



Karunjie Newsletter # 9



Race day's getting closer and so it's time to have a look at the next stage in this incredible life defining adventure race. We've already had a look at the insane 3 kilometre swim leg and the torturous scramble up the rock strewn boat ramp and 1500 metre run across the engineering marvel of the Lake Argyle dam wall. If you're in a team you're getting tagged in; fresh and thrilled to be hitting the water. If you're a solo freak you've just committed to another yodel fest that will smash you to the core.

The Paddle.

The *Mighty Ord*. Rivers around the World lay claim to this oft used superlative but *The Ord* is a genuine heavy weight in the H2O stakes. The figures are just mind numbing; during the *Wet* gazillions of litres flood into the Cambridge Gulf, so much that it forces freshwater a kilometre out to sea!! During the relative calm of the *Dry*, enough water still flows through the turbines to power the Argyle Diamond Mine, Kununurra and Wyndham and still leaves enough in the tank to irrigate 14,000 hectares of melons, mangoes, sandalwood and legumes. *That's enough mung beans and incense to fuel another generation of hippies!*



T1 will have the paddlers entering The Ord just down from Pacific Hydro's Power Station. The water is a swirling maelstrom that forms an irresistible current propelling you downstream. I know water's suppose to be flat but it's like a downhill run for boats....way cool. It's no bludge though, 28 kilometres is still a freakin' long way, helped along a little or not. It'll probably take you the better part of three hours.....three hours of windmilling lunacy where your shoulders will scream for mercy.

You're going to need a feed to get the blood sugars up and keep the head in a happy place, so make sure you pack some carbo gels, bananas or jam and ham sandwiches – what ever it is that keeps the turbines pumping. Pack the goodies and chow down every 20 minutes or so. You might be feeling a million bucks early in the day but you don't want to “bonk” when you run out of fuel. You know what I'm talking about right? *Bonking*; hitting the wall and feeling as flat as a tack.....not happy in the sack.

Some boffin in 1983 stated the bloody scientific obvious; “*Kayaking is a sporting activity characterised by exceptional demands on the upper body.*” No shit Sherlock. *A successful kayaker requires high aerobic power, high anaerobic energy yields and great upper body muscle strength.....it took two boffins to throw that pearl of wisdom together and one more to write about it again two years later. 1. Put kayak in water. 2. Sit on/in kayak. 3. Dip paddles in water in long powerful strokes. 4. Do the paddling thing lots of times.....a real lot of times. It ain't rocket science.*



Legend....wait for it....argy



How do you properly acknowledge selfless acts of humility and unfathomable community spirit like that offered by bloody heroic volunteers? You ask them to help you out some more.....because that's the type of fabulous people they are and that's what they like to do. I speared a call in

to the East Kimberley Marine Search and Rescue Association and got to speak to *Dr Edge*, Alan Pardoe-Bell. You reckon there's a more enthusiastic volunteer boatie??

The East Kimberley Volunteer Marine Search and Rescue boat will be available to offer a state of the art water patrol presence and a smicko emergency response should anyone get into difficulties in their splash-fest across *The Lake*. Plan for the worst....hope for the best.....and that's what you'll be getting; THE BEST. Great crew, great boat and great opportunity to showcase their invaluable skills.



You couldn't be this lucky twice.....surely not? When you're searching for dead set legends in the community, can you get past the guys and girls of the St. John's Ambulance? Their corporate motto spruiks; "*In the Service of Humanity.*" Is there a nobler mission statement? So cool.

The wonderful crew of the Kununurra St. John's Ambulance Sub-Station will be providing an emergency medical response for us during the Lake Argyle Adventure Race; cut your foot, sprain an ankle or pull a heartstring and these angels of mercy will patch you up and have you feeling a million bucks in no time. If their cheerful smiles and attentive care don't do the trick, the green whistle certainly will.

Here's the thing though, (serious bit – pay attention**) if they need to haul your busted arse to the Kununurra District Hospital, you're going to up for some serious coin if you don't have St. John's Country Ambulance Cover or some private health insurance. Your registration DOES NOT include ambulance transport if you're injured and need to be medically evacuated from the event. Please check with your health cover provider or take out a separate cover through SJA.**

I know we smash the same people time and time again when help's needed. Hey, you're speaking to fervent disciple; Need a few thousand raffle tickets sold in a breezy shopping centre? – I'm your guy; Wanna ride from Karratha to Broome on bikes without a beer stop? – Where do I sign up?; Have a crazy thought to travel *The Gibb* on a mountain bike? – I came up with the ridiculous idea!

If you're the bloody heroic volunteering type – I would be thrilled to have you help out during the Lake Argyle Adventure Race. Give me a call on 0439 063 441 or write to karunjie@westnet.com.au





Heroic Support



Just Framed



Dream, hope, plan, pray all you like: Events cannot come to fruition without solid assistance and support from amazingly generous individuals, companies and community groups. These guys are gold. Support those that support you.

THANK YOU doesn't come close to expressing the gratitude felt for their valued contributions, so I'll bang the drum extolling their uber righteousness until my arms drop off and plaster their corporate logos over everything that stands still long enough for me to joey up the free world.



Prize Booty

If it weren't reward enough to be accommodated at the most picturesque location in the East Kimberley, to be challenged physically and emotionally in a life defining adventure race, to engage with other kindred athletes and to have everything organised to military precision by an emerging superstar management company, there's a truck load of prizes available to boot.

Thank you to our gracious supporters who are putting up some grotesquely generous prizes in celebration of your extraordinary feats.



Sponsorship Opportunity

If you or your company, government agency, sporting body, church group, street gang, organised criminal network (not really – shove your dirty money) or secret society would like to offer any measure of assistance or support, Karunjie Event Management would like to hear from you.

Please contact Simon Rimmer at karunjie@westnet.com.au or get on the *dog and bone* 0439 063 441.



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 obscenely 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 reply with gracious words of encouragement and well wishes. I genuinely appreciate the gesture and earnest consideration offered nonetheless, thank you.