

## GENERAL INFORMATION LONG DISTANCE (WINTER) EVENTS



### DATES

<a href="#">Back to Back</a>	April
<a href="#">West Lakes Classic</a>	May
<b>RPM Riverland Paddling Marathon</b>	June Long Weekend
<b>Encounter Long Distance</b>	June
<b>Onkaparinga Long Distance</b>	July
<b>Trevor Gallard Memorial (Encounter)</b>	August
inc.State Singles Titles	
<b>CBC Long Distance</b>	August
inc State Doubles Titles	
<b>Holdfast Long Distance</b>	September
<b>Encounter Paddling Handicap</b>	1 <sup>st</sup> Sunday of every Month except RPM weekend
<b>Holdfast White Knuckle race</b>	3 <sup>rd</sup> Sunday of every month

### ENTRY FEES (TBC)

Juniors \$10 per day or \$15 for 2 days  
Seniors \$15 per day or \$20 for 2 days  
NB: AC or CSA membership applicable

### PACKING

**\*\* Put your name on your things if you don't want to loose them \*\***

Valuables brought at your own risk – you bring it you look after it!

- Clothes to paddle in (weather appropriate)
- Sunscreen
- Spray jacket
- Buoyancy vest (correctly fitted)
- Water bottle
- Snack at least for the long course.
- A peeless whistle
- Space blanket.
- Warm clothes for after and going for tea.
- Sleeping bag/pillow
- Toiletries / Towels
- Paddling gear for day 2

### Health Pack (optional)

Put together a small health pack of items you would use regularly or may need, which becomes part of your regatta gear.

eg: hand sanitizer, multi- vitamins, electrolytes / gastro stop / Imodium, Panadol, sunscreen, anti-histamine (Claritine), nasal decongestant, lip balm, moisturiser, eye drops, tissues

## **LONG DISTANCE (WINTER) EVENTS**

### **BACK TO BACK - APRIL**

#### **ENTRY FEE (TBC)**

Juniors \$10 per day or \$15 for 2 days

Seniors \$15 per day or \$20 for 2 days

NB: AC or CSA membership applicable

#### **LOCATION**

##### **Saturday Venue - Swanport Aquatic Centre / Murray Bridge Sailing Club**

*From the freeway, if coming from Adelaide and heading east toward Tailem Bend you avoid the first & major exit to Murray Bridge, head down the hill and take the Wellington exit which connects via a loop with Swanport Road. Turn left at Swanport Rd, go under the freeway and turn left after approx. 600m. Follow the signs to the river down the Swanport Village Rd. Turn right at Apex Road.*

**(ABSOLUTLY NO DOGS ALLOWED AT SWANPORT)**

- 12:00 pm Venue gate open and Registration
- 12.45pm Briefing
- 1:00 pm Bridge to Bridge 20.5km or 8km short course

Showers and change facilities available at the start/finish line.

##### **Sunday Venue - Mannum**

*Mary Ann Reserve Mannum. Site 26. Across the small car park from the Mannum Rowing Club. To the North via Trewartha Street and south of via Wattle Street (Near the Public toilets) Please allocate time for parking as we unsure of overall traffic / attendance numbers and parking options.*

- 8:30am Registration
- 9:15 Briefing
- 9:30 First start for beginner or Floatfest paddlers
- 10:30 Long Course Start

Courses will be outlined at briefing

Toilet facilities available at the start/finish line. (No shower facilities)

#### **BOAT TRANSPORT**

Loading at the club 8am Saturday/ Leave by 10am

#### **TRANSPORT**

Bus transport arranged if required numbers, else self drive

#### **ACCOMMODATION / FOOD**

- Cabins or dorms (cover cost), bring sleeping bags, pillows, towels.
- Bring lunch for Saturday. Club will organise Dinner/ Breakfast/ Sunday Lunch.
- (Kitchen facilities available at Sailing Club)

## **LONG DISTANCE (WINTER) EVENTS**

### **RIVERLAND PADDLING MARATHON (RPM) – JUNE LONG WEEKEND**

208km From Berri SA to Morgan SA (over 3 days)

200 relay, 100, 50, 35 and single day options available

Hosted by the **Marathon Canoe Club of SA** for 27 years the Riverland Paddling Marathon (RPM) is not just a marathon it is a festival of paddling marathons with 6 possible events over 3 days on 1 weekend in the chilly month of June each year.

Every June long weekend paddlers from all over the country gather on the Murray River in South Australia's beautiful Riverland to meet, greet and most importantly to paddle.

#### **BOAT TRANSPORT**

Loading at the club Friday

#### **TRANSPORT**

Bus transport arranged if required numbers, else self drive

#### **ACCOMMODATION / FOOD**

- Kingston-on-Murray Caravan Park
- Cabins (limited availability), powered sites or tents (cover cost), bring sleeping bags, pillows, towels.
- Club will provide / prepare Food at Caravan park camp kitchen.
- (Kitchen facilities available at Sailing Club)

#### **MORE INFORMATION**

<https://www.facebook.com/marathoncanoeclubofsa>

[www.riverlandpaddlingmarathon.com](http://www.riverlandpaddlingmarathon.com)

## LONG DISTANCE (WINTER) EVENTS

### GENERAL DEMEANOUR & BEHAVIOUR

Represent our club with pride and ensure your behaviour is positive and respectful towards people and property. If you see another team member about to discredit our team please remind them of their responsibilities.

Drug consumption will not be tolerated for any attendee, and the consumption of alcohol is not permitted by any athletes. A reminder that junior athletes are not permitted to consume or purchase alcohol while on camps. This will be considered a major breach of conduct and may result in your being sent home immediately.



being

Likewise if you are caught in a compromising manner with a member of the opposite sex your parents will be contacted immediately and this may also result in your expulsion from the team. No place for devils on this trip.



Your parents have entrusted your welfare to the coaches and managers on this team. Understand that this is a huge responsibility for us all. There is always safety in numbers so if you go wandering stick together.

### STAYING SAFE, FIT AND HEALTHY

- **Communicate** your whereabouts to others while at the event, shops, accommodation. Have phone numbers stored in your phone.
- Use **sunscreen** / wear hats / stay in the shade.
- Make sure you eat a **balanced** diet each day.
- Ensure you are well **hydrated**. Drink lots of water.
- Eat carbohydrate rich foods 2-4 hours before the race. If you are backing up for other races make sure you continue to take in carbohydrates throughout the day. Take any usual vitamin supplements / sustagen.
- Eating within 20 minutes of training/ racing will aid the recovery process and assist in muscle repair. Small amounts of protein are also good to help the old body repair itself.
- If you feel unwell or have injuries please let your coach know.
- Use free time wisely. Rest when you need to.
- Wear appropriate clothing.
- Personal **hygiene** is important (for the sake of everyone traveling with you!)
- Rinse out and hang up gear at end of day session.

### RACE PLANS

- You should develop your plans for all events.
- If you are having trouble with this you can discuss with your coach.
- Make sure you have your plan well revised before race day.
- Have a proper warm up plan and build that in.
- Plan your nutrition
- Check equipment before racing starts.