

## Welcome to Australia's longest swimming race

Greetings swimmers, paddlers, boat captains and supporters. The Giants of the Bay Ultra-Marathon Race is officially launched for the 2nd year.

Giants supports Autism Spectrum Disorder and will feature 2 special categories to acknowledge fundraising efforts. See more details on the **website**.

Please note that we will have further detailed information about the fundraising element next week.100% of funds raised will go to the cause of Autism. (registration fees are not included)

### 1 Day event

Giants is now a **1-Day event** and open to solo swimmers as well as teams of 2, 4 and 6. Below are the basic facts:

- Saturday March 9, 2013
- In support of Autism
- 30km Portarlington to Point Lonsdale (tide assisted)
- \$250 per swimmer
- Boats and paddlers required (further notes on site)
- 10 30 minute swim sections for teams
- Entries open December 1, 2012

Please see further details on the <u>website</u>. In particular, please take special notice of qualification notes for solo swimmers, boat and kayaking information and prize and race category listings.

This year you will need to source your own boat, at least 5m in length and with enough carrying capacity for your swimmers and crew. Given it will be an early start, we recommend finding one either at Queensliff, Geelong or somewhere on that side of the bay. We will have some helpful links on the website very soon.





Giants start at Point Lonsdale 2012

Blackice finishing at Brighton, 2012

### Set yourself apart from the crowd

The Giants race gives you the opportunity to be part of something remarkable that makes a difference to the lives of others. It also gives you the chance to experience profound insights into what makes you, your friends and family 'tick'.

If you are not a strong swimmer you can always paddle, drive a boat or offer support to the team as a manager, dietician, logistics coordinator or sport psychologist!

- Gain greater focus
- Get fitter, healthier and stronger
- Share an unforgettable bonding experience for you and your friends, family or workers
- Enjoy bragging rights about being part of the longest swim in the country, for a great cause
- Use the swim to train for the English Channel or another significant swim



I'm paddling the whole way! No changeovers.



Big smiles for a big occassion.

## Race course, teams format and costs

**COURSE** 

Our race course will cover 30km in distance. It will start at Portarlington and finish at Point Lonsdale. The outgoing tide that day peaks at 2.39pm (at the heads) and runs at 4.6 knots so all competitors will get some assistance when they need it most.

A pre-race briefing will be held in late february and is essential for at least one member of every team, but ideally all, including the boat captains.

#### **RACE CATEGORIES**

- Solo male
- Solo female
- Duo team of 2
- Team of 4
- Team of 6

(Teams are non-gender specific. ie. can be male, female or mixed)

#### **COSTS**

The cost to enter the Giants race is \$250 per swimmer. The entry includes a free T-shirt, race cap and Aquashop swim bag.

- Solos \$250
- Duos \$500 (per team)
- Team of 4 \$1000 (per team)
- Team of 6 \$1500 (per team)

Please be aware that all solo swimmers will need to show evidence of swimming experience to qualify for this swim before paying to enter. Please read and fill out the form on the website.

## **Sponsors**

We are proud to announce our first two sponsors below. We still have sponsorship packages available. We will be establishing Giants as a national series over the next 2 years.

• Commercial Systems Australia

Commercial Systems Australia is one of Australia's largest manufacturers of street, park and landscape furniture and have been in operation since 1988.

• **Aquashop** - the swimming specialists

Aquashop is located on Park St, in Sth Melbourne. They stock the best products from the best brands. They have friendly, highly trained, experienced staff to offer you expert advice and guidance.

If you take part in our race, you will be entitled to a 15% discount by simply mentioning the Giants of the Bay event at the shop.





Look forward to filming you soon!

The Coutas are out to win this year.

# Help us create a signature event for Autism

The Giants is a big and bold project, but it needs your help to grow. If you are passionate about the event, the cause and open water swimming, forward this email to friends. (link at top right)

<u>Subscribe here</u> to help build a national signature event for Autism.

