



MACQUARIE BLUE PADDLE-A-THON Information and registration form

Macquarie River from Wellington to Dubbo NSW
Friday 20th – Sunday 22nd November 2009

Entry registration closes Friday 30th October 2009 and places are limited so please register early to avoid disappointment

ABOUT THE EVENT

This community event forms part of the Macquarie RiverSmart initiative (www.riversmart.org.au), helping people from the region to gain a better understanding of the river and the roles they can play in its revival. The event is also about having fun, getting some exercise in the great outdoors and learning to appreciate why healthy rivers help support healthy communities. The major sponsor of the event is the Central West Catchment Management Authority. The support of Wellington Council, Dubbo Council and Dubbo Canoe Club is appreciated.

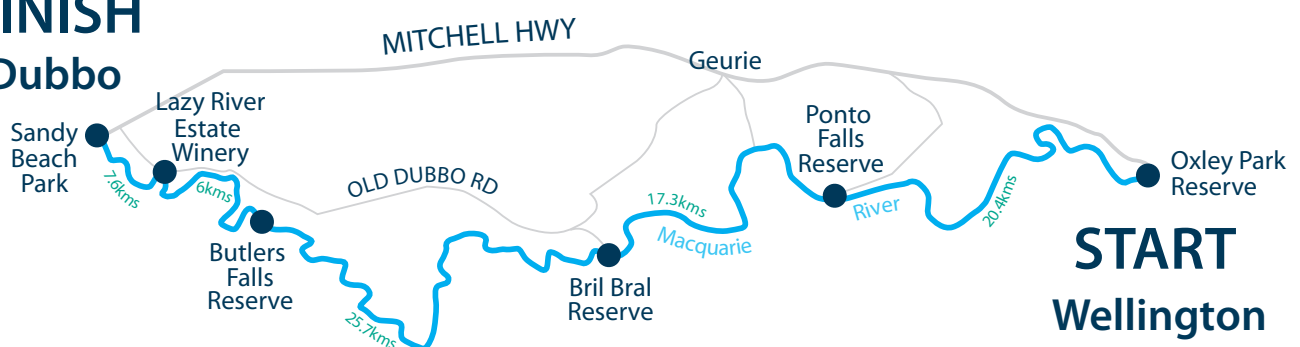
The paddle-a-thon is not a race. It's about appreciating the values of the river in a safe, friendly and relaxing environment. You will be able to find out things about the river from our paddling experts, be entertained at night, have your meals prepared for you along the way with a finalé community concert by the river in Dubbo.

While we plan to have fun, Macquarie Blue is not for the faint hearted. It is an expedition, and even practiced paddlers will be challenged by the kilometres we plan to cover on the first two days. **If you're not an experienced canoeist or kayaker we strongly urge you to enter a team in the event and share the stages between you.**

If you are planning to register it is also very important you take note of our advice regarding the preparations you should make, things you should bring and how we expect you to behave while on the river... this is all part of making sure we all have a great time.

The same applies to those who may choose to only participate in the Sunday Family Fun Paddle. While the distance is relatively short, safety is your highest priority.

FINISH Dubbo



Course Program

DAY	TIME	LOCATION	DETAILS	PADDLE
FRI	10am	Registration and Lunch	Wellington, Oxley Park Reserve	
	12pm	Depart from Oxley Park Reserve, low level crossing area at assembly.	Wellington to Ponto Falls Reserve	STAGE 1 20.4 kms Approx 4hrs
	4pm	Camping Event with live music and dinner.	Ponto Falls Reserve	
SAT	7am	Breakfast and Depart.	Ponto Falls to Bril Bral Reserve	STAGE 2 17.3 kms Approx 4hrs
	12pm	Lunch and Rest.	Bril Bral Reserve	
	2pm	Depart for afternoon paddle.	Bril Bral to Butlers Falls Reserve	STAGE 3 25.7 kms Approx 5hrs
	6:30pm	Camping Event with live entertainment, dinner and a cultural experience.	Butler's Falls Reserve	
SUN	8am	Breakfast and Depart.	Butler's Falls to Sandy Beach, Dubbo	STAGE 4 13.6 kms Approx 3hrs
	9:30am	Family Fun Morning Tea Registrations for Fun Paddle.	Lazy River Winery	
	11:00am	Fun paddle departs.	Lazy River Winery to Sandy Beach, Dubbo	FAMILY FUN PADDLE 7.6 kms Approx 1.5hrs
	12-5pm	MACQUARIE BLUE FESTIVAL CELEBRATIONS	Sandy Beach, Dubbo	

