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Supp Info (A)

From: Kununurra Visitor Centre – Marketing Manager <marketing@visitkununurra.com>
Subject: **RE: FESA Contact**
Date: 7 September 2011 10:40:27 AM
To: John and Ann Storey <[REDACTED]>

Hi John,

Mary and Riitta asked who they should contact about the fires. I advised FESA of the race on Tuesday afternoon by leaving a message on Tony's phone then sent Mary and Riitta the email below at 4:08pm.

"Safety

I spoke to DEC regarding the croc at Fletchers Creek and it sounds as though they will be more than happy to come out and do an assessment but they will need to know the exact route. They will also be able to look at the fires burning in their areas (Parry's Lagoon Nature Reserve) but again need the route. I spoke to Luke Bentley and he can be reached on [REDACTED] and emailed on luke.bentley@dec.wa.gov.au.

I have left a message for Tony Stevenson from FESA but have not heard back yet, I think he as well would need the route so he can look at the current fires burning. His contact is [REDACTED] or tony.stevenson@fesa.wa.gov.au."

Then I heard back from Tony Tuesday afternoon and sent the email below to Mary and Riitta Wednesday morning with some of Tony's concerns.

"Hi Mary,

I spoke to Tony from FESA last night and he knows you will be in touch with him, but he asked if you have notified the following of the ultramarathon, Let me know if not I can get the contacts for you.

- Hospital
- St John
- Chemist

He also suggested letting the helicopter company Heliwork know just as a precaution."

Nadia Donnelly
Marketing Manager

WINNER GWN Top Tourism Town Award 2009 Special Events Category
BRONZE WA Tourism Awards - Visitor Information & Services Category

Australia, the movie Filmed on location. East Kimberley, WA.

75 Coolibah Drive (PO Box 446)
Kununurra WA 6743
Ph: (08) 9168 1177 Fax: (08) 9168 2598
Freecall (Aust): 1800 KUN UNU (rra)
Email: marketing@visitkununurra.com Web: www.kununurra.com

-----Original Message-----

From: John and Ann Storey [[mailto:\[REDACTED\]](mailto:[REDACTED])]
Sent: Wednesday, 7 September 2011 7:11 AM
To: Kununurra Visitor Centre – Marketing Manager
Subject: Re: FESA Contact

Hi Nadine,

Just need to clear up a point on information you gave last night so that I have it completely correct. I know that you said that you had advised FESA about the fires and the race on the Monday, and I THINK that you said that you had also sent them a map of the route. Is this

correct, or have I got that part wrong?

Cheers

John

Updates from RacingThePlanet for RacingThePlanet: Australia 2010

From: Samantha Fanshawe <sfanshawe@racingtheplanet.com>
Subject: **RacingThePlanet: Australia 2010 / October Update**
Date: 6 October 2009 10:56:28 AM

Dear Competitors,

There are just about seven months to go until RacingThePlanet: Australia 2010. To help you fully prepare for this event, we will continue to send out regular updates with details of the course, equipment list, press releases, blogs, competitors, etc.

Sahara Race 2009 Begins in less than Three Weeks

The Sahara Race 2009, the final leg of the 4 Deserts, will begin in less than three weeks. Sign up to receive Breaking News from the field [here](#). Follow the live website coverage daily, and see the competition as it unfolds daily. Click [here](#) to see the recent press release.

Competitor List and Bios

A preliminary [list of competitors](#) for RacingThePlanet: Australia 2010 can be seen on the website. You can sort the list by nationality, country of residence, age group and more. Please take the time to review this and make sure all your details are correct. If you would like any changes made, send me an e-mail to sfanshawe@racingtheplanet.com. Names of competitors based in countries where we have representative offices are generally posted about six weeks before the event begins.

Competitor-Only Section of the Website

Log-in details for the [competitor only section](#) of the website have been sent out. Here you will find lots of information to help you prepare for the event including the meeting instructions and relevant medical articles. If you do not have your user name and password, please let me know.

