



Karunjie Newsletter # 2



Time to spruik some more about the *Lake Argyle Adventure Race*. It's capturing plenty of attention and a swag of interest from around the state and even across the border. That interest is likely to go through the roof once news of the flashy one thousand buckeroonies offered for the first male and first female competitors to cross the line.....WTF?! I'm not pulling your chain guys; thanks to the extraordinary generosity of McDonald's

Restaurant Broome, the *Lake Argyle Adventure Race* has a bundle of cash to offer up for the obscenely talented amongst us. First guy across the line – *one thousand bucks*. First lady across the line – *one thousand bucks*.....Shut Up! More details to follow in **Freakin' Heroic Support**.

So what the hell is an adventure race and how is it different from a triathlon? Well, an adventure race has a suite of optional disciplines to compliment the base standards of swim, cycle and run for a start. There might be paddling, orienteering, roping, rogaining or rafting. There're no set distances and the race elements can be staged in any order best suited to the venue. Banging on the whole *adventure* thing – they tend to be held in exotic locations – *who ever heard of the West Armadale Adventure Race?* I ain't saying West Armadale isn't without its charms, just that maybe there are prettier places in the World to get up close and personal with nature.

The *Lake Argyle Adventure Race* has four race elements; open water swim, river kayaking, mountain bike riding and a cross country run. Each Karunjie Newsletter will feature a different discipline to help you better understand the course and the environment you'll be racing in – giving you the inside line to enhance the experience and make for a remarkable Kimberley Adventure.





Horses for Courses

Let's have a Bo Peep at the first stage – THE SWIM.

The 2.5 kilometre swim will set off from the lower boat ramp on Bamboo Cove in Lake Argyle with a standing start – *don't want you stubbing your delicate toes on the rocks before you turn a stroke in anger.* It's about two kilometres from the race hub of the Lake Argyle Resort and within easy walking distance if your dodgy support crew can't be roused from their swags for the early (stupid o'clock) morning start.

The water is clear and fresh and seductively inviting. Being freshwater it doesn't offer the natural buoyancy of saltwater but it makes hydrating a walk up start!

The course is an out and back one with large 2 metre inflatable buoys leading the way. You're going to be thrashing about in the largest man-made freshwater lake in Australia that also happens to be home to around 20,000 freshwater crocodiles.....relax, these are *Crocodylus johnsoni*. Hey, the *little bastards* can still get cranky but they don't go out of their way to gobble up overseas tourists like their bloody nasty bigger cousins.



Once you're out of the water, cross the timing mats to record your split and then throw on a pair of running shoes – your torment ain't over yet. You've got to get to *Transition One* to tag your team mate in and that's another lazy 1500 metres away – *up the savage 13 degree unsealed boat ramp and across the dam wall.* If you're a solo freak and you're doing the whole thing yourself – same deal; on with the running shoes and hot foot it over to *Transition One.* What the hell are you waiting for?

The transition run from the SWIM stage to the PADDLE stage is timed and included within the event, unlike last year where it was a dead zone. It's a beautiful run but fairly brutal after the taxing 2 ½ kilometre swim. If your bloody lazy support crew are up and about by now, they may want to offer some encouragement to draw that last lactic hampered effort from you. Get your eyes up occasionally from the laboured footfalls and have a look around – this is God's Country. Beeeeee-ute-eeeeee-ful.



Freakin' Heroic Support



I yapped on introduction about the incredible boost to the prize pool thanks to McDonald's Restaurant Broome. No shi' maaate, it's \$1000 for the first male and \$1000 for the first female competitor to cross the line in the Lake Argyle Adventure Race. That's Aussie dollars, not a weakening Seppo *Greenback*, or dodgy *Euro*. The big money's on the soloists – those lunatics willing to throw themselves at each of the stages. There's still an awesome raft of sponsor prizes for the teams but heroic solo physical endeavour should be rewarded with cold hard cash.....it's what their therapists would insist upon.

McDonald's Restaurant Broome have established a strong and enviable reputation for their support of Kimberley sporting events with generous assistance already lent to *The Gibb Challenge Prologue Stage* and the *Lake Argyle Swim*. Store owner Tania Mesch is the lady responsible for this incredible demonstration of unwavering community support and visionary corporate leadership. Sporting events in regional Western Australia are an important fabric to our lifestyle opportunities but they're not possible without committed corporate and community support. Huge measure of thanks once again to Mc Donald's Restaurant Broome.



This prize offering is an absolute gobstopper too – well as much a gobstopper as anything can be when I'm spruiking about the magnificent East Kimberley.

Garmin Australia have provided two stunning products from their World leading personal fitness and adventure lines; the Edge 705 and Forerunner 310XT.....Shut up! The Edge 705 is awesome – capturing heart rate, cadence, speed, elevation and then plotting it all with satellite precision for you to review, analyse or share with your mates. I got one of these puppies on Bling already and there's no where I go without it.....*I normally have the navigational skills of some dorky kid at a new school with my jumper pulled over my head and spun around in the quadrangle 30 times by the school bully.*



The Forerunner 310XT is the perfect companion for multi-sports athletes and shares many of the powerful features of the Edge 705 but in a compact design suited to transitional sports such as triathlon and adventure racing. Perfectly at home on your wrist if you're pounding the pavement, thrashing about turning laps in the pool or tucked into aero efficiency on the stead.

If you want one of these remarkable devices to track your fitness progress towards the *Lake Argyle Adventure Race*, check out the full range at <http://www.garmin.com/au/products/fitness-products/>



Bloody Bonzer Venue Hosts

The Lake Argyle Resort is simply stunning and widely lauded as the jewel of an East Kimberley Crown. Forget that tired, neglected and dusty caravan park of your distant memory from the Eighties.....this place is a modern day fable of ugly duckling magically transformed into a beautiful swan. It always held the promise of somewhere remarkable and that dormant potential is being realised through the stewardship of Charlie Sharpe and his team. This place really is *The Promised Land*. Moses, you were duped mate.



You can't pay for views like these! Well you can, but you're not going to be paying nearly as much as you ought. Overnight camping on the night following competition is included within your registration. It's a clever way to make you relax after the rigours of competition and share some fellowship with your gallant competitors or the heroic crew that supported your equally heroic physical efforts. Where have you gotta be that you can't spend the night under a Kimberley Moon?

If you're not into camping though or you're feeling a little precious, why not opt in for one the accommodation upgrades? There are some exclusive accommodation deals for participants of the Lake Argyle Adventure Race. Check out the full accommodation and facilities of Lake Argyle Resort online @ www.lakeargyle.com.au



Outback Safari Cabins



Lake View Cabins



Stunning Views



Wait for it.....Legendary Sponsor's Page



Government of **Western Australia**
Department of **Regional Development and Lands**



Almost Legendary

Let me share a thought with you. You own or manage a reasonably successful business or corporate venture but it's not like you're getting a Guernsey in Forbes' list of the grotesquely rich. A *letter of offer* seeking sponsorship for an adventure race set on Lake Argyle in the remote Kimberley region of Western Australia arrives on your desk (Snail mail still has a place).....What the Hell?!!

Whether or not they were able to offer any measure of assistance, some chose not to ignore the correspondence but replied with gracious words of encouragement and well wishes. I genuinely appreciate the gesture and earnest consideration offered nonetheless, thank you.