

2020 Ord River Marathon



Lake Argyle to Kununurra

Sunday 7th June 2020

The Ord River Marathon is a spectacular 55km marathon paddle down the mighty Ord River from Lake Argyle to Kununurra. Plenty of good times and amazing scenery along the way.

The Kununurra Dragon Boat Club is proud to host the 2020 Ord River Marathon.

Whether you are a returning paddler from previous marathons, or paddling the Ord River for the first time, you will be inspired by the East Kimberley landscape and plentiful freshwater of the mighty Ord.

This information booklet contains everything you need to have a great time at our event.

Enjoy the amazing East Kimberley!



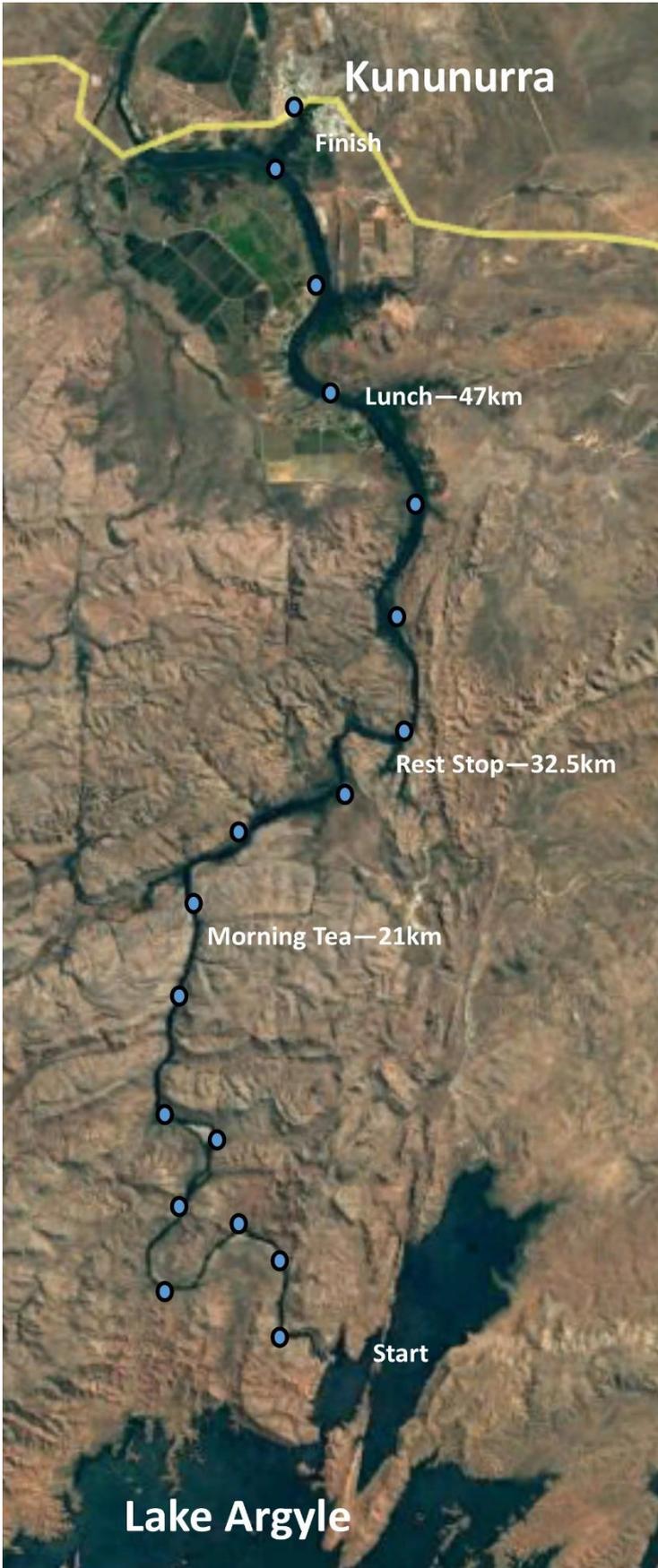
Schedule of Activities

Saturday 6 June

- 4:15pm Bus pick-up's from Kununurra accommodation venues commences.
- 4:30pm Competitor briefing and boat allocations confirmed. Sweeps will be given a dedicated briefing at this time.
- 5:30pm **Welcome Dinner**, with bar available.
- 6:30pm Bus drop-off's back to Kununurra accommodation venues.

