



Dear Lifestart Kayak for Kids 2008 Participant!

With less than two weeks to go before the second edition of Lifestart Kayak for Kids, things are getting serious !! It's time to intensify (or start for some!) training and fundraising!

Some noteworthy participants to Lifestart Kayak for Kids 2009

Former dual Olympic kayaker and World Champion in surf ski and outrigger canoeing Shelley Oates-Wilding has thrown her support behind Lifestart's Kayak for Kids. Shelley will paddle the event with her son Kai, who is following in his parents footsteps and at 11 is already a state gold medalist. Shelley, a mother of two, is a highly sought-after sports trainer and motivational speaker. When asked if she was concerned about sharks on the paddle, Shelley replied: "I have paddled Sydney Harbour for 20 years and have never seen a shark. And the safety conditions under which this paddle is being conducted both in time of day and patrol craft make it very safe - and the kayaks we will be using are very hard to fall out of."

There will also be a Special Olympics team paddling during the event with former Lifestart kids who have gone on representing Australia at the Special Olympics!



Do your part: don't forget to fundraise!

Fundraising is the crucial goal of Kayak for Kids and now is the perfect time to remind your colleagues, friends, families and contacts to donate to Lifestart on your behalf.

Remember, there will be prizes available for the best fundraisers. All fundraisers who raise more than \$500 per person by the event day will be entered into a draw to win a fabulous Dagger Safari kayak worth nearly \$1,000! If you haven't already done so, go to [Everyday Hero](#) and build your hero page.

Top fundraising teams as of 19 March are:

1. The Paddle Pops - \$2,995.00
2. Team Bank of America - \$2,480.50
3. Sharky Snacks - \$1,855.00

Total fundraising so far is over \$22,000, so we are well on our way to breaking last year's record!

Lifestart Corporate Challenge Cup presented by Macquarie Real Estate participants

As well as the event's several categories, company-based teams also have the opportunity to compete for the Lifestart Corporate Challenge Cup, sponsored by Macquarie Real Estate with a special trophy to be won, on top

of bragging rights the next morning! You can still enter this special category if you've entered your team already, just email [Alina](#) to organise it.

So don't miss out on the opportunity to paddle a kayak in Sydney Harbour while helping Lifestart's special kids at the same time on Sunday 29 March 2009: it's one day for you, and a better lifetime for them! And if you can, help us spread the word: one of the great things about this event is that it's a challenge on Sydney Harbour everyone can take part in, whether you're a seasoned paddler or a complete novice, whether you're old or young. So, [click here](#) to download the event corporate e-flyer or [click here](#) for the regular e-flyer and email your friends and colleagues about the event!

Online entries are open on www.kayakforkids.com.au until 26 March for teams and there is on-the-day entries available to paddlers bringing their own boats.

Event day registration

Please note that registration will now open at 7:00AM at Blues Point Reserve, North Sydney.

Help us expedite the registration process on the day! If you've already entered your team, but haven't filled in all the information for your other team mates, now is a good time to do it! We need to have everyone's phone, email and mailing address. The morning of the event will be busy enough as it is, so be pro-active and enter all the information before 24 March. You can do so online by creating a profile and joining a team, or by faxing (02 6230 5353) or emailing your information to [Alina](#).

For people bringing their own boats and especially for those planning to enter on the day, please allow plenty of time for registration and scrutineering. Don't leave it to the last minute!

At registration, you will need to confirm your details, hand in your signed indemnity form (for Bring-your-own boats [click here](#), for Teams [click here](#)) and collect your race bib. You will then need to have your race number written on your left arm. If you are bringing your own boat, you will then be directed to the scrutineering area to get your race number sticker for your boat and to confirm your category and start wave. If you are using the Teams' AROC yellow 3-seaters, you will be directed to the pick-up zone where you will be given 3 paddles, 3 PFDs and 1 kayak.

Finally there will be a coffee van at the event start hub from 6:30AM for your caffeine fix: bring some money, and think about donating your change to Lifestart: there will be donation buckets on hand!

