

Sunday 15th September 2019

CALLING ALL LCRK Hawkesbury Training PADDLERS

MOONEY MOONEY to Low Tide Pitstop RETURN – 24-45kms

The BEST way to get some kilometres on the water and to familiarise or reacquaint yourself with the closing stages of this year's HCC, particularly the approach to Spencer and the line to take from Bar Point across through Milsons Passage to the **FINISH LINE**

Training will be an out and back paddle with distance options being up to you. There will be a safety requirement though to have at least two paddlers together at all times. The paddle is designed to take advantage of a favourable tide in both directions. Non-HCC paddlers looking for a training paddle, welcome too.

ATTENDANCE & TRANSPORT:

To take part & for transport options, please email [Duncan](mailto:duncan@aquashop.com.au) your intentions at duncan@aquashop.com.au as soon as possible

MEET: 7:00am at Deerubbin Boat Ramp and Car Park.

MAP REFERENCE: [here](#)

TIME: 7:00am to prepare your boat

(Don't forget your nutrition and plenty to drink)

BRIEFING: 07:30am

FIRST START: 8:00am or ASAP after Briefing

SIGN-ON/OFF: Please advise Duncan if you cannot make the start on the day. You will also need to bring a gold coin donation, \$2 for Tom's "Secret" Map which details the best route to follow for this leg.

Please let me know if you finish/leave early.

WEATHER FORECAST: A weather UPDATE will be issued the day before

TEMP.: Usually cool early. COLD at 7:00am. Come prepared.

WIND: Refer to weather UPDATE you will receive on the 14th September

TIDE: HIGH at Mooney Mooney at 09:14am (1.4m) and HIGH at Low Tide Pitstop at 10:21am (1.4m).

SAFETY: We'll be using our buddy system as usual. This means you will be informally paired or grouped with paddlers of similar ability and speed based on your LCRK 12k TT time.

MOBILE PHONES: If you have a mobile phone and a suitable sealable bag please bring it with you. In case of emergencies please try to call me in the first instance on 0433 133 206, otherwise call Marine Services NSW on 9450 2468 or 000. Remember there may not always be reception.

SKI BOATS AND OTHER BOATING CRAFT:

There will be ski boats, wakeboarders, fisherman and cruisers, please remain vigilant and on the lookout for particularly boats traveling at speed. Move immediately to the right-hand side of the river keeping your distance and proceeding past together where you can. Remember - if you're approaching another boat head on, then steer to the RIGHT. Signal your intentions clearly and early. The other boat may not have seen you.

NEWCOMERS:

If you're inexperienced or need help or assistance for any reason, please ask me or any of our other experienced paddlers.

HAVE A GREAT DAY!

Duncan Johnstone – Mob: 0433 133 206

PS. This info sheet can be downloaded as a PDF from the LCRK website [here](#) at any time.