Sunday 7 June

- 4:30am Buses depart Kununurra for Lake Argyle Resort. The primary pick-up point is the **corner of Messmate Way and Victoria Highway** ("The Big Boab") at 4:45am.
**Bus pick-up's from Kununurra Accommodation venues will be confirmed at Dinner-Saturday night when we confirm where paddlers are staying.*
- 5:55am **Breakfast** at Lake Argyle Resort (assorted muffins, breakfast wrap, cereals, toast, yoghurt, fruit, juices, tea and coffee).
- 6:30am Paddlers and supporters reboard the buses and are transported to below the Argyle dam wall for the start.
- 6:40am All competitors at their boats and 'companions' board the Triple J tour boat.
- 6:45am Final instructions issued to all competitors.
- 7:00am **MARATHON START**
- 9:30am **Morning Tea** at Triple J Camp in Carlton Gorge.
- 11:00am Stretch and toilet stop at Echo Point (spillway creek).
- 1:30pm **Lunch** at Crossing Falls Boat Ramp.
- 3:30 - 4:00pm Finish in Kununurra.
- 4:30pm Outdoor celebration drinks, music and **Presentation Dinner** at finish venue.
- 6.30pm (onwards) Bus return to Kununurra accommodation at 20minute intervals (on demand).



Course Map

Registration Information

Registrations will open at 9am (WA time) on the 1st November 2019 for complete Teams of 15.

All registrations will be online, via: www.ordriverpaddle.com.au/registrations.html .
Registrations are on a 1st in basis.

Registration fee is \$395 per person, includes race merchandise, all meals and bus transfers as specified in the schedule of activities. A team deposit of \$1000 is required at the time of registration to secure your team's place.

Companion Tickets

"Companion Ticket" registrations will also open on 1st November 2019.

"Companions": For those wanting to enjoy all the meals (including the Saturday welcome dinner) and activities, but not paddle, then a 'Companion Ticket' is for you. Travel with the boats down the Ord River aboard the Triple J Tour Boat – enjoying the same stops and food.



Participant Information

“Up the creek”

Participants please remember to **bring your own paddle** to the event. However, each Dragon Boat comes with a sweep oar.

Comfortable Seating

Participants are encouraged to bring along their favourite cushion to sit on for the 55km journey – preferably the cushion you have used during training. Our boats are aluminium with an aluminium bench seat (approx. 200mm wide and range from 930mm-1080mm long).

Sun Protection

Participants can reasonably expect perfect Kimberley dry season weather – clear sunny skies and warm daytime temperatures.

Please remember your hat, sunscreen and sun glasses for the paddle. Remember the tops of your feet (paddling without covered footwear and your legs in the sun).

Hydration

Always a great idea to have a personal water bottle with you for the entire day. There will be opportunity to refill at all stops along the way.

Many locals drink water directly from the river – but once you drink from the Ord you may end up staying for ever.

Warm Clothing

Kimberley clear skies can see night temperatures drop quickly.

When departing the bus at the Lake Argyle Dam Wall, there will be an opportunity for you to hand over your warm clothing for you to collect at the finish line. This will ensure you will be warm and dry for the evening's celebration.

Please pack your clothes in a named bag for collection and transport.

- The Ord River Marathon is for experienced paddlers only. The event is a 55km paddle.
- Each boat will have 14 paddlers and a sweep. No drummers.
- For individual's well-being, it is important that all paddlers regularly train for this event. If on water training is not possible directly before the event, then paddlers need to follow an appropriate exercise program.
- Remember that there will be a mix of strength and endurance abilities in composite boats. However, we do acknowledge the additional burden on fellow paddlers, if

there are 'tourists' in the boat who do not paddle at least most of the time. So all paddlers need to aim to paddle for most of the event.

- There will be regular opportunities to take a rest from paddling and maybe stretch and take some happy snaps. Usually resting is one row at a time, called by the sweep.
- All paddlers will be expected to change sides regularly, often while the boat is moving. Training should include the practice of swapping sides while the boat is moving.
- Remember that it is not a race.
- It is possible for individuals to 'share' the event with another paddler. Both paddlers need to be registered, one as a paddler and one on the companion boat, and both will pay the full fee. No prior arrangement is needed to swap places, however, the second paddler **must** be registered on the companion boat. Note that there are only 21 places available on the companion boat.

Travel Information

Kununurra is 800km by road from Darwin and 1000km from Broome.

We have flights from Perth, Broome and Darwin.

Kununurra is at the eastern end of the iconic Gibb River Road, if you are seeking a 4WD adventure before or after your paddle (Kununurra/Derby).

June is the middle of our 'Dry Season', so come and enjoy our perfect weather.

For all travel and accommodation needs contact the Kununurra Visitor Centre:
www.visitkununurra.com or phone: 1800 586 868.

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