

12

Your entry: How to go about it

2008 closing date for entries: Monday 8 December

The Red Cross Murray Marathon is a major fundraising event for Red Cross. As a condition of entry, minimum fundraising guides are set for each category within the event. Combined with a standard entry fee, these components make up the total amount payable in order to participate. Details of registration costs per boat entered can be found at the bottom of this page.

To enter the 2008 Red Cross Murray Marathon you must return the completed entry forms, together with your entry fee and fundraising component, as one complete package to Red Cross Murray Marathon, GPO Box 9949, Melbourne 3001 by **Monday 8 December 2008**.

Payment of the entry fee and fundraising component is to be by either credit card OR one cheque/money order made payable to Red Cross. A combination of payment methods or a combination of cheques/money orders is not permitted.

How to enter

One complete set of entry forms is located in the back section of this Guide. The Paddler Entry Kit will need to be photocopied for each member of your team. **Additional entry forms can be downloaded: www.redcross.org.au/vic/murraymarathon.htm**

Completed Boat Registration Kit, Paddler Entry Kit(s) (for all paddlers in your team), Payment Summary, entry fee and minimum fundraising amount must be returned for your registration to be processed.

Registration process

There are three components of the registration process:

- Paddler Entry Kit (one kit per paddler)
- Boat Registration Kit (one kit per boat)
- Payment Summary (one complete payment per boat)

Team registrations

If you are participating in the Red Cross Murray Marathon as a team, please nominate one person to be your representative, or "team coordinator". This person is then responsible for completing the Boat Registration Kit and collecting all team members' Paddler Entry Kits, and returning them all to Red Cross on behalf of the team, together with the completed Payment Summary.

If you are an individual paddler, please simply return the Boat Entry Kit with your Paddler Entry Kit and completed Payment Summary.

If you have any queries please call the Red Cross Murray Marathon team on 03 8327 7742 or email us at: vicevents@redcross.org.au

Important info: K4 Challenge

Paddlers who wish to sign up for the 2008 K4 Challenge must follow a different registration process from that outlined above, and their entry will be handled separately. If you intend to join a team for this year's K4 Challenge, please contact the Red Cross Murray Marathon team on (03) 8327 7742. **Places are limited so register your interest early.**

Registration costs per boat entered

Category	Entry fee	Fundraising	Conditions	Total
Full Distance/ Half Marathon*	Single	\$75	\$350	\$425
	Double	\$150	\$700 per pair	\$850
	K4	\$300	\$1,400 per team	\$1,700
Relay	Single	\$375	\$1,250 per team	\$1,625
	Single	\$375	\$1,000 per team	\$1,375
	Double	\$750	\$2,500 per team	\$3,250
	Double	\$750	\$2,000 per team	\$2,750
School/ Junior Relay	Double	\$750	\$1,500 per team	\$2,250
	Double	\$750	\$1,000 per team	\$1,750
Junior	Single	\$75	\$150	\$225
	Double	\$150	\$300 per pair	\$450

* K4s are not eligible to compete in the Half Marathon

Paddler registration

Every paddler participating in the Red Cross Murray Marathon must register himself or herself by completing all fields on the Paddler Entry Kit. Please fill out these forms as accurately as possible.

The **Paddler Entry Kit** comprises:

- Paddler Entry and Declaration Form
- Medical Form
- Five Minutes of Fame Form

Red Cross relies on the information you provide to assist you in any medical situations that may arise and to help us promote the Red Cross Murray Marathon.

Red Cross is not able to raise invoices for your sponsors. You may request a letter of support to assist with your fundraising activities and, of course, issue your sponsor with an immediate receipt.

Boat registration

One boat registration must be completed for each boat entered in the Red Cross Murray Marathon. The form indicates which category and what type of craft is being entered.

