

WHITE WATER RAFTING CHALLENGE

11TH, 12TH AND 13TH MAY 2018



INFORMATION PACK

Call Cindy or Arwa on 0727 529 287 or
Email: cindy@farajacancersupport.org / arwa@farajacancersupport.org

DO SOMETHING GREAT FOR YOURSELF, AND FOR CANCER

The annual White Water Rafting Challenge is back! Savage Wilderness and Faraja Cancer Support Trust have teamed up for the FIFTH year running to bring you the ultimate weekend of fun. If you, your family, or your friends, have been or are going through the cancer journey, you will recognize the need to pull together and raise funds to support those in need of urgent medical treatment and support during their cancer journey

The 2018 White Water Challenge will take place on the Tana River, near Sagana, to raise funds for Faraja Cancer Support Trust, which helps cancer patients and their care givers on their cancer journey through the provision of information, free complementary therapies, counselling and support groups.

THE EVENT

White Water Rafting is an adventure sport that comprises 5 rafters and a guide. The team is meant to tackle 3 obstacles to become the overall rafting champion. The raft race will take place over the period of a day and consists of 3 parts:

1: A Rodeo Event 2: A Slalom Event 3: A Downhill River Race

The team that gets the overall highest score wins the challenge and retains the trophy for one year until next year's challenge.

DATES

- Friday 11th May, 2018
- Saturday 12th May, 2018
- Sunday 13th May 2018

Three days of amazing fun!

TEAMS

Each team should consist of 5 people over the age of 13 years old. Due to the limited number of guides, we can only have to 20 teams on each day. Anyone is welcome, you don't need to have rafted before or know how to swim to raft!

Savage Wilderness will provide an experienced and qualified raft guide for each team, who will be with you throughout the challenge. **The team that raises the most money, over and above the registration fee will get the first chance to pick their guide!** Whereas all rafting guides are well trained and professional, a guide with more experience is a sure way to win the race.

RODEO EVENT: EVENT 1

The rodeo event consists of each team surfing a wave on the River Tana known as Fish Eye. The team that stays in the raft for the longest period of time wins the event. This is a timed event and Savage will issue points depending on how long each team member stays in the raft. (This will be held at the "Fish Eye" Rapid).



SLALOM EVENT: EVENT 2

In the slalom event each team will race down a 1 km section of the river in which they will have to pass through 5 downstream gates and 5 up stream gates. This event is both a timed event and there are points gathered as you pass through the gates without hitting them. (Fish Eye to the Gorge Rapid).



DOWN RIVER RACE: EVENT 3

We will race a 4 km section of river. All the teams will start at the same place at the same time and race each other down 4km of amazing white water. The team with the fastest time wins the event. (We will start at Below Spasm and Finish at the Savage Camp).



SPECTATORS

We are happy to have spectators at the event. During the day there will be a number of fun activities on offer. There will be food stands at camp, including finger foods, shawarmas and ice cream. The bar will be open for sale of beers and soft drinks. A BBQ lunch will be served to all rafters at 12 noon for the afternoon rafters and 1pm for the morning rafters. The charge for spectators is **Kshs 2,500** per person which includes the BBQ lunch and transport to and from the event or **Kshs 1,000** for BBQ lunch only and **Kshs 1,500** for transport only

OTHER ACTIVITIES FOR SPECTATORS

Savage Wilderness Camp is a serene environment suitable for family outings and excursions. If you have friends and work colleagues who have come to cheer you on, here are some fun activities you could do while you wait for your team at the finish line!

- **Mountain biking: Kshs 1,500 per person for one and a half hours.**
- **Zip lining: Kshs 500 per person for one flight across the river.**
- **Spectating at nearby Camps Kshs 200 per person.**

All guests are welcome to stay in one of the cottages at Savage or camp. This will incur an additional cost and should be arranged directly with Savage Wilderness Camp. Please call Mercy of Savage Wilderness on **0737 835 963** to book a cottage. Camping is free if you have your own sleeping bag!

PRIZES

Every participant will be awarded with a medal of participation. Other trophies include:

- Highest Overall Fundraiser
- Overall winning team
- Overall Runners up team
- Winner and Runners up Friday
- Winner and Runners up Saturday morning
- Winner and Runners up Saturday Afternoon
- Winner and Runners up Sunday morning
- Winner and Runners up Sunday afternoon

And that's not all! The 3 teams that manage to raise **Kshs 500,000** and above will win a wonderful holiday at a destination in Kenya. The 3 teams that raise **Kshs 250,000** or more will win lunch/dinner at an exclusive restaurant in Nairobi. Exact destinations/locations will be communicated nearer the time. Last year's prizes included accommodation at Sarova Lion Hill, Jacaranda Lake Elementaita Hotel, Great Rift Valley Lodge and meal vouchers at The Tribe Hotel, Southern Sun, The Hilton Hotel, Purdy Arms and Serena Hotel.

REGISTRATION

Registration before 28th February 2018 - Kshs 100,000.

Before 31st March 2018 - Kshs 110,000.

