michelle and myself with our support crew made up of Mandy and Kelsey (both unable to race due to injury) and our one and only Cowboy Andy. I had a months' notice before the race so had plenty of time to train but Michelle had less than 7 days' notice and we were very lucky to have her join the team at such short notice. Mike and Greg (Mandy and Michelle's partners respectively) were volunteering at the event so everyone had a busy weekend.

We all arrived at the lovely Lorikeet Retreat throughout the late afternoon and evening on Thursday and had a quiet night getting to bed early as it was a long drive from south East Old



Crescent Head





Lorikeet Retreat

Friday morning was when everything kicked off with team registration, photos and competencies, these involved a first aid and navigation quiz, a swim across the Killick Creek in shoes and PFD and then we had to capsize our kayak and demonstrate that we could get back in. This all went well but we had to wait till evening to have a hot shower as the hot water system at our accommodation had sprung a leak and was being replaced while we were splashing around in the creek so it was a cold shower at the creek side for us.

After lunch it was time to head down to HQ for the all-important course reveal and map hand out, so with the maps in our hot little hands we headed back to study the maps and have a bit of red to settle the nerves and help getting to sleep



TriAdventure Cowgirls



First Aid and Nav competencies



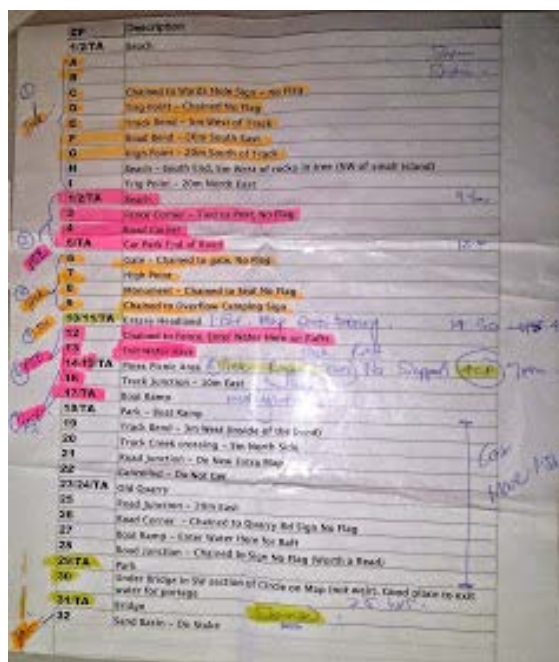
The Cowgirls and our all important Support Crew



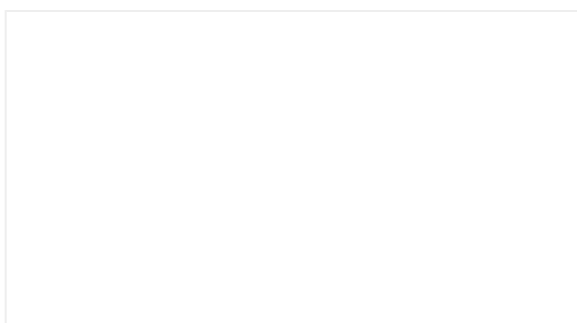
Looking through the maps and course description



The Course Overview showed we would be doing, a short swim, 32km of trekking, 69km of Mountain biking, 15km of kayaking, pack rafting and a car move



Ginas experience as an adventure racer became apparent as we hit each TA within approx 30mins of Ginass estimates





Michelle calming her nerves

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