Transition areas for team paddlers

If you are in a relay team (4-12 paddlers), only the first trio of paddlers need to come to the start to register. All other paddlers can register at the relevant transition area.

Finish - Clontarf Reserve

At the finish, all paddlers will receive a race pack and a meal voucher. There will be a secured kayak area to leave your boats. You must return your race bib at the finish prior to receiving your race pack. There will be a \$30 charge for any unreturned bibs. Team paddlers must also return their paddles, PFDs and kayak at this point. Presentation will be at 12:30pm. There will be free coffee and fruit for the participants on top of the meal voucher. There will also be kayaks and supervisors on hand if you want to bring your family for a taste of paddling! Clontarf Reserve also has a great children's playground area and a secured swimming enclosure, so bring the kids along and enjoy the rest of the day with us!

Some messages from our partners and sponsors

Don't miss out on the PaddleNSW familiarisation paddles!

One of the ways PaddleNSW is supporting Lifestart Kayak for Kids is by offering familiarisation paddles for participants. The Lane Cove River Kayakers Club and River Canoe Clubs will run "famils" for the four legs during the four weekends prior to the race. There is one date still available, on Saturday 21st March: Balmoral to Clontarf (4.0km) RCC Meet 8.30 for 9.00 start.

Register your interest with admin@paddleNSW.org.au 7 days prior to the leg to ensure PaddleNSW have all logistics covered!



TRAIN HARDER, RACE FASTER WITH ENDURA ENERGY GELS

Moderate to long distance triathletes frequently describe 'hitting the wall'. This is the feeling you get when you use up all your glycogen energy stores.

Endura Sports Energy Gels are a concentrated source of carbohydrates, providing a big boost of energy in a single compact serve. The gels come in great tasting Vanilla or Citrus flavours and are available in boxes of 20 or in a new 500 ml bottle. Each 35 g Endura Sports Energy Gel contains 26 g of carbohydrates to replenish your glycogen stores and give you the fuel to keep going. So when you need a blast of energy in a convenient, quick and easy form, take an Endura Sports Energy Gel!!

Endura Sports Energy Gels – Instant and Sustained Energy Source

www.endura.com.au RRP \$2.35 per 35gm sachet - RRP \$34.95 per 500ml bottle

ADVENTUREWEAR FOR A WATER PLANET



[MTI Adventure Wear](http://www.mti.com) is a small, family owned company based in Massachusetts, USA with over 17 years experience designing and manufacturing superior PFDs at affordable prices. Their philosophy is simple: they make their PFDs comfortable - so they'll be worn. They make them look good - so they'll be worn. They give them features that are practical and useful, build them well so they last and make them affordable. You get more for your money with an MTI PFD.



Riptide Hydropocket : Water on the go.

Top of the line Riptide Hydropocket lets you quench your thirst without breaking stride. Cutting edge design with

centre zip convenience, incredible freedom of movement and cross-over features for whitewater or touring.

- 3D soft foam designed for ultimate shoulder freedom
- Z-adjust side straps for fast fit
- One expandable cargo pocket with kangaroo pocket on top
- Stealth stretch cargo pocket for sunglasses
- Reflective tape, lash tab and adjustable shoulder straps
- 500d Cordura Plus™
- Hydropocket includes 2 litre bladder with insulated hose
- Australian Standard: AS1499 Type 2
- Sizes: S/M; L/XL
- RRP \$199



Eddy Hydropocket : Water on the go.

Over the head/side entry low profile jacket, perfect for playboat junkies, adventure racers, and mere mortals. Hydropocket model lets you have water on the go.

- 3D soft foam designed for ultimate shoulder freedom
- Double decker stealth pocket cargo pocket
- Z-adjust side straps for fast fit
- Reflective tape, lash tab and adjustable shoulder straps
- 500d Cordura Plus™
- Hydropocket includes 2 litre bladder with insulated hose
- Australian Standard: AS1499 Type 2
- Sizes: S/M; L/XL
- RRP \$189

These PFDs are certified to the appropriate Australian Standard.



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