Scrutineering

All craft (including 'back-up' or 'reserve' craft) must be scrutineered by the Race Group before being used in the Red Cross Murray Marathon. Craft will be inspected to ensure that the craft is in a state of positive buoyancy, and that floatation devices are fixed in place for boats requiring it. Craft may be inspected in accordance with the craft specifications as outlined in the Marathon Rules.

All craft must conform to the rules of the class entered. Checks for buoyancy vests occur on a daily basis as craft are checked onto the river.

Scrutineering dates:

Sunday 14 December 2008

Please bring your craft to the Footscray Canoe Club between 9am – 1pm. The Murray Marathon Race Group will be on-site to scrutineer your craft. It is important that you inform the Race Group of your canoe number, of which you will be advised by post after your Entry Forms have been received and processed. If you wish to use your craft in the Footscray Murray Marathon Dress Rehearsal event*, please ensure your craft is scrutineered prior to the commencement of the race.

*Please note that this event is organised by the Footscray Amateur Canoe Club

Friday 26 December 2008

Please bring your craft to the Tocumwal Football Ground (the official campsite) for scrutineering by the Race Group between **10am – 4pm**. The same information above (regarding canoe numbers) applies.

Once your craft has been scrutineered you will be issued with your canoe number plate, competitor T-shirt/s and other mandatory items.

Payment summary

The Entry fee and fundraising component must be paid to Red Cross as one complete payment. **One** Payment Summary form per boat must be returned.

Please tick the category you are entering on the Payment Summary form, and provide us with either **ONE** cheque or money order (made payable to Red Cross) or credit card details to cover the entire cost of your boat's entry/fundraising. You will need to indicate on the form your fundraising method (eg. personal donation or other fundraising method or a combination of both.) Please also use this form to indicate whether you have returned raffle tickets as a component of your fundraising.

Red Cross will not issue receipts for your fundraising, unless it is a personal donation made by you. You are responsible for issuing your sponsors with receipts. To obtain a receipt book prior to commencing your fundraising, have your team coordinator contact Red Cross. The receipt book may then be used to issue your team sponsors with receipts on the spot. **Please return your used/unused receipt book with your entry forms.**

Late registration

It may be possible to register and pay your entry fee and fundraising component in person at Tocumwal on 26 December although a **late fee** of \$100 per entry will apply. Cheque, money order **OR** credit card payment will be accepted.

In order to have your craft scrutineered at Footscray you must have completed your registration prior to this day. **No payments will be accepted at the Footscray Scrutineering.**

We strongly recommend that you register through the post and pay your fundraising component in full by Monday 8 December 2008 in order to give yourself extra preparation time and also to assist us with the organisation of the event.

14 Your options

The Original

Take the ultimate challenge and face the 404km course by yourself or in a team. Experience each stroke as you provide the power for all five days. All competitors must be 17 or older.

The Relay

Enter a team of three or more paddlers for an action-packed paddling experience. Mixing camaraderie with pleasure and paddling, the relay is a great way to enjoy the challenge.

The School Relay*

This category is open to all secondary school teams. Four or more paddlers share the duties of paddling one double craft from start to finish over the five-day event. Please note: team members must be enrolled at the school that the team represents. School teams will need to provide a signed letter from the Principal confirming that all team members are enrolled students of the school represented.

* Combined school teams must enter Junior Relay, not School Relay.

The Junior Relay

Groups of friends, scouting and guide groups, and junior canoe club teams have a class of their own. The Junior Relay follows the same format as the School Relay.

The K4 Challenge

Three teams of up to 16 paddlers each will compete not only to be the first down the river, but also to have the most fun on the bank. Interested in joining a team? Contact Red Cross.

The K1 Cup

Attracting elite athletes from across the globe, teams of four or five paddlers compete in a relay-style race in individual kayaks.

Junior Marathon

Paddlers as young as 13 can participate in the Marathon over a reduced distance. The junior course covers varying distances over a given number of days set according to age.

