

YOUR OFF- ROAD RALLY GUIDE

***FROM LOVING
TO DRIVE TO
MASTERING
THE RALLY.***





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For 34 years the Kidney Kar Rally has been a flagship event for Kidney Health Australia, raising over \$15million for the Kidney Kids and Youth Program.

In Australia, over 700 children and young people are living with kidney failure. Kidney disease is devastating, not only for the children but also their families. Shockingly one-third of young people may lose their transplant within three years of leaving paediatric care due to the emotional and physical burden of kidney disease. Losing a transplant may lead to dialysis which requires them to be hooked to a machine for up to 5 hours, 3 times a week. This has a significant burden on their schooling and social life.

Our Kidney Kids and Youth Program provides young people with opportunities to connect with others like them, build support networks and develop confidence and self-esteem to manage their condition.

While the Kidney Kar Rally's main initiative is to leave kids kidney disease in the dust, the event is also about comradeship and mateship. Once you have participated in a Kidney Kar Rally, you become a Rallytive for life.

By joining us, you are not only ensuring children and their families are supported as they navigate their way through this life-changing disease, you will create friendships that last a lifetime.

See you at the opening dinner, Chris.

Chris Forbes

Chief Executive Officer, Kidney Health Australia.

WHY DO WE RALLY?

TO CHANGE THE LIVES OF CHILDREN AND YOUNG PEOPLE AFFECTED BY KIDNEY DISEASE.

Kidney disease does not discriminate and affects young and old. Children and young people with kidney disease are often defined in terms of their disease. They can experience feelings of loneliness and self-esteem issues.

The Kidney Kids and Youth Program provides access to trustworthy, evidence-based information that is age and life-stage appropriate to increase feelings of empowerment to assist them in managing living with kidney disease.

The program also helps build confidence and self-esteem through a series of connection activities designed to strengthen their feelings of belonging and develop long-lasting friendships.

The money raised from the Kidney Kar Rally helps fund this life-changing program, ensuring children and young people with kidney disease can live their best life!



SUPPORTING YOUNG PEOPLE LIKE CHELSEA.

I'm Chelsea! I'm 24 years old and live in Sydney, New South Wales. I was born with polycystic kidney disease. Unfortunately at the young age of 12 I was placed onto haemodialysis for one and a half years until I received my first kidney transplant from my dad at the age of 14 in 2013.

Unfortunately, after three good years with the kidney, it started to reject which resulted in me being back on dialysis. I was on dialysis for four years before I received the 'call' and was given a new kidney in January 2020.

Throughout my journey with kidney disease, I have attended over eight different kidney kids camps, twelve kidney caper days, four kidney walks and other events run by Kidney Health Australia to support young people and their families living with kidney disease.

After having such an amazing time at these events, I wanted to enter the Rally to give back to Kidney Health Australia and help fundraise for the current and future 'kidney kids'. Watching the kids at these events makes all the time, money and effort that goes into fundraising worthwhile.

It's beautiful to see the friendships and memories made in these camps. We all enter the Rally for the same reason, for these kids living with kidney disease.



WHAT'S A RALLY?

INSIGHTS INTO WHAT THE RALLY IS AND HOW IT WORKS.

A typical Kidney Kar Rally consists of approximately 3,000 kms over 6 to 7 days with a daily driving distance of between 400 to 600 kms.

The route is different from year to year and the organisers select mainly gravel roads for the Rally sections that take crews through a variety of terrain and via a range of scenery. The Rally has transport sections that usually pass through built up areas at the beginning and end of each day and to link the days Rally sections.

Up to four Rally sections are scheduled each day where teams lose points for either driving too fast by comparison to the average times taken for all teams or for not attempting to complete a Rally section within a maximum time.

The Kidney Kar Rally is not a race or a time trial and caters for teams with little or no previous rally driving experience right up to those with a keen interest in 'bush' driving. Safety of all crews and officials is

of paramount importance with organisers allowing several rest breaks throughout the day for lunch and toilet breaks to reduce fatigue. Each Rally team has a driver and a navigator and depending on each persons' role in the team some crews alternate these roles each day. The Rally organisers issue teams with a Road Book at the start of the event which has a detailed description of the route to be taken including distances, start times and notes relating to hazards likely to be encountered. It is the navigators' role to read this Road Book to their drivers' so they know what is ahead and what turns to take at intersections.

The Kidney Kar Rally organisers fit a GPS tracking system (RallySafe) to each Rally car which acts as a safety tool to help teams if they stray from the intended route or if they stop and need assistance due to mechanical problems or misadventure. The RallySafe unit displays distances travelled and can be used in conjunction with the road book to help teams determine where they are in relation to the intended route for navigation purposes. Alternatively, crews may fit other navigation systems in their car using either mechanical trip meters or GPS units available as Apps on their phone or tablet.

The Kidney Kar Rally is for anyone and any car. It doesn't matter if you're a lifetime Rally driver, beginner or don't want to Rally drive at all, you can get involved.

The event is open to all fully road registered cars subject to meeting certain safety requirements and compliance with the Rally Rules and Regulations.

There are three ways you can get involved:

1. RALLY KAR

If you don't mind taking things off road and onto tricky terrain, this is the option for you.

2. BACK-UP KAR

Support your fellow Rallytives and register as a Back-up Kar! These cars are optional and can be nominated by a Rally entrant to travel as their support vehicle. They must be four-wheel drive and be able to help safely perform recovery duties for their team and assist as an official vehicle if required.

