

## Hello and welcome,

Thank you for your interest in the White Cloud Foundation's, **Paddle to Battle Depression**. The event, held on Saturday 15<sup>th</sup> October 2016, will mark the close of Mental Health Week in Queensland. The one-day paddle will raise awareness and funds for the treatment of depression in Australia.

The Paddle to Battle Depression is a fun, paddle down the Lower Brisbane River. Commencing at 8 am from Kookaburra Park, Karana Downs and finishing around 4.00 pm at Fig Tree Pocket River Reserve. The total distance covered is 35 kilometres with breaks at the 17.5 km and 29 km mark. A post paddle celebration will take place at Fig Tree Pocket River Reserve from around 4- 5pm, family and friends are welcome to join you.

You can enter any suitable craft including Canoes, Kayaks, Surf-skis or Stand Up Paddle Boards. You can participate as an individual, a double or complete the course as a team.

The event is a way to bring the community together, not a race. We want to paddle together as a show of support. We are all here to help each other overcome the challenge and make it to the end, we won't leave anyone up the creek without a paddle!

There are four battle distances to suit all level of paddlers.

### 1. The Long Haul:

Complete the full distance of 35 km from start to finish, with a break for lunch and afternoon tea. You can participate in a single or double water craft. (Approximate time 7 hours) You will paddle 17.5 km from Kookaburra Park to Richardson Park, Goodna, then 11.5km to Jindalee Boat Ramp followed by the 6km paddle to the finish at Fig Tree Pocket River Reserve.

### 2. The Late Launch

Join us for lunch at Richardson Park, Goodna, where you will then paddle the last 17.5 km including a break for afternoon tea. You can participate in a single or double water craft (approximate time 4 hours) You will paddle 11.5km to Jindalee Boat Ramp followed by the 6km paddle to the finish at Fig Tree Pocket River Reserve.



### 3. The Team Relay

A great way to take part in the full paddle and share the load. Get a team of 2-6 people together and share the 35 km distance.

You can also share your water craft – a great option if you do not have your own.

You can participate in a single or double craft and choose to break your relay into 2 or 3 sections, with a change over at lunch and/or afternoon tea break.

For example:

#### **Two-person team (4-person team for double water craft)**

Both Paddlers will paddle a total of 17.5km

Paddler #1 starts the course at Kookaburra Park and paddles 17.5 km until lunch at Richardson Park, Goodna. Paddler # 2 then paddles 11.5 km to Jindalee Boat Ramp followed by the 6km paddle to the finish at Fig Tree Pocket River Reserve.

#### **Three-person team (6-person team for double water craft)**

Paddler #1 will paddle 17.5km. Paddler #2 will paddle 11.5km and Paddler #3 will paddle 6km

Paddler #1 will start the course with a 17.5 km paddle from Kookaburra Park to Richardson Park, Goodna. Paddler #2 will travel 11.5km from Richardson Park to Jindalee Boat Ram. Paddler #3 will complete the course with the 6km paddle to the finish at Fig Tree Pocket River Reserve.

*\*Each team member is invited to join in the lunch and post event activities. All Team members are encouraged to attend the pre event briefing at Kookaburra park at 8am.*

### 4. The Last Leg

Join in the fun of the home stretch and paddle the last 6 km from the Jindalee Boat Ramp to the finish line at Fig Tree Pocket. A 1-hour paddle and a great option for less experienced paddlers or children, you will then join the post paddle celebrations



## Paddle details

Saturday 15th October 2016

Karana Downs to Fig Tree Pocket

Distance: Approx. 35km

Time: Approx. 6hrs 10mins (incl. breaks)

There are no rapids on this section of the river. We will get tidal assistance on flat water. Suitable footwear is suggested for entry and exit from the river. Participants must carry adequate water, food and sun protection. Toilet facilities are available at all locations.

Lif jackets are compulsory on the water. If you require a lifejacket (buy/rent), contact Roscoe canoes and mention you are doing this paddle for discount. Roscoe canoes also have watercraft for hire (subject to availability).