The Half Marathon

Not quite up to the full distance this year? Half Marathon participants paddle 202km over the five days, paddling each day from a designated checkpoint to the finish. Entry into the half marathon is limited to 30 boats, and craft restrictions apply.

The Great Adventure

Don't want to be bothered with the competition rules? If your goal is just to make it to Swan Hill, the Great Adventure is for you. Entries are accepted for Full Distance, Half Marathon and Relay. You will still receive a medal of participation and your daily and total times will still be recorded.

Core competitive classes																							
	Kayaks				Canoes				Surf Skis/Recreational Kayaks/Outriggers								Unres'd		Misc				
	TK1	TK2	K1	K2	K4	TC1	TC2	C1	C2	C4	OS1	SS1	SS2	RKS1	RKM1	RKL1	RKL2	OC1	OC2	UNR1	UNR2	Misc	
Open/ V40/ V50/ V60	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Women/ V40/ V50/ V60	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Mixed		•		•			•		•	•			•						•			•	•
Junior Full Distance J14/ J16/ J18	•	•	•	•		•	•	•	•														
Open Relay	•	•	•	•		•								[classes combined]				•					
Women's Relay	•	•				•								[classes combined]				•					
Mixed Relay		•				•								[classes combined]									
School/ Junior Relay/ J16 Relay		•																					
Half Marathon	•	•					•								•		•						

† The K4 relay is only available as part of the K4 Challenge. Recreational Kayaks include Sea Kayaks and Hybrid K1 craft. Boats are matched to a class based on measurements. Other classes may be added at the discretion of the Race Group, however three entrants will be required for any new class to be created. Unrestricted craft include those craft that do not fit under ICF specifications in any other class. Miscellaneous includes non-competitive craft as well as any 'novelty' craft.

K4 Challenge

The BHP Billiton K4 Challenge is an event for **everyone!**

Whether you don't know where to start but know you want to take on the challenge of the Red Cross Murray Marathon or you're a past paddler who wants to try something different, the K4 Challenge is for you.

With three four-man boats, in a relay format, the K4 Challenge has capacity for around 50 people. You don't need your own boat – just a sense of adventure and willingness to join in, participate and have some fun.

The K4 Challenge envelops a spirit of 'teamliness' making us far and away the biggest, loudest and most colourful team on the Murray.

It's never too late to get involved, so if you like the sound of being a part of the 'spirit of the Murray' please call the Events Officer at Red Cross on (03) 8327 7742.

The K4 Challenge would like to thank its major sponsor, **BHP Billiton**, without whom the challenge would not be possible, as well as **Mainland On the Go**, for rash vests and all the delicious product samples, and **Compton & Green Real Estate Solutions** for funds towards the purchase of canoe numbers one and two.

See you on the water!



Half Marathon

Total distance for the Half Marathon is just over 200km.

Competitors in the Half Marathon will compete over a reduced distance each day. Starts are made later in the day than the full Marathon at, or near, checkpoints. The finish for each day is at the normal Marathon finish.

The Half Marathon is open to entry for the full five days, or to competitors who wish to change from full distance.

Classes in the Half Marathon are:

- **TC2** – Open and Women
- **TK1** – Open and Women
- **TK2** – Open and Women
- **RKM1** – Open and Women
- **RKL2** – Open and Women

Start procedure

Canoes may be grouped by class for starts, dependant on entry numbers. Start times and locations are:

Half Marathon info

Day	Starting Checkpoint	Starting Time	Distance
1	B	11.30am	51km
2	B	11.30am	46km
3	B	10.30am	50km
4	B	10.30am	33km
5	C	12.45pm	20km

To find the start point, proceed to the nominated checkpoint and locate the Half Marathon flag. Assembly for the start will be nearby.

Important note: Start for Day three is separated from Checkpoint Bravo, being over the bridge on the Victorian side of the river.