Blogs

If you want to be a blogger, it is easy to set up your own blog to share how your preparations are progressing. You will first need to [sign up](#) and it is then easy to post blogs. You can read the [RacingThePlanet: Australia 2010 Blog](#) [here](#). [Previous](#) [blogs](#) [from](#) [the](#) [past](#) [years](#) [are](#) [also](#) [available](#) [here](#) which are useful and entertaining. I also recommend that you read the [expert blog on training](#) which is written by Rob James, who placed third in the Atacama Crossing (Chile) 2006 and is set to complete the 4 Deserts in The Last Desert (Antarctica) 2010.

Forum

The forum is a place where you can ask and answer questions posted by competitors - as it is an open forum, everyone will benefit from the answers. You can also use it to share information that you have found out or to find training partners in your country of residence. Go to the [forum](#) to ask your questions, share your knowledge and see what other people have asked in relation to the events.

Features

New features on competitors and the events are added weekly. Go to the [4 Deserts homepage](#) and click on "Features" in the News box. Recent features have been added on [The Last Desert](#), [Ultramarathon Man Jean Kainazes](#) (a veteran of the 4 Deserts), [Ryan Sanders](#), who hopes to become the first in the world to win all 4 Deserts, and [Raynour Liu](#), the first competitor from mainland China to compete in the 4 Deserts.

Training Services

Nancy Fudacz, who was part of the only team in the world to have completed the 4 Deserts, has agreed to provide training advice for anyone in a RacingThePlanet event. Nancy is a professional fitness instructor, and will make sure that you get to the finish line. You can find out more information about this [training](#) on our Store website.

RacingThePlanet Store

The [RacingThePlanet Store](#) for the RacingThePlanet: Australia is on the website and in the competitor only section. Remember that no equipment works perfectly for everyone. You should purchase your equipment early and test everything thoroughly. This especially applies to backpacks, shoes, food and drink mixes. All equipment that is featured in the RacingThePlanet Store has been recommended by past competitors. You can easily compare features of products including weight and size by using a special "compare" feature. Orders are shipped the same day, worldwide, for only US\$10. Shipping to Hong Kong is free. We will also offer one-on-one assistance with gear to any competitor living in or visiting Hong Kong. Just send us an email to schedule a time to visit the store. New products are added almost daily, have a look at products in the [Store](#).

Good luck with your preparations. If you have any questions, please do not hesitate to contact me.

From: Samantha Fanshawe <sfanshawe@racingtheplanet.com>
Subject: **RacingThePlanet: Australia 2010 / December Update**
Date: 3 December 2009 9:39:47 AM

Dear Competitors,

There are just under five months to go until RacingThePlanet: Australia 2010 starts on the 25 April. To help you fully prepare for this event, we will continue sending out regular updates with details of the course, equipment lists, press releases, blogs, etc. In this update is some very important information for you as you prepare for the event.

Flights

The best way to get to Kununurra is to fly to Perth or Darwin and then take an internal flight from there to Kununurra, but there are also other routes which have less regular services. The major internal airlines are Qantas, Sky West and Air North. We recommend that you arrange your flights soon, if you have not already, to ensure that there is availability on your preferred route. Note that there are more flights from Perth than there are from Darwin.

Equipment

In the [Equipment](#) section of the website is the latest [Equipment List](#) – about six weeks before the event begins we will issue a final list but this is not expected to have many changes from the current list. Some points to take particular note of:

Sleeping Pad - the ground at some of the camps may be very hard and often rocky. While it is not mandatory, we highly recommend that you bring a sleeping pad. Further to this we recommend that you do not bring one which inflates due to the rocky terrain. The [Lightweight Self-Inflating Pad](#) and [Self-Inflating Pad](#) are recommended for this event.

Hydration System - note that you do need a [hydration system](#) that can carry at least 2.25 liters. This can consist of bottles, it does not need to be a water bladder.