*Times listed below may vary following commencement of paddle depending on conditions.*

**0800** Arrive at Kookaburra Park.

**0815** Assemble for briefing.

**0835** Set up and launch craft.

**0900** Start. (3 hrs to get to lunch at Richardson Park, Goodna: 17.5km)

**1200** Lunch. At Richardson Park, Goodna.

**1230** Back on water. (1hr 40mins to next rest stop: 11.5km)

**1410** Rest stop. Arrive at Jindalee Boat Ramp. 15min break.  
Water and toilet facilities available.

**1510** Finish at Fig Tree Pocket boat ramp.



## Entry Fee

**\$55.00 per paddler**

**\$45 per last leg paddler** \*excludes lunch.

Entry fee includes a light lunch\*, fruit at afternoon tea and a sausage sizzle at the finish line. (we recommend you bring additional food and water) All paddlers will receive an event T-shirt.

## What next?

If you have not already done so, please complete and pay for your entry by visiting <http://www.eventbrite.com/e/paddle-to-battle-depression-tickets-26400639022>

## Fundraising

In 2016, we have not set a minimum fundraising target to participate in this event. However, we encourage all participants to celebrate their participation, support mental health week and join our online fundraising team. This only takes a few minutes and by simply sending out the link to your networks you will be surprised how easily and quickly you can achieve a fundraising goal of \$500 or more!

The White Cloud Foundation aims to raise a minimum of \$30,000 from the paddle, to ensure we can deliver practical support services to people with depression this year.

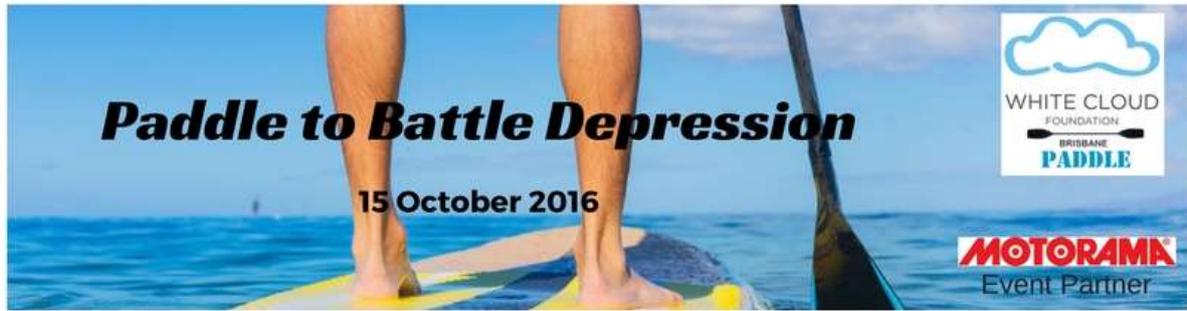
[Click here to join the Paddle to Battle Depression](#) online fundraising team.

<https://everydayhero.com.au/event/paddletobattledepression>

### How to add your personal fundraising page:

After you click on the [link](#) you will land on the Paddle to Battle Depression's fundraising page.

1. Click on **Start Fundraising**
2. Sign in or create an everyday hero account
3. Follow the prompts to create your page



4. Give your page a title – use your own name, a team name, company name or something inspirational. The choice is yours!
5. Add a photo when prompted. This can be a photo of yourself, your team, a logo or something fun, whatever you decide, this image will help to identify your page.
6. You can choose to add a description, or use the default White Cloud Foundation information. Adding your personal story about why you are participating is a great way to encourage donations.
7. EDIT – A default target will be set of \$700, however you can change your target and other information by clicking the edit button.
8. Create a team – if you would like to create a team or join an existing team simply click on the link to the right of the page.
9. Remember to visit your page regularly and post an update on your training or other interesting information. You can include photos. Doing this shows your supporters how much the paddle means to you, and keeps them engaged.

## Training

It is important to prepare yourself physically for this event given the distance that you will be paddling and the duration of time that you will be on the water. Choose the distance that might be a comfortable challenge for you, either 35 km, 17.5 km or 6 km.

Remember, it is not a race. You do need to consider however that there may be considerable distance between some rest stops. Being prepared will help you enjoy the experience much more. Training will give you a good idea of your ability, the suitability of your craft. We will aim to do a training paddle over the coming weeks and will advise participants via email. For more tips visit

<http://brisbanecanoeing.org.au/tips-safety/>





## Safety

### 1) Personal Equipment

**Lifejackets** are compulsory throughout the whole of the event.

This is for insurance and safety purposes. Lifejackets will not be provided by the organisers and will not be available on the day.