As the start are at checkpoints, traffic, people and canoe congestion is extreme. These conditions will most undoubtedly cause delays in crews getting to the start point. Competitors are strongly advised to arrive for the start at least one hour prior to the start times shown above.

Rules for the Half Marathon are as per the normal racing rules.

16

Junior information

Junior race rules

The Junior Red Cross Murray Marathon has been divided into three main sections:

J14 over three days – For those aged 13 and 14

J16 over five days – For those aged 15 and 16

J18 over five days – For those aged 17 and 18

Classes: K1, K2, TK1, TK2, TC1, TC2

Age Limits

J14 – Must turn 13 or 14 during the year of the event

J16 – Must turn 15 or 16 during the year of the event

J18 – Must turn 17 or 18 during the year of the event

Briefing

There will be a briefing at Tocumwal on 26 December 2008 after the main briefing. Please be there!

- All paddlers in J14, J16 and school relay sections must wear life jackets or buoyancy vests.
- Official bibs must be worn over buoyancy vests.
- All other normal race rules and conditions apply.

Important information for juniors

Junior Starter: Don Harris

All junior competitors are required to assemble at their starting checkpoint **one hour** before their start time. This is advantageous to you as it will ensure you are ahead of the main Marathon traffic and do not get held up in transit.

Upon arrival at your start, look for a flag marked 'Juniors' or a Red Cross flag that will be attached to the starter's vehicle. You must place your craft, ready for checking in the adjacent reserved area.

You will be marshalled on land **15-20 minutes** prior to your start. You **must** be in attendance so you can be marked off on the start sheet. At this time, you and your crew will be informed of the start procedure and any last minute information that may affect your day's paddle.

Once you are underway, be sure to acknowledge the call of your number as you pass through downstream checkpoints. Please also respond to any first aid or other Marathon officials whom you pass during your paddle. This is highly important to signal that you are feeling okay and not in need of assistance.

As many of you do not start until later in the day, it is vital you begin drinking water several hours before your start, as well as during and after your paddle. **Enjoy your race!**

School/Junior Relay information

The School/Junior Relay categories of the Red Cross Murray Marathon are among the most colourful, exciting and hotly contested events. Whether you are a seasoned paddler or new to the sport, **the following advice should help you to have a successful and safe race.**

On the start line. . .

Those of you familiar with the event will know that the start of each day is probably the time at which your team is most vulnerable. Remember that you will be just one of around 40 crews, **so be prepared for very choppy water**, especially if your team is inexperienced and thus not as fast as others. Practice racing 'in a pack' and all starting together during your lead-up training; get used to sitting within about a metre of other boats. Learn how to 'support stroke', and practise capsize drills. Try to relax on the start line: taking some deep breaths, having a calm warm-up paddle and loosening your shoulders once you're in the boat will help to calm nerves and reduce the 'jitters'.

During the race. . .

Your team will be required to 'change-over' crews at each of the three or four checkpoints during the day. How you and your support crew manage this time can make a big difference to the overall performance and morale of your team. However, due to their nature, change-overs can also be dangerous: the water can be deep, the bank slippery and the boat difficult to get into or out of. It is essential that you and your team **practise** your change-over procedure well before the event to work out which method will work best for you and your helpers. Remember that the best change-overs are those where everyone performs their role in a safe, fluent manner.

Hydrate and re-hydrate. . .

Many junior crews have come to grief when their members have failed to drink enough water for the conditions. Even though you may not be thirsty, **drink plenty of water before, during and after your paddle**. Get used to using your drinking system before the event, and find out how long the water it holds will last you.

The spirit of it all. . .

Participation in the Marathon is about many things, however there are some common courtesies that we should all observe. Remembering your on-water etiquette is one of those things: **swearing or other negative language** (with the exception of friendly heckling) is never appropriate, especially from members of junior teams. Be sure to read the rules section of this Entry Guide carefully, and pay special attention to the areas covering on-water conduct and checkpoint courtesy. (Refer to racing rule 18)