EVENT RULES AND INFORMATION

General

1. Canoes must do at least 2 of the first 3 paddle stages to participate (except for the Sunday family fun paddlers).
2. This is a recreational event only – it is not a race. All participants will be expected to apply the 'buddy system' and travel in groups of three or more canoes at all times.
3. Rather than paddle the full 77 kms, you can choose to be part of the Sunday family fun (7.6 km) paddle, starting from the Lazy River Winery, and finishing at Sandy Beach, Dubbo.
4. Canoes are available to hire at an additional charge (payable on the day). Please inform us in your registration if you need to hire a canoe.
5. PaddleNSW membership is compulsory to enter this event, membership forms will be available when you check-in on the day at a minimum cost of \$10. You can also join online at www.paddlensw.org.au. You must bring proof of membership with you on the first day if you are already a PaddleNSW member.
6. Those under the age of 16 years must be accompanied at all times by a parent or guardian when paddling.
7. The organisers reserve the right to cancel the event due to bad weather, flooding, safety or any other unforeseen circumstances. If this occurs, part refund of your registration fee will be made once unavoidable costs have been covered.
8. Participants with any medical conditions that may impact on their ability to complete stages (such as asthma or history of cardiac illness) must make this known to the organisers on your registration form. If you do not, we take no responsibility for your well-being throughout the event.

9. No paddle experience is necessary to enter the event. However, you must indicate your level of experience on your registration form. There will be compulsory safety briefings prior to the start of each event stage.
10. Pre-registration is required. You will be expected to show proof of registration at check-in. There will be no registrations accepted on the day. **If, after registering, you withdraw and we are unable to find a replacement entry, your registration fees are non-refundable.**
11. This event is to open to all forms of canoe or kayak. However, we reserve the right to refuse you a start in the event if your craft is deemed unsafe or not a suitable form of vessel to undertake this event. Please check in advance if you are uncertain.
12. For safety reasons, the number of canoes starting from Wellington has been limited to 70 and to 30 for those starting from Lazy River Winery on the Sunday.
13. Participants are encouraged to wear footwear at all times during the event. This is a bush setting and it will be snake season!
14. Some stages of the course cover long distances. Participants are encouraged to stop at designated checkpoints to rest.
15. All participants will be given wrist ID bands to be worn for the entire event. These entitle you to catering and other services we are providing. These are not to be exchanged with non-registered persons.

On the Starting Day

- Getting to the event start point(s) is your responsibility. Your vehicle thereafter is also your responsibility. You will need to arrange a drop-off, with your canoe and other provisions to the starting point and/or a lift back to your car after the event. We are not responsible for your vehicle if you choose to leave it in Wellington during the event.
- All participants must 'check-in' at the starting points on each day as listed:
 - * Friday: From 10am Oxley Park Reserve, Wellington
 - * Saturday: 7am Ponto Falls Reserve
 - * Sunday: 8am Butler's Falls Reserve
 - * Sunday: 9.30am Lazy River Winery, Dubbo (for the Family Fun paddlers)
- Following 'check-in' your camping equipment will be tagged and collected for portage.
- All participants must make sure their craft is at the designated area prior to the event briefing (at least one hour prior to departure).
- All participants must participate in the event and safety briefings prior to the start of each day.
- All water craft will be subjected to a safety check before entering the water.

