



FAQs

How many miles will you cover? – Approximately 8,446 miles although this is subject to weather!

How long will it take? – In between 5 and 6 months (approx. 155 days all going to plan), again however, it depends on the weather

What is the route? – We will depart from Long Beach, California row 3028 miles to Hawaii, row 2608 miles to Samoa and then complete the final strait of 2810 miles to Cairns, Australia

Why are you doing it? – We wish to inspire women globally to follow their dreams and to raise awareness and essential funds for our chosen charities Walking With The Wounded and Breast Cancer Care

Why are you rowing for Walking With The Wounded? Finding long term employment is one of the biggest challenges facing wounded servicemen and women hoping to lead a normal life after severe injury. Walking with the Wounded is an amazing charity which funds the re-training and re-education of injured service personnel.

Our vision of being able to inspire people to seize their opportunities, make their own choices and face their life challenges is the work that Walking with the Wounded are putting into action. Their work makes sure opportunities are being created for women & men who have experienced extreme challenges and who have risked their lives in the line of duty. We hope that our fundraising will help boost support for these extraordinary women and men.

Why are you rowing for Breast Cancer Care? Not everyone knows this, but one in eight women get breast cancer. Breast Cancer Care is a fantastic charity that provides support to *anyone* affected by breast cancer. We are constantly inspired by the strength and character shown by the women that are fighting their way through it and we want to give something back to these incredible ladies.

Will you break any world records? – Yes, we are aiming to break 3. First all female team to row the Pacific Ocean. First ever team of four to row the Pacific Ocean. Fastest ever Pacific Ocean row.

Where do you go to the toilet? – bucket and chuck it!

What is the boat like? PINK! 29 ft long, 7 ft wide, 2 rowing positions, a front and back cabin and made mainly of Kevlar, glass and foam core.

What training do you have to do? Training is a fine balance between getting our bodies ready for the challenge ahead without burning them out. A lot of our training is about building up a solid core and our leg muscles so we are strong enough to complete the challenge but also minimizing the risk of injury. We are also doing psychological training with our team psychologist Keith Goddard.

What will you eat? Each day we will be consuming approximately 5000Kcal to provide us with enough energy to keep on rowing without losing too much weight! The majority of those calories will come through freeze-dried meals but will be topped up with snacks (cereal bars, nuts, protein shakes, coconut oil etc)

How can I help? You could help us by spreading the word of our adventure, buying a mile, holding your own fundraising event, or sponsoring us. Any other ideas welcome!

If you have any more questions get in touch: info@coxlesscrew.com