Gloves - there will be areas of scrambling on the course where you will find gloves particularly useful to protect your hands. The most recommended ones are simple workman's gloves, however biking and climbing gloves would also work well.

Sleeping Bag - you must bring a sleeping bag. A bivvy bag or similar bag cannot replace a sleeping bag, even if it is rated down to the required 10 C. A [down sleeping bag](#) must be brought in addition to the sleeping bag. There is a wide selection of [sleeping bags](#) available on the RacingThePlanet store.

Waterproofs - please note that these must be brought as two separate items.

Don't leave testing your equipment until the last minute. Borrow or purchase any items you need now. Visit our [Equipment](#) page to see all the equipment needed for RacingThePlanet: Australia 2010. You can also ask Eric LaHaie, who recently won the Gobi March, any questions on equipment that you may have -- you can email Eric at eric@racingtheplanet.com

up to, and throughout, the event. Now is a good time to [submit your blog](#) to share how your preparations are progressing. You will be able to update your blog from each camp during RacingThePlanet: Australia 2010. We also recommend that you have a look at the [tips for your preparation camp](#).

Forum

There are a lot of questions being asked and answered on the Forum both for RacingThePlanet: Australia and other races. This includes competitors looking for training partners in cities near them. Have a look on the [Forum](#) to see what questions other people have asked and answered and also to ask your own questions.

Charities

If you are raising money for a charity and would like us to feature it on our website under Race Details, please send me an email with a photo / logo and a short paragraph about the charity, your fundraising activities, etc and I will upload this to the website. Have a look at the [charities page](#) on the website to find out more about the charities that other competitors have chosen.

Good luck with your preparations. If you have any questions, do not hesitate to send me an email.

Best regards,

Sam

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Samantha Fanshawe
RacingThePlanet, where athletic frontiers begin

[RacingThePlanet.com](#)
www.racingthepet.com

4 Deserts, the race of no return
RacingThePlanet: Western Australia 2010, Nepal 2011

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From: Samantha Fanshawe <sfanshawe@racingtheplanet.com>
Subject: **RacingThePlanet: Australia 2010 / Course Map**
Date: 22 February 2010 9:10:54 PM
Cc: fchan@racingtheplanet.com, Freeman Lee <flee@racingtheplanet.com>

Dear Competitors,

The course for RacingThePlanet: Australia 2010 includes the very best of The Kimberley. You can see a preliminary [course map](#) in a Google Maps format on the website by clicking [here](#) (go to the bottom of the web page). Please note that the map is a general idea of where the course will be located. The Kimberley wet season may significantly change the course.

Due to the terrain, climate and environment of RacingThePlanet: Australia 2010, we'd like to again highlight a few items on the equipment list.

Insect Repellent. You may encounter some flies, ticks and other insects along the course. Insect repellent is required and should be applied every morning and evening to prevent annoying bites.

Hydration System equaling 2.25 liters. There are areas where you may need to carry additional water due the distance and terrain between checkpoints. Some ideas of hydration systems for this volume include: three 750 ml bottles; two 750 ml bottles and a small bladder for the sections where you need the extra water (an empty bladder takes up little space and does not weigh a lot).

Water Purification Tablets. There may be times when you need to top up your water from fresh streams / pools. This water is some of the freshest that you will find and our course team has been drinking this water on all the scouting trips. However if you have any concern about this water, we advise you to bring water purification tablets.

Plenty of Electrolytes. The weather will be hot and humid. We advise that you bring more electrolytes than you might normally consume to replace any lost electrolytes.

Gloves. There is some scrambling on the course and you may touch sharp plants and rocks which could cut your hands. The gloves will help to protect your hands.

Waterproof Bag. In a few sections where you are required to swim a short distance, you will need to put your entire backpack into a waterproof bag. A 35 liter bag is recommended.