Safety on the water

- All canoes must have one approved Personal Flotation Device (PFD) for each occupant. Failure to provide these will mean you cannot paddle that stage.
- Beginners must wear their PFD at all times. Weak swimmers are encouraged to do likewise. Those 16 and under will need the written approval of their parent or guardian to not wear PFD's.
- A buddy system will be operated to ensure participants look out for each other along the way. There will be a minimum of three canoes per group.
- You must report your id number to each 5 kilometre checkpoint.
- **Under no circumstances is alcohol to be consumed on the water. Failure to comply with this rule of entry may mean you are asked to leave the event.**

- Feel free to take a rest along the way, but please only do this at a designated 5 kilometre checkpoint.
- There will be a front and rear safety boat for the whole group. Under no circumstances should you go ahead of the lead safety boat. If you wish to slow down the rear boat will stay with you.
- The Friday and Saturday stages (all three of them) will be hard work especially if you are not an experienced paddler, not especially fit, or it is hot. We urge you to consider sharing these stages among a team, or doing only one of the two long stages on the Saturday.
- All paddlers involved in the Sunday Family Fun Paddle must wear life jackets between Lazy River Winery and Sandy Beach.
- At the weir between Lazy River and Sandy beach you will be assisted with portage. You may need to be patient as this will take a few minutes for each craft. You should also exercise great caution when approaching the weir which will be clearly marked by lead safety canoes.

Camping

- All personal belongings must be clearly labelled with your name. All care will be taken, but we cannot accept responsibility for missing or damaged camping equipment or personal belongings.
- Portage will be arranged to transport your camping gear to each stop-over site.
- Your tents will be available for you to collect and erect upon arrival at the stop-over sites
- It is not compulsory to camp overnight. However you need to arrange your own transport to and from stop-over sites (i.e. we assume you will be canoeing and any visitors will arrange their own transport to the camping sites).
- All rubbish at your campsite needs to be disposed of in the provided waste and recycling bins.
- Families are welcome to join you at the campsites. Please inform the event manager of any family member or guest who will be joining you at stop-overs. They will need to supply their own meals and camping gear.
- Porta-loos will be provided at each stop-over site. If toilet stops are required while paddling please remember our motto- "reduce your river footprint."

What you need to bring

1. Personal Flotation Devices (PFD) – enough for each person in your canoe or kayak.
2. Your own camping gear (tent, bedding and torch).
3. Plates, bowl, cutlery and cups (personally labelled).
4. If you have special dietary needs please assist us by self-catering where you can.
5. Food to 'graze' on as you paddle. Fruit, nuts, etc to help you sustain your energy levels.
6. BYO alcohol is permitted, with the reminder that this is a community and family event so moderation is expected. There is to be no alcohol consumed while on the water.
7. Warm clothes and covered shoes for stop-overs.
8. Paddle clothes (synthetic materials dry fast). Long-sleeved tops and long shorts or pants (if you have an open-topped craft) are recommended to avoid sunburn. Wide brimmed hats are also recommended for this reason. This is not a time or place for baseball caps or other fashion statements!
9. First aid kit. Note some basic items will be available on-site but we recommend you bring your own, for minor injuries, wear and tear!
10. Water bottle, sunscreen and insect repellent.
11. Dry sack (for valuables and personal belongings stored in your canoe).
12. Gloves (to protect you from blisters).
13. Campfire stories.

REGISTRATION

REGISTER ONLINE AT WWW.PADDLENSW.ORG.AU/MACQUARIEBLUE.HTML

COURSE	TICKET	COST	RIVER KMS
Full Course	Individual	\$90	77 kms
Full Course	Family (2 adults, 2 kids)	\$180	77 kms
Saturday Starters	Individual	\$80	57 kms
Saturday Starters	Family	\$160	57 kms
Sunday Family Fun Paddle	Individual	\$20	7.6 kms
Sunday Family Fun Paddle	Family	\$40	7.6 kms

Please Note:

First time paddlers are advised the paddle distances on Friday and Saturday are long and could be quite challenging. You are urged to consider sharing the event stages among a team.

Your registration fee includes:

- a. Catered meals for the whole event (please tell us if you have dietary requirements).
- b. Portage of your camping equipment between stop-over points.
- c. Macquarie Blue Festival T-shirt and blue bucket hat.
- d. Entertainment on Friday and Saturday evenings.
- e. Refreshments on-course.

If you don't have access to the Internet please contact us on 02 6334 3442 and we will mail you a registration package. Or pick up a blue bucket and form at one of these handy locations:

- Brennan's Mitre 10, Dubbo
- Twin Rivers Tackle Shop, Wellington
- Explore Outdoors, Dubbo