



*Unleash your competitive spirit...*

### Lifestart Kayak for Kids – Sunday 27 March 2011

Lifestart Kayak for Kids is an inspirational paddling challenge on Sydney Harbour raising funds for Lifestart's early intervention and school aged services for children who have a disability or developmental delay. Disabilities can range from the more widely known Down syndrome and Autism Spectrum Disorder to much rarer genetic disorders. Lifestart's mission is to enable these children to achieve their full potential.

Get in early to secure your team's place in the big race. The 17.5km course, running from Blues Point to Clontarf, is divided into four stages of approximately 4.5km, with team transition areas between each stage. Once again in 2011, Lifestart Kayak for Kids has three overall categories. The first is a single or doubles challenge for experienced paddlers who have their own craft. The second is a team challenge for teams of three people and the third is a team challenge for relay teams of four to twelve people. For team challenge categories, hire of a three-seater kayak, paddles and life vests is included in the entry fee.

Team Entries	Entry Fees
Team of 3	\$360
Team of 4-12	\$660



Join in the friendly rivalry of **the Lifestart Corporate Challenge Cup**, designed specifically for businesses which are entering teams to compete in the paddle against one another. To win the Lifestart Challenge Cup, teams compete in both the time they take to paddle the course and the amount of fundraising income they raise. Points are awarded in both categories and the team with the highest points overall wins the Lifestart Corporate Challenge Cup.

#### Lifestart Kayak for Kids as an event promoting social inclusion and Lifestart

Kayak for Kids symbolises the community at play on the water and engages many in the community to participate in an event which promotes fun, good health and wellbeing. It builds community awareness about the needs of families and children living with disability at the same time raising funds for Lifestart. We anticipate that around 1,000 paddlers will participate in 2011 with paddlers and spectators all joining in the fun and entertainment at Lifestart's annual family picnic at Clontarf Beach after the paddle.

Lifestart Kayak for Kids is Lifestart's major annual fundraising event and is the perfect vehicle for family, friends and business colleagues to take to the magnificent harbour together. Are you up for the challenge in 2011? It's this easy...

- Step 1 Nominate your team of up to twelve people at [www.kayakforkids.com.au](http://www.kayakforkids.com.au)
- Step 2 Choose your team name and get fundraising for Lifestart at [www.everydayhero.com.au](http://www.everydayhero.com.au)
- Step 3 Pay your entry fee to secure your team's place in the race. Then, get ready to have some serious fun.



For registration or more information go to [www.kayakforkids.com.au](http://www.kayakforkids.com.au)  
or contact Kirra McNamara at Lifestart on 02 9807 9700 or email  
[kirrilymcnamara@lifestart.org.au](mailto:kirrilymcnamara@lifestart.org.au)