Leg Coverings. There are areas with long grass and spiky plants which may scratch your legs. Some form of lower leg covering is recommended. Ankle / calf gaiters, long socks (compression socks would work well) or tights are good ways protect your legs.

Sleeping Pad. It is not mandatory to have a sleeping pad but it is highly recommended as the ground may be rocky. There is also one camp where you will be sleeping in the open under the stars. We do not recommend that you bring an inflatable sleeping pad as this may burst on the rocks and plants.

All of these items are available at the [Recommended Gear List](#) and to make this easy you can see comparisons of the products in [Shop by Brand](#).

Best regards,
Sam

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<http://www.racingtheplanet.com>

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4 Deserts, the race of no return
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From: Samantha Fanshawe <sfanshawe@racingtheplanet.com>
Subject: **RacingThePlanet: Australia 2010 / March Update**
Date: 30 March 2010 10:29:43 AM
Cc: fchan@racingtheplanet.com

Dear Competitors,

There is less than one month before RacingThePlanet: Australia begins. As you make your final preparations, there are a few items below that you may find useful.

Flights

Please make sure that you have all booked your flights to Kununurra. Please check your internal reservations as some of the domestic airlines have changed their schedules.

Visas

All non-Australian and New Zealand citizens require a visa to enter Australia. Many countries simply require an Electronic Travel Authority or ETA. Go to <http://www.eta.immi.gov.au/> to find out if the country you hold a passport for is eligible for an ETA. If you are eligible, you can apply directly on the website as well. If you are not eligible for an ETA, please contact your closest Australian Embassy.

Customs

You will not be allowed to bring any food which contains fruit, meat or dairy products into Australia. Those people who have made a order through the RacingThePlanet Store for Back Country freeze dried meals can pick them up at the Kimberley Grande Hotel in Kununurra from the 17 April. Other items should be purchased in Australia - ideally Perth or Kununurra as there may be restrictions on taking food across state borders.

Meeting Time and Place

You must be in Kununurra by Friday, 23 April. There will be a room reserved in your name, based on two or three people sharing. Competitor check-in will take place on Saturday, 24 April from 10am to 2pm before we leave for Camp 1 on the same day. We will send you details of your hotel before 10 April.

Swimming

There is more than one section that will require you to go through water which may be over your head. There will be ropes, life jackets and staff at these sections to make sure that everyone gets across safely. If you are not able to swim, please let us know so that we are aware of this.

Equipment - Reminders on Specific Items

You **WILL** be drinking from fresh water pools along the course. If this concerns you, we advise that you purchase water purification tablets [here](#). It is mandatory to bring a dry bag to put your backpack in (complete with all equipment) for the swimming sections. We recommend that you actually try putting your backpack into the dry bag to be sure that it fits.

The Finish Line

The finish line of RacingThePlanet: Australia 2010 is at El Questro. El Questro and Emma Gorge will also be the location where you will be staying for that night (Saturday, 1 May), based on two or three sharing a room. The Awards Banquet will take place at Emma Gorge. Transport will be provided from El Questro and Emma Gorge back to Kununurra on the 2 May in time to get the first flight out of Kununurra. For those who want a bit of luxury (actually a lot of luxury!), you can also request to stay in the Homestead (part of El Questro and Emma Gorge) for an additional cost - there are just two rooms left. Please email me immediately if you would like this option. Please note that RacingThePlanet has secured the entire El Questro and Emma Gorge complex and that there is no additional space for friends or family on the night of Saturday, 1 May 2010. However, if your family and friends would like spend additional time there either before, during or after the event (not including 1 May), you may email Ann Moss, [\[REDACTED\]](#), who will provide you with a 20% discount.

RacingThePlanet Store

Please place any store orders very soon to ensure that your clothing, equipment, etc arrives on time. We will not be selling any items at the event. You can purchase the official RacingThePlanet: Australia Buff [here](#).

