

MEDIA RELEASE
13 March 2015

WOUNDED MATES SET OFF TO CONQUER THE EVEREST OF THE SEA

A dozen injured, ill and wounded current and ex-Defence personnel will today embark on a daring epic adventure across one of the roughest and most dangerous stretches of water in the world.

'Brave the Crossing' will see Mates paddle 330 kilometres across Bass Strait from Tasmania to Victoria to assist in their journey to recovery and to raise funds for national not-for-profit charity Mates4Mates.

Sea kayak instructor Michael Sheehan who is leading the once in a lifetime adventure said this was the first time the charity had dared to hold a kayak challenge across what is known as the Everest of the sea.

"More people have climbed Everest than crossed Bass Strait in a sea kayak," Mr Sheehan said.

"It won't be easy; we'll battle rough seas, wind, fog and rain.

"Most of our Mates are dealing with 'the war within' or PTSD and participating in this challenge will physically and mentally stretch as part of their rehabilitation.

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

"I have complete confidence in our Mates that they can face head on any of the tough challenges they'll be confronted with along the way."

The team will depart Little Musselroe Bay TODAY 13 March 2015, paddling up to 70 kilometres a day while staying at an island on the eastern side of the Strait each night. They'll finish up at Wilsons Promontory, Victoria two to four weeks later, depending on the weather.

Mates4Mates Chief Operating Officer Michael Quinn 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 Quinn 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 have made sure every single person is well prepared for this once in a life time adventure.

"We're urging the community to get behind our Mates on this life-changing journey by donating at <http://www.everydayhero.com.au/event/mates4matesbravethecrossing2015>.

“This ensures we’re able to continue to provide vital programs, services and adventure challenges to make a positive difference to the lives of our Mates and their families today and into the future.”

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

To track the Mates on their journey head to:

<http://share.findmespot.com/shared/faces/viewspots.jsp?glld=0B7pySfqaWFJRvYXN00NbOnlRH9kSkqD1>



About Mates4Mates

- Mates4Mates is a not for profit charity initiated RSL (Queensland) which provides support to wounded, injured or ill 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.

Website – www.mates4mates.org

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

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