

**MEDIA RELEASE
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ARE YOU BRAVE ENOUGH TO CONQUER THE EVEREST OF THE SEA?

National charity Mates4Mates which supports injured, ill and wounded current and ex-Defence personnel is throwing down a new epic challenge designed to physically and mentally stretch those who dare to *'Brave the Crossing'*.

This amazing once in a lifetime sea kayak adventure will see participants paddle 330 kilometres across Bass Strait from Tasmania to Victoria to assist with the rehabilitation of Mates4Mates Mates and to raise funds for the not-for-profit charity.

Sea kayak instructor Michael Sheehan who has led previous Mates4Mates expeditions including a gruelling 900 kilometre kayak from Sydney to Brisbane said this is the first time the charity had dared to hold a challenge across one of the roughest and most notorious stretches of water in the world.

"Brave the Crossing will depart Little Musslerow Bay on the 13 March 2015 and finish up at Wilsons Promontory, Victoria two to four weeks later, depending on the weather," Mr Sheehan said.

"The eastern side of Bass Strait is peppered with small islands making it possible to paddle up to 70 kilometres a day while staying at an island each night.

"Sea kayaking across Bass Strait is no easy feat as you battle rough seas, wind, fog and rain so participants will need to be prepared to train hard in the lead up to the expedition at the centre-based group training sessions located in, or near, Brisbane or Townsville. Other participants will train remotely in preparation.

"During the paddle, kayakers will need to remain focussed, relying on their training, their commitment and their Mates to get through."

Mates4Mates Managing Director Peter Davies said adventure challenges like this are incredibly important to assist with the rehabilitation of our injured, ill and wounded mates.

"Whether they're battling physical injuries or dealing with what's known as the war within, post-traumatic stress disorder (PTSD), adventure challenges like this give our Mates a purpose," Mr Davies said.

"They're designed to get them out of bed and out of their comfort zone, stretch them physically and mentally and give them a goal to strive for.

"Our qualified sea kayak leaders will make sure every single person is well prepared for this once in a life time adventure."

Mr Davies said he was challenging Queensland's corporate community to also get involved.

"We not only have spots for our Mates on this challenge but we're also encouraging any corporate kayak adventurers to give it a go too.



“Why not battle the strait with a mate and be inspired as you go.”

For more information or enquiries about *Brave the Crossing*, head to www.mates4mates.org

About Mates4Mates

- Mates4Mates is a not for profit charity initiated RSL (Queensland) which provides support to wounded, injured or will current and ex-serving Australian Defence Force (ADF) personnel and their families.
- Mates4Mates is designed to complement and enhance the capability of the ADF to support their current and ex-serving personnel and their families.
- Mates4Mates is an independent, apolitical and non-religious organisation offering services like physical rehabilitation, psychological services, counselling, career coaching and adventure challenges.

2013 Sydney to Brisbane Sea Kayak Challenge Vision -

https://www.dropbox.com/s/h8s8mvi45tfvf29/Sequel_Mates4mates_kayak_short.mov

Website – www.mates4mates.org

Facebook - <https://www.facebook.com/Mates4Mates>

Twitter - [@Mates4Mates](https://twitter.com/Mates4Mates)

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