

## Full Moon Rising

### Ramblings of the Hawkesbury Howler – July 2010

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#### **Race Books available soon**

The HCC Race Books will be available soon and will be mailed to all paddlers entered for this year's Classic. The Race Book contains valuable information that is compulsory reading even for those seasoned Classic paddlers who have done it all before. There are always minor amendments to the information so please take the time to read it. Remember if you are hungry for information check the website [www.canoeclassic.asn.au](http://www.canoeclassic.asn.au)

#### **Four hard-earned donations at work - New Arrow / HCC PhD Scholar**

The Arrow Bone Marrow Transplant Foundation has awarded Sewa Rijal the Arrow / HCC PhD Scholarship for research into leukaemia or stem cell transplantation. Sewa is studying a Doctor of Philosophy (PhD) at the Department of Clinical Haematology at Melbourne's Monash University, where she was awarded a Bachelor of Biomedical Science with 1st Class Honors. Sewa's PhD will study the expression levels of various phosphoinositide phosphatases (PIP's) in patients suffering Acute Myeloid

leukemia (AML). This will help in the understanding of why AML patients relapse after chemotherapy.

If you, as is the case with the Hawkesbury Howler, don't quite understand all that then go to the Arrow website at [www.arrow.org.au](http://www.arrow.org.au) Suffice to say that your fantastic donations are being used to fund cutting edge research.

## **Prize for top fundraiser Thanks, Apollo Craft**

Mark Osmond from Apollo Craft has very generously donated an Apollo X1 kayak as a further incentive for paddlers to go all-out in their fundraising efforts for this year's Classic. The top individual fundraiser will receive the X1 kayak. Take a look at the prize at [www.apollocraft.com.au](http://www.apollocraft.com.au).

2010 Fundraising Target – \$500,000

We have set a fundraising target of **\$500,000** for the 2010 Classic.

This follows on from your record-breaking effort last year when paddlers raised a massive \$313,000. Of that fantastic figure The Hawkesbury Canoe Classic Association Inc. donated \$280,000 to the Arrow Bone Marrow Transplant Foundation [www.arrow.org.au](http://www.arrow.org.au) and \$30,000 to other charities. The HCC has been associated with Arrow for 15 years and in that time paddlers have raised over \$2 million for leukaemia research and patient support services.

The major recipient for 2010 will again be the Arrow Bone Marrow Transplant Foundation. We encourage you to take a look at the Arrow website [www.arrow.org.au](http://www.arrow.org.au) and see where your hard-earned fundraising dollars are put to very effective use.

## **Training.....who me ????**

Yep, even though you might think that you are reasonably fit are you "paddling fit" ?

Experience has shown that a well planned three month training regime can knock hours off the time you spend on the water on the night of the Classic. A mixture of aerobic exercise, light / medium weights and regular sessions on the water in your craft will stand you in good stead. To get the best results from any exercise you need to be working at approximately 80% of your Maximum Heart Rate (MHR). To calculate this subtract your age from 220. For example if you are 35 years old your MHR is 185 and 80% of that is 148 beats per minute. We recommend that you discuss your program with your medical advisor if you have any medical conditions whatsoever.

Paddling is the best exercise for paddling but the reality is that you don't always have access to your boat or the water. Walking, jogging, riding a bike, swimming and going to the gym regularly plus paddling time will help you get you down the river.

Start out with 1 hour sessions on the water, then 2 hours, then build up to 3 hours. The experts say that two separate 3 hour sessions, done properly, are much better for you than attempting a 6 hour paddle.

## Should I “Brooklyn or Bust” or paddle in a “class” ?

That is always a vexing question. We encourage paddlers to “have a go” at challenging their mates and the only way that you can challenge for a record is to paddle in your “class”. Hopefully we will be blessed with good conditions for this year's Classic so take a look at the “Records” area on the website <http://www.canoeclassic.asn.au/results/records.htm> and work out how you might go against the record-holders. Many of the records have been in place for years and it would be great to see some newcomers on the “Honour Board”.

The fastest time ever for the Classic was set way back in 1985 when Garry Byrne, Grant Hughes, Cameron Tunbridge and Brett Worth hurtled down the 111km of the Classic in a K4 with a time of 7 hours, 7, 11 minutes and 7 seconds !!! Simply amazing !!

## Sponsor needed for Volunteer T-Shirts

We are looking for a sponsor for our 500 volunteer t-shirts. For a tax deductible \$5500 you can have your company name emblazoned across the volunteer t-shirts. Wouldn't it be great to have bragging rights on the day of the big event and at the same time assist us in keeping our running costs to a minimum?

Get in quick as we need to get these into production mid-August. Please contact Caroline Kessler on 0412 517 622 or email. [info@canoeclassic.asn.au](mailto:info@canoeclassic.asn.au)

## Prize draw at START

As a result of the support given by John Clemmett from Challenge Kayaks Australia [www.challengekayaksaustralia.com](http://www.challengekayaksaustralia.com) we will be conducting a prize draw during the paddler briefing at the START. All registered Classic paddlers names will go into the draw and the lucky winner will become the very proud owner of a Sequel Kayak valued at \$2,200.00

## Sponsors coming onboard

Damian Daley at DD3 Paddle Sports [www.dd3.com.au](http://www.dd3.com.au) has come onboard as a sponsor by offering class winners a \$500 discount on a standard fibreglass kayak or \$1,000 discount on a carbon kayak. Added to that great offer, all paddlers who finish will receive a 10 % discount on any boat.

## Major Checkpoints

Just a reminder about landcrew access at the major checkpoints.

Major checkpoints are "A" – Cattai National Park, "D" – Sackville, "I" - Wiseman's Ferry and "O" – Spencer land.

These are the only places where landcrew can have access to their paddlers. Landcrew access to minor checkpoints is **PROHIBITED** unless at the express direction of HCC officials.

The Classic organisers rely on the fantastic goodwill of the landowners on the river to provide access for our safety network so we insist that landcrews respect the no-access rule. A breach of the rule will result in the immediate disqualification of the paddler/s associated with that landcrew.

It is mandatory for landcrew to visit Checkpoint "D" –Sackville and Checkpoint "I" – Wiseman's Ferry.

### **There is NO VEHICULAR ACCESS at Checkpoint "D" – Sackville.**

Parking is available at the Sackville Memorial Oval approximately 2.2 kms up Sackville Ferry Road . Shuttle buses provide the only means of access. We have added a third bus for 2010. The buses will have trailers for the landcrew's gear which we ask be kept to a minimum. A backpack is ideal. Landcrews should not consider walking from the oval to the checkpoint. The road is narrow and dark and not suited to pedestrian traffic.

We have been advised that the usual Rural Fire Service B-B-Q will NOT be available this year.

## Train in your PFD

Our suggestion is that you wear your PFD whilst you are training on the water. You will soon work out if there are any issues with the PFD as far as chaffing is concerned. This will allow you plenty of time to remedy any problems and make for a hassle free night come the 23rd October. Yes, I know that some people think that it is uncool to be seen wearing a PFD but word is that it could become mandatory for all forms of water sport in NSW.

## PFD testing

Your PFD must be tested for flotation either before the event or on the day of the Classic. We require that all PFD's have their Australian Standard Compliance label attached. Conforming PFD's are Type 2 or Type 3.

Current dates and venues for testing of PFD.

2nd August - Blue Earth - Gladesville between 10am - 1pm

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