Arc'Teryx is the Official Apparel Supplier

[Arc'Teryx](#) has been named the official apparel supplier of RacingThePlanet: Australia 2010. All competitors, staff and volunteers will be provided with special Arc'Teryx clothing. Arc'Teryx is one of the world's premier brands outdoor clothing and climbing gear.

From: Samantha Fanshawe <sfanshawe@racingtheplanet.com>
Subject: **RacingThePlanet: Australia 2010 / Important Last Minute Items**
Date: 14 April 2010 7:12:10 PM
To: fchan@racingtheplanet.com
Attachments: 1 Attachment, 511 KB

Dear Competitors,

The course director for RacingThePlanet: Australia 2010, Carlos Garcia Prieto (also a 4 Deserts Club Member), is on the course at the moment in The Kimberley. Below are some **very important updates** as you make your final preparations.

Course

The Kimberley is currently experiencing a "late wet", as the locals would say, which means that the wet season has occurred later than usual. There are some changes being made to the course as a result of the wet season so we will not be finalising the distances for each stage until you arrive in Kununurra.

Precautions for Wet Weather

There is a chance of showers during the event (20%) and the ground may be wet underfoot. You are already prepared with your dry bags for the swimming sections but you may want to take additional precautions such as bringing a bivvy (not just the throw-away space blanket) as you can also use this to sleep on or put your sleeping bag inside to keep it dry.

Electrolytes / Salt Tablets

The temperatures are in the late 30°C / 90°F to mid 40°C / 100°F and it is VERY humid. The humidity will increase the amount you sweat and so you **must** bring plenty of electrolytes - more than you might normally use in less humid conditions. These can be in the form of tablets (such as Endurolytes or saltstick caps), powder (such as Heed, Gu, Gatorade, Pocari Sweat, Nuun etc) or a combination of both.

Drinking from Fresh Water Streams

The later wet season means that there are a lot of fresh water streams along the course. You **will** be required to drink from these on more than one day. You must bring a hydration system capable of carrying at least 2.25 liters of water and this system must be carried with you at all times on the course, even when it is not full of water. It can be made up of a combination of bottles and/or bladders. The water is very fresh and clean but if you are not comfortable you may want to bring water purification tablets.

Medical Bandage

As per the equipment list, you will be required to carry a snake-bite / medical bandage with you which you will need to use in the unlikely instance that you come across a snake on the course that actually bites you. The bandage is about 10cm / 4 inches long, 5cm / 2 inches in diameter and weighs approximately 100 grams / 3.5 ounces. Our medical team will brief you on how to use these before the event starts. The special snake-bite / medical bandage will be provided by RacingThePlanet and given out at competitor check-in, but must be returned to us in the same condition, if it is not used.

Insects

There may be flies and/or mosquitoes on the course. These are harmless but to prevent irritation you must bring insect repellent which is on the mandatory list. You are highly recommended to use this every morning before you set off on the course.

Spinifex and other Weeds

Another consequence of the late wet season is that everything is in full bloom including Spinifex, tall grass and other weeds. We strongly suggest that you bring long pants, tights, compression socks, long sleeves, arm sleeves and/or compression sleeves -- so that you are able to fully cover your legs and arms. Any variety of these items will help you as you make your way through The Kimberley.

Equipment List

The final equipment list is attached and can be seen on the competitor-only section of the website. There have been no changes to the items that you must bring.

Kununurra

Remember that Kununurra is a small and remote town. You will see a sign when you land at the airport that says

"Welcome to the Last Frontier." Do not arrive in Kununurra relying on purchasing last minute items. RacingThePlanet will not have anything for sale and you cannot expect to purchase much locally, although there is a decent grocery store and local camping shop.

Best regards,
Sam

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sfanshawe@racingtheplanet.com
www.racingtheplanet.com

4 Deserts, the race of no return
RacingThePlanet: Nepal 2011
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RacingThePlanet 100 launches in the Taklamakan in August 2010



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