

# Ski for Life

RAISING AWARENESS AND PROMOTING MENTAL HEALTH, WELLBEING AND SUICIDE PREVENTION

## 2025 Sunday - Cobby to Renmark

Sunday Breakfast to Sunday Dinner

~Map overleaf~

Time	Details	Notes
7.00am	<b>Breakfast</b> Provided Cobdogla Netball Club - <ul style="list-style-type: none"> <li>Bacon &amp; Egg Sandwiches</li> <li>Watermelon</li> <li>Juice</li> </ul> <i>The Fresh Coffee of Belle-air Coffee Van</i> <i>Little Miss Daisy</i>	Coffee Purchase separate
9.15am	<p style="text-align: center;"><b>Loxton</b></p> <p style="text-align: center;"><b>Provided by Country Bakehouse Loxton</b></p> <b>Morning Tea</b> <ul style="list-style-type: none"> <li>Hot Cross Buns</li> </ul> <p style="text-align: center;"><b>Little Miss Daisy Coffee available for purchase.</b></p>	One team member to collect hot cross buns x2 bags per team, bags will be labelled.
11.00am	<b>Lock 4</b>	Stay in front of jet ski and be on time – lock won't wait
12.00	<p style="text-align: center;"><b>BERRI SKI CLUB</b></p> <b>Lunch</b> <ul style="list-style-type: none"> <li>BBQ Meats</li> <li>Salads</li> </ul> <b>Fresh Coffee Bele-Air</b>	Do not ski into the ski club- drop your skiers off 300 metres <b>past</b> the ski club – collect – and idle back to park
12.30 pm	<b>Advise Final Skippers &amp; Skiers for radio hosts.</b>	See Helen.
1.30pm	<b>Depart Berri Ski Club</b>	Attempt dry start of skiers – competition

		Via team order ** To be confirmed
2.00pm`	<b>Arrive lock 5</b>	Stay in front of jet ski and be on time – lock won't wait
3.00pm	<b>Leave Lock 5 under instruction, <u>Final Leg</u></b> Await instruction from Jet Ski <b>must be in team number order.</b>	If you fall off – await instruction
3.30pm`	<b>Renmark Club</b> <b>Allocated area on the river front downstream side of the Renmark Club.</b> You can enter onto the lawn area via the riverfront walk or through the Club. Shoes/thongs & t shirt/shirts must be worn. Drinks purchased from the bar and then head on outside for the broadcast and announcement of the teams arriving into Renmark. Nibbles will be served on the lawn area. Beverages are at own cost and are individually purchased inside the Club – plastic only on the lawned area.	Ski Into Pontoon Fingers of the Club  Boat Continues to Ramp
	<b>Bus Route to be communicated.</b>	
6:30-7pm	<b>Renmark Football Oval for Dinner</b> <b>(time to be confirmed via SMS)</b> <b>Dinner</b>  <ul style="list-style-type: none"> <li>• Tasmanian Salmon, beurre blanc.</li> <li>• Beef chipolatas.</li> <li>• Rump steak, mushrooms, thyme and sherry vinegar.</li> <li>• Grilled zucchini with miso and sesame seeds.</li> <li>• BBQ chicken thigh, smoked paprika, oregano, lemon charred, buttermilk.</li> <li>• Salads</li> <li>• Orecchiette, pesto, bocconcini, roast cherry tomatoes.</li> <li>• Green leaves, radish, mint green goddess.</li> <li>• Roast pumpkin, fetta, chickpea.</li> <li>• Fresh bread rolls and butter</li> </ul> <p><i>Beverages at own cost at the bar. Plastic use only on the oval.</i></p> <b>Live Entertainment and close of the event</b>	

11.00pm	<b>EVENT CLOSED</b>	



River will be closed to public traffic. You will be able to drop skiers off on wrong side of river.



Boat Ramp

Renmark Club  
(Drop Skiers)

Paringa Bridge

Lock