After March 2018 - Kshs 120,000.

Supporting Cancer Patients is a costly affair, that is why we ask rafters to raise over and above the registration fee. All monies go towards helping children and adults with cancer.

How will it help?

Kshs 9,600 - 8 powerful pain killers for patients when it is most needed

Kshs 52,800 - 3 CT scans so that doctors can plan the best treatment path

Kshs 180K - 6 Life-saving chemotherapy cycles

Kshs 300K - The cost to support Faraja's monthly breast cancer support group meetings for a year!

ITINERARY

Morning Rafters

- 06:00** Arrival at Faraja (located within HCG-CCK Cancer Care Centre) ready for departure by 6:15am (Spectators who have paid in advance for transport are eligible for a return trip)
- 08:00** Arrive at the camp to have coffee and mandazis.
- 09:00** Full race briefing and explanation of the 3 different events with a comprehensive safety talk for the river. The highest fundraising team gets to choose their river guide!
- 10:00** All teams will transfer up to the start point of the river to start competing; they will use the 1st few rapids as a warm up
- 10:30** Rodeo event begins. Each team has one practice surfing the hole and then they have to surf the hole for as long as possible, trying hard to keep every-one inside the raft.
- 11:30** Slalom event starts. Each team races down a one kilometer section of river passing through five up stream gates and five downstream gates. This is a timed event but there is also a point system depending on how many poles are hit or gates missed.
- 12:30** Down River Race starts just below the Grand Slam rapid, finishing at the Savage Wilderness camp, four kilometers downstream. This is a timed event in which the fastest team wins.
- 13:30** BBQ lunch at camp. Afternoon participants will have their lunch served earlier at 12:30pm)

*Anyone who wishes to stay at the camp in a tent or cottage should book in advance with Savage Wilderness. **Office mobile: +254 737 835 963** or **email: info@savagewilderness.org**. Please note that the bus will only make one trip in the morning to Savage Wilderness and will return to Nairobi in the evening after all races are complete (this includes spectators, morning & afternoon rafters). Participants who wish to raft in the afternoon and make their own way to Savage must be at the camp by 12 noon.*

ITINERARY

Afternoon Rafter

- 13:30** Afternoon rafters get a full race briefing and explanation of the 3 different events with a comprehensive safety talk for the river. The highest fundraising team gets to choose their river guide!
- 14:00** All teams will transfer up to the start point of the river to start competing; they will use the 1st few rapids as a warm up
- 14:30** Rodeo event begins. Each team has one practice surfing the hole and then they have to surf the hole for as long as possible, trying hard to keep everyone inside the raft.
- 15:30** Slalom event starts. Each team races down a one kilometer section of river passing through five up stream gates and five downstream gates. This is a timed event but there is also a point system depending on how many poles are hit or gates missed.
- 16:30** Down River Race starts just below the Grand Slam rapid, finishing at the Savage Wilderness camp, four kilometers downstream. This is a timed event in which the fastest time wins.
- 17:30** Results of the day are announced followed by prize giving, and giving of Certificates of Participation.
Buses depart Savage Wilderness to Nairobi, estimated to arrive at 7:30pm at the latest.



River Map



Ideas On How To Raise Funds

- Aim High!

We would ideally like each team to raise more than **Kshs 500,000!** We encourage you to raise as much as you can for Faraja Cancer Support Trust, a charity that offers support to all those going through the cancer journey. Some ideas on fundraising are below; but please don't hesitate to contact Faraja if you would like more support or ideas. We have attached a sponsorship form that you can use to record your collection. Remember there is a PRIZE for the highest fundraiser!

Bake Sale In the past we have seen tremendous success when staff members make baked goods and sell in the office during tea break. A weekly bake sale can generate between **Kshs 4,000-10,000** for your team. It's a simple yet sweet way to get your colleagues involved in your fundraising.

Staircase Challenge Take advantage of where your office is placed and organize a staircase challenge. For a month, ask HR to get involved in rallying staff members to use the healthier option, the stairs. For every flight you make, you donate a certain amount for your team. It's fun and fitness, all for a good cause.

Car Boot Sale Some of your colleagues may have gently used or new items at home and wouldn't mind donating them for sale. Every Friday, for example, you can have an office car boot sale where proceeds of all items (jewelry, clothes, and books) go towards to Faraja.

Sell handmade items Everyone is good at making something. Ask friends if they would help you with giving you handmade items to sell.

Raffle Ask local companies to donate a prize, make tickets and ask friends to sell a specific number of tickets for you - that way you can reach more people.

Fill in a pledge form Ask your friends, family, colleagues, church members to donate through pledges. A sample of our pledge form can be found below on page 9.

M-CHANGA: Open an M-changa account and ask friends and colleagues to donate towards your white water rafting team. Monies can be donated online or through **MPESA/Airtel money/ PayPal**. It is good to note that withdrawal of monies comes with a fee. For more information visit www.changa.co.ke

Fundraising Tips!

SET A TARGET: Ask your team to raise a certain amount of money every month.

