



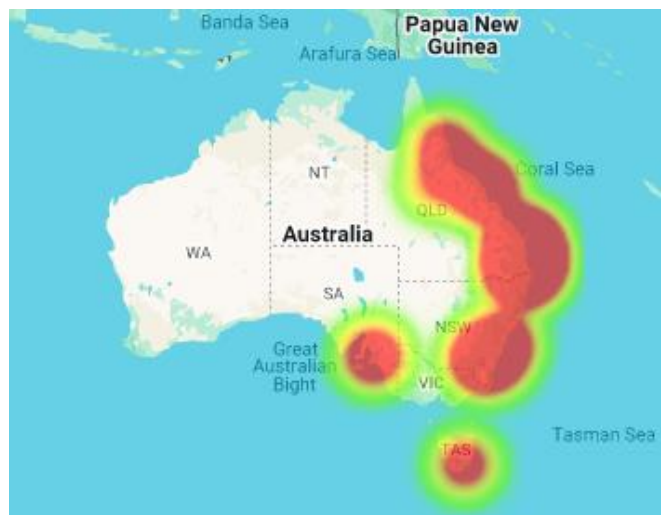
The Amazons Australia

The Amazons Australia – World First All-Female ARWS Stage Adventure Race Newsletter #3

Here is the link to [Newsletter 1](#) and [Newsletter 2](#) just in case you missed them.

Welcome to the third newsletter for The Amazons Australia. Early entries finished midnight 31 December, so thanks to all of you women who entered, you are making history!

Prior to 1 February 1 2025. this image shows where the participants are coming from for the event with entries in the Legends, Warriors and Tribes categories, but still waiting for the Princesses to sign up. In the last few days since our return from New Zealand we have some international entries as well! This is so exciting 😊



If you are reading this newsletter but have not yet entered, we strongly recommend you get your entry in ASAP, as the entries are limited to 50 teams and we expect to sell out! You can enter online via this link [Entry Information](#) page on The [Amazons Australia](#) Website. If you are looking for a partner – please email us at triadventure@optusnet.com.au



The Amazons **Australia**

Introducing our Major Event Partners

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A link to our [event supporters](#) can also be found here – so please support them any way you can before, during and or after the event, as without their support events like this are just not possible.



Contact Us triadventure@optusnet.com.au

The Amazons
Australia





The Amazons Australia

TRANSPORT – EVENT SHUTTLE UPDATE & BOOKINGS

If you wish to book a spot on the **event shuttle*** please contact us by email triadventure@optusnet.com.au. Cost \$65 PP one way (includes bike)

The **event shuttle** will do a pickup Cairns Airport on Saturday 5 July approx 2pm and will arrive at Mission Beach around 5pm. If there are MORE early arrivals either Friday afternoon / Saturday Morning – we may be able to arrange a second EARLY shuttle, but this will depend on numbers and bookings.

The **event shuttle** will depart Mission Beach at 9am Thursday 10 July approx. 8.30am. This would be suitable for flights departing Cairns Airport after 1pm on Thursday 10 July.



If you are departing Mission Beach on Friday, we suggest you book directly via Mission Link. <https://www.missionlink.com.au/>

*NB There is no Mission Link Shuttle on Saturdays or Sundays.

SHOPPING IN MISSION BEACH

The major shopping centre in the area is called [Mission Beach Marketplace](#) which has a Woolworths, Live life Pharmacy, Bendigo Bank and BWS. Please be aware this centre is closed on Sundays, but open 8am – 9pm Monday – Friday and 8am – 6pm on Saturdays. The town centre of Mission Beach has a [Mini Mart](#) convenience store which sells, essentials such as milk and bread etc. and it is open on Sundays. There is a local bakery in town as well called [The Mad Baker](#) which sells fresh bread and pastries. There also plenty of cafes open daily but please remember to BYO keep cup, as we do not want to see plastic / takeaway coffee cups when at the event HQ please.



Contact Us triadventure@optusnet.com.au





The Amazons Australia

PREPARING FOR THE AMAZONS AUSTRALIA

This is an adventure race, so at least one person in each team should know how to navigate with a map and compass, this is what ultimately makes the difference when teams might be matched in terms of speed and endurance across the disciplines of paddling, mountain biking and trekking.

As mentioned in the event information, the course each day is likely to be 6 – 8 hours and as each day will include all of the 3 main disciplines, it would be wise to be able to be comfortable paddling, trekking and or mountain biking for 3 hours at any one time, although the event may include more than 3 legs per day. This means that fast smooth transitions from one leg to another will also make a huge difference on each day of the event.

You will need to carry mandatory gear at all times, so it is definitely worth doing some of your preparation sessions wearing a pack of similar size and weight so that it might just feel like normal by the time the event comes around. This also includes paddling with a PFD! We always wear one in all of our sessions, so it just feels normal for us, but if you add water and food etc, sometimes if you are not used to paddling with the weight of a PFD it can make you feel fatigued sooner than you would expect.

So, on that note, the kayaks provided for The Amazons Australia are **SURGE** kayaks, that you will need to be able to steer! This means that there are no rudders like you may have on an SLSC Spec Ski or Ocean Ski, so the more time you can spend with your team mate the better.

AMAZONS TRAILBLAZERS

The Amazons Australia is going to be special, after all it will be the **FIRST ALL FEMALE ARWS** event **EVER** in the world, so by just being a part of this groundbreaking event, you are making history! We would not probably have had the vision, enthusiasm and or drive to deliver this event if it was not for some of the female Australian trailblazers in the sport of Adventure Racing. Please take the time to read these **BIOs** of our **Ambassadors** who have paved the way! They will be at the event as either competitors or part of the event team.



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The Amazons Australia

The Amazons are calling!

In Ancient Greece, there was believed to be a race of female warriors who lived on the outer limits of the known world.

The Amazons were strong, warlike, courageous and a force to be reckoned with.

But the Amazon spirit is not lost.

It's in the wild women who seek adventure.

The tenacious athletes who push their minds and bodies beyond the limit.

The mothers who sacrifice.

The ladies who unapologetically dance to the beat of their own drum.

The spirited sisters who grow together.

The brave, willing to leap into the unknown.

To the fearless femmes.

We call you.

For the challenge of a lifetime.

The AMAZONS AUSTRALIA

TEAMS OF TWO

July 6-10 2025

Mission Beach

Cassowary Coast, Queensland.



Contact Us triadventure@optusnet.com.au





The Amazons Australia

YOU CAN BE AN AMAZON



DON'T MISS OUT ON YOUR OPPORTUNITY TO BE A PART OF THIS
WORLD FIRST ALL FEMALE ARWS EVENT



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