Back-ups are allowed to travel through the Rally course at the back of the field or follow the Kruise Kars on the main roads.

3. KRUISE KAR

If you're unsure about tackling the dirt tracks or you simply want to dip your toes in the Rally world, this is the option for you.

Get involved in all the best parts of the Rally, the scenic countryside, the comradery, the cause and the fun without needing to go off-road. You won't travel through the Rally course at any time but will meet up with everyone for meals.

Whichever way you decide to participate you will be proudly supporting Kidney Health Australia and helping kids and youth affected by kidney disease.

TIPS AND TRICKS FROM RALLY VETERANS PETER AND DEB – KAR 54

Welcome and thank you for deciding to become part of the Kidney Kar Rally (the KKR). The KKR has been running for many years now and, in my opinion, is the best of its kind in Australia. I have been competing since its inception in 1989 and, together with my navigator (and daughter) Deb, thought that it might be handy to pass on some of the things that we have learnt over the years. You will find more extensive information included in the Road Book which all competitors will receive at the start of the event, on Registration Day.

CAR PREPARATION

Give yourself the best opportunity to have a trouble-free run by considering a few very important areas of your vehicle.

Ground Clearance – Get some advice from your local mechanic or suspension guy as to what can be done. Generally, the higher, the better. Check the operation of the shock absorbers and replace for new if possible, keeping the old ones as spares.

Underbody Protection – Engine sump and gearbox/transmission sump need to have a “bash plate” or sump guard protecting them from rocks embedded in the track or flying about underneath. Brake lines and fuel lines should also be looked at and covered for the same reason.

Engine – should be kept fairly simple. Remember, if it breaks down, someone needs to fix it. Parts can be scarce in some of the more remote areas that we go to. Change the drive belt for new and keep the old one as a spare.

Plugs, points, leads, distributor, coil – where possible, should be replaced with new. A few dollars spent now may save a lot of grief on the track.

Gearbox/transmission, driveshaft, diff, wheel bearings – all oils and filters should be changed for new. Universals should be checked. Wheel bearings, ideally should be replaced.

Radiator and cooling system – should be flushed out and new coolant added. All hoses should be replaced and the old ones “thrown in the boot” for spares.

Brakes – check the amount of wear on all brake pads/shoes and discs/drums. Replace with new as necessary.

Driving lights – are not essential, as not a lot of night driving is encountered in the KKR. They can come in quite handy at times though.

Rotating amber light – mandatory equipment. Quite often, in heavy dust or fog, this is the only thing that is visible to approaching vehicles. Strobe lights are not as effective.

Tyres – It is well worth the investment in a good set of All Terrain or Mud/Snow tyres. Road tyres or tyres without a “chunky” tread simply do not do the job and can be quite dangerous in certain circumstances. Light truck tyres, whilst offering good tread and wall protection, do not provide good steering qualities in a variety of circumstances that will be encountered.



INSIDE THE VEHICLE

There should be nothing inside the vehicle that has the potential to become a missile in the event of an accident. I have always only carried our luggage in the back seat area, packed in soft travel or luggage bags.

RALLY/TRIP METER

There are many different brands of trip meter on the market. It is very important that your Rally trip meter is set up correctly. Ensure that you know how to operate it before you start the Rally. Know how to calibrate it to match another vehicle's measurement. The Rally course is surveyed and checked using a survey vehicle's trip meter. This may not necessarily be exactly the same measurement as yours. If your trip meter is out in distance, it can make navigating quite challenging and nowhere near as enjoyable as it should be.

NAVI TIPS FROM DEB

- Check that all pages have been included in the Road Book.
- Mark all cautions and gates using highlighter.
- Fold completed pages.
- Understand how your trip meter works and how to adjust it.
- Understand how your radio works.
- Carry bottled water in the car.
- Make sure your driver knows who is “calling the shots”.
- In the absence of a 3rd or 4th occupant of the car, the navi is responsible for the in-car entertainment.
- The inside of a Rally car can be very small over a week, so choose wisely!

FUNDRAISING TIPS

The team at Kidney Health Australia are here to help you every step of the way.

As part of your welcome pack you will receive an Authority to Fundraise Form/Doc, along with any other supporting documents you may require to assist with your fundraising.

Here are some tips to get you started:

Online fundraising page

Upon registering your team, you will also create your fundraising page in minutes. You can personalise it with your photo, story and goal to share with your friends, family and colleagues via email and social media.

The best part is it's easy, powerful and free!



Engage your workplace

Ask your employer if they will be a sponsor, match your donations or encourage your colleagues to get involved by holding a morning tea or lunch time trivia and encourage a gold coin donation.

Host an event or BBQ

There are many different fundraising events that you could organise to reach your goal. Think about how you can make your event different with themes and activities. Raffles and auctions are a great source of funding at events.

HOT TIP – BUNNINGS BBQ
contact your local Bunnings
and register your BBQ

Get sponsorships

Get in contact with your local businesses to see if they would like to sponsor your vehicle. This tends to be how most participants get a significant portion of their fundraising. A sponsorship document will be provided by Kidney Health Australia.

LEAVE KIDS KIDNEY DISEASE IN THE DUST

Sign up today for the Kidney Kar Rally

Visit: kidneykarrally.org.au

Call: 1800 454 363

Email: kidneykarrally@kidney.org.au