It is each participant's responsibility to equip themselves with a suitable lifejacket. They can be bought or hired through [Rosco canoes](#). Mention your participation in the event for a discount.

**Sun Protection:** Suitable hats, sun screen and body cover is recommended. You will spend considerable time exposed to the sun with impact increased due to water reflection. You will be provided with a moisture wicking, short sleeved White Cloud T-shirt

**Shoes:** Many set-in and take-out points during the event are very slippery and muddy and vision of the river bed can be obscured. Suitable footwear is recommended. We suggest you be prepared to wade and carry your craft over uneven footing, shoes will get wet.

**Toilets:** Please make use of the facilities at Kookaburra Park (start) Richardson Park (lunch) Jindalee Boat Ramp (afternoon tea) and Fig Tree Pocket River Reserve (finish)

### 2) Nutrition.

**Food:** It is important to ensure you have the appropriate nutrition for this event As you may be on the water for up to 7 hours and in hot conditions. At each rest stop you will be offered light refreshment and water. The first break is after 17.5 km for a light lunch of pre made sandwiches. The second break is a further 11.5 km downstream where fruit will be available. Water will be available at all locations. It is strongly advised that you carry additional nutrition such as energy bars, trail mix, electrolytes or gu's. For further information, visit:

Hammer nutrition: [www.hammernutrition.com.au](http://www.hammernutrition.com.au)

(Look at HEED, Perpetuem, FIZZ)

Endura: [www.endura.com.au](http://www.endura.com.au)

**Water:** It is advised to carry a minimum of 2 litres of water or other form of hydration per person.



### 3) Injury & illness

**First Aid:** A basic first aid kit will be carried by the safety water craft. In case of serious injury or illness, emergency services will be called.

**Safety Vessels:** There will be two safety vessels on the water with paddlers. These water craft will ensure the river ahead is safe and clear to paddle, and that no paddlers fall too far behind the pack. These craft can assist and remove a paddler from the water in an emergency situation. Please note, safety vessels are not intended to tow paddlers who are simply hot and tired.

## Logistics

The key logistical points of the event are getting to the 'start line' and picked up at the 'finish line'. Parking for cars and trailers is available at all locations.

#### **The Long Haul:**

Arrival from 8.00 am for 8.15 am briefing and 9.00 am departure.

[Kookaburra Park, 54 Karingal Drive, Karana Downs](#)

#### **The Late Launch:**

Arrival from 11.30 am for lunch from 12.00 pm with departure at 12.30 pm

[Richardson Park, Goodna Boat Ramp, Goodna, 135-137 Brisbane Terrace, Goodna.](#)

#### **The Last Leg:**

Arrival from 1.45 pm for departure around 2.25 pm.

Jindalee Boat Ramp, [99 Mt Ommaney Drive, Jindalee Queensland 4074](#)

**Finish:** We anticipate paddlers will finish around 3.30 pm – 4.00 pm, with a post event celebration and presentations until 5.00 pm

[Fig Tree Pocket River Reserve, 9 Mandalay St, Fig Tree Pocket](#)

Team relay members should apply the above start times to their leg of the course.



## Sharing and Social Media.

The aim of the Paddle to Battle Depression is to raise funds to increase treatment and support for people with depression. The Paddle to Battle Depression is an official event of Queensland Mental Health Week and also aims to raise awareness and break down the stigma associated with mental illness.

You can help by sharing your training, paddling stories, fundraising pages and images on social media in the lead up to and during, and after the event.

Please use the following social media tags:

For Facebook @whitecloudfoundation and #Paddletobattledepression

For Instagram #paddletobattledepression #whitecloudfoundation

You can also include the Queensland Mental Health Week hashtags #valuementalhealth and #QMHW

We will also have an official photographer thanks to our event sponsor Christopher Scott Photography. [You can check out some photos from our 3-day paddle event in 2015.](#)

Thank you for your support of the Paddle to Battle Depression in 2016.  
We look forward to seeing you on the water!

For more information and sponsorship opportunities please contact  
[melissa@whitecloudfoundation.org.au](mailto:melissa@whitecloudfoundation.org.au)

Phone: 0479 178 281