INVOLVE OTHERS: Post your intentions to raise money on social media and get your friends and family involved in fundraising.

MATCH FUNDS: As staff members of an organization, you can request management to match your funds shilling for shilling!



RELEASE FORM

Savage Wilderness Safaris Ltd

Release and assumption of risks

Location and description of the activity being undertaken Date

.....
.....

Trip Leader Assistant guide /s

Details of the clients participating in the above trip

Signature indicates acceptance of the details overleaf and is required before participation

	Payment details	Name	Contact details (Email)	Signature
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				

Savage Wilderness Safaris Ltd.

P.O. Box 1000, Sarit Centre, 00606 Nairobi, Kenya

Tel (020) 7121590 0733 735508.

E-mail whitewater@nbi.ispkenya.com Website www.Whitewaterkenya.com

Agreement and Release from Liability

Voluntary Participation

I acknowledge that I have voluntarily applied to participate on the trip designated on the booking voucher and / or described to me. I have read the description of the trip so far as it appears in the literature supplied and relating to the trip. I am voluntarily participating in this trip with knowledge of the hazards involved.

Assumption of Risk

I have listened to the safety briefings and I am aware that travel, whether in civilized or remote areas and whether by plane, automobile, boat, raft or other conveyance, or on foot, on land or water, and in the air, contains some inherent element of risk of illness, injury or death, which may be caused by my negligence, forces of nature, wild animals or other agencies known or unknown. I recognise that such risks may be present at any time before, during and after the trip that I am participating in under the arrangements of Savage Wilderness Safaris, its agents, associates and affiliated organisations. I am also aware that medical facilities may not be readily available or accessible during some or all of the time in which I am participating in the trip. In order to partake of the enjoyment and excitement of this adventure travel trip, I am willing to accept the risks and uncertainty as being an integral part of the adventure. I hereby accept any and all risks of illness, injury or death and assume full personal responsibility.

Release

In consideration of being permitted by Savage Wilderness Safaris to participate in these activities and to use its facilities, I hereby agree that I, my heirs, executors or administrators or any other member of my family, will not make a claim against, or sue Savage Wilderness Safaris, its agents, associates and affiliated organisations, individuals or employees, for injury or death resulting from the negligence of, or other acts,, however caused, by an employee, agent or contractor of Savage Wilderness Safaris, its agents, associates and affiliated organisations as a result of my participation on this trip. I hereby agree to release Savage Wilderness Safaris, its agents, associates and affiliated organisations from and against all and any liability out of or connected in any way with my participation on the trip, even though that liability may arise out of negligence or carelessness on the part of persons or entities mentioned above.

Knowing and Voluntary execution

I have carefully read this agreement. I have seen and understood the itinerary and fully understand their contents. I am aware that this itinerary may change due to weather, bad roads or any other causes. I am aware that this agreement is a release of liability and is a contract between me and Savage Wilderness Safaris, I fully believe that the conditions stated and implied are reasonable, and sign it of my own free will.

Signature by all participants is required - please see overleaf

APPLICATION FORM

*** Please complete this Application Form clearly and return with all the relevant information
 ** Please submit one form for each team.*

TEAM NAME: _____ **TEAM LEADER'S NAME:** _____

TEAM MEMBERS:

NAME	EMAIL ADDRESS	MOBILE NO.	T-SHIRT SIZE	AGE

Day to participate:

- | | | |
|--|----------------------------------|------------------------------------|
| <input type="checkbox"/> Friday | <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon |
| <input type="checkbox"/> Saturday | <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon |
| <input type="checkbox"/> Sunday | <input type="checkbox"/> Morning | <input type="checkbox"/> Afternoon |

REGISTRATION FEES

- BEFORE 28th FEBRUARY - AMOUNT @ Kshs 100,000
- BEFORE 31st MARCH - AMOUNT @ Kshs 110,000
- AFTER 31st MARCH - AMOUNT @ Kshs 120,000

I am paying by:

- Cheque and enclose a cheque payable to **Faraja Cancer Support Trust**
- Cash and enclose cash of Kshs.....
- M-pesa to Faraja (Paybill Number 509700 Account Name: Team Name)
- Bank Transfer & enclose banking slip (NIC KES Ac No: [1000018569](#), The Mall Branch, Westlands)

I accept to pay the balance of the registration fee by the due date of 30th April 2018.

I understand and commit to raising as much funds as I can for this charity challenge.

DECLARATION BY TEAM LEADER

1. I fully acknowledge & appreciate the degree of moral responsibility by my fundraising pledge.
2. By signing below, I accept Savage Wilderness & Faraja Cancer Support Trust's Conditions and acknowledge that I participate in my chosen activity at my own risk. Savage Wilderness and/or Faraja Cancer Support Trust will not be held responsible for any injury or illness resulting from my participation.

Signature

Date

Thank you for your time with this application

Your commitment will help us provide support to those suffering with cancer.

Faraja
CANCER SUPPORT

Savage
Wilderness

ABSOLUTE NATURE & ADVENTURE



Call Cindy or Arwa on 0727 529 287 or
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