

02 Mar 21

Dear Participant,

I thank you for your participation in the upcoming VTRP trail run event on Fraser Island from the 4<sup>th</sup> of March to the 7<sup>th</sup> of March 2021. The Trail Run event will provide an introduction to Trail running and a component of environmental mindfulness. The event will consist of four phases being Arrival Phase, Run Phase, Mindfulness Phase and Departure Phase.

**Arrival Phase:** Participant Runners will need to self-drive to Rainbow Beach on the Thursday night, the 3<sup>rd</sup> of March 2021 and will be accommodated at Rainbow Beach. Secure parking is located at Rainbow Sands Resort (\$10 per night) and there is free parking available in the Rainbow Beach district area. Rainbow Beach Pies & Cakes, Little Parliament Café and Somewhere Over Coffee Café located on Rainbow Beach Road are open at 0600 for a quick bite and beverage. Additionally, Eds Beach Bakery also located on Rainbow Beach Road is open from 0400 and some form of food prior to the Trail Run Event is strongly advised. Participants will meet the support team with their required equipment and weekend belongings at 615 at 4 Double Island Drive, Rainbow Beach before traveling to the Inskip ferry point by 0630. Participants will travel on the ferry and be ferried to the Trail Run start point located at Lake Bormanjin which should take no longer than 1 hour 30.

**Run Phase:** On arrival of the start site, participants will have a mandatory gear check, all participants will be requested to conduct a communications check with support vehicle crew. Group stretches and individual stretches to be undertaken and running group will commence the trail at Lake Bormanjin with a two hundred meter walk to ease into the run.

The run will consist of a 34km route over trails and roads with compacted sand base with three designated Check Point (CP) locations, CP1, CP2 and CP3. CP2 will be operated by support crews with CP's 1 & 3 being participant resupply only. Participants will need enough fluids and nourishment to sustain travel between the Start Point and CP2. Participants will be resupplied at CP2 for travel from CP2 to Finish Point.

For the operations of the run, as it is an introductory to trail running it is envisaged that the participants will generally stay together in the vicinity of each other for the duration of the event. VTRP acknowledges that at times, some participants will be hampered by staying with the main group and options can be explored to ensure all participants will gain from the event safely. There is provision

*To support ALL those who have served*

for participants to navigate the course in pairs but it will be conducted under a regimented communications plan whereby the participants will contact the support crews every 60 minutes due to the threat of Dingoes.

On completion of the event all participants will be collected at the end point by the support teams. Participants are not permitted to leave the Finish Point at Eurong Beach without approval of the Event Director or support staff.

*Medication:* All participants need to disclose any medications that have been used in the two days leading up to the event. Participants need to also disclose if any medical aids may be required such as Asthma Puffers or Insulin shots.

*Medical Emergencies:* Self-first aid to be administered by participant and by participants in the vicinity. Communications to be established with support crew to advise of situation and location. Depending on the nature of the medical emergency i.e. life threatening, Emergency services are to be contacted. Support crews will safely move to the incident site and provide assistance.

*Fauna:* During the Run phase, participants may encounter local fauna including Dingoes and Venomous snakes which include the Death Adder, Taipan, Eastern Brown Snake and the Red Bellied Black Snake.

If you feel threatened by a Dingo

- Stand still at your full height and fold your arms across your chest with trail pole in master hand
- Face the Dingo, then calmly back away.
- Maintain eye contact
- Stand back to back with other participants.
- Contact support crew via UHF.
- Do not run or wave your arms.
- Wait until the Dingo or Dingoes are gone before you continue on your way.
- Report any negative incidents to a QPWS ranger via support team.

Snakes usually prefer to retreat when encountered but, if they feel threatened, they can become defensive. If you encounter a snake, don't panic. Back away to a safe distance and allow the snake to move away. If bitten

- Remain calm and remove self from danger
- Lie down and immobilise the bitten area
- Apply a bandage but do not block circulation.
- Take a broad bandage and bind along the limb starting at the bite area, at the same pressure as for a sprain. Then bandage down the limb and continue back up the entire limb over and above the bite area.

**Mindfulness Phase:** On Completion of the trail running event, the Mindfulness component of the trip will occur. Participants and Support crews will have a celebratory drink at Eurong Resort bar before traveling up Seventy Mile beach to the campsite at Orchid Beach. High tide is at 1236pm with this movement not expected to commence prior to 1430 on the 5<sup>th</sup> of March. The mindfulness component will involve camping and a tour of tourist sites as designated by the Diggers Rest Support Team. On the morning of the 7<sup>th</sup> of March, that mindfulness phase will be completed.

**Departure Phase:** Participants will pack their belongings and assist support crew in dismantling camp site. Participants will be then transported to 4 Double Island Drive, Rainbow Beach.

In closing, I look forward to introducing you to both trail running and to the environmental mindfulness location of Fraser Island. If you have any queries, please feel to contact myself. Required equipment lists and the course map are illustrated below.

Yours Sincerely,

Craig Turnbull,  
VTRP Event Director  
0418 429 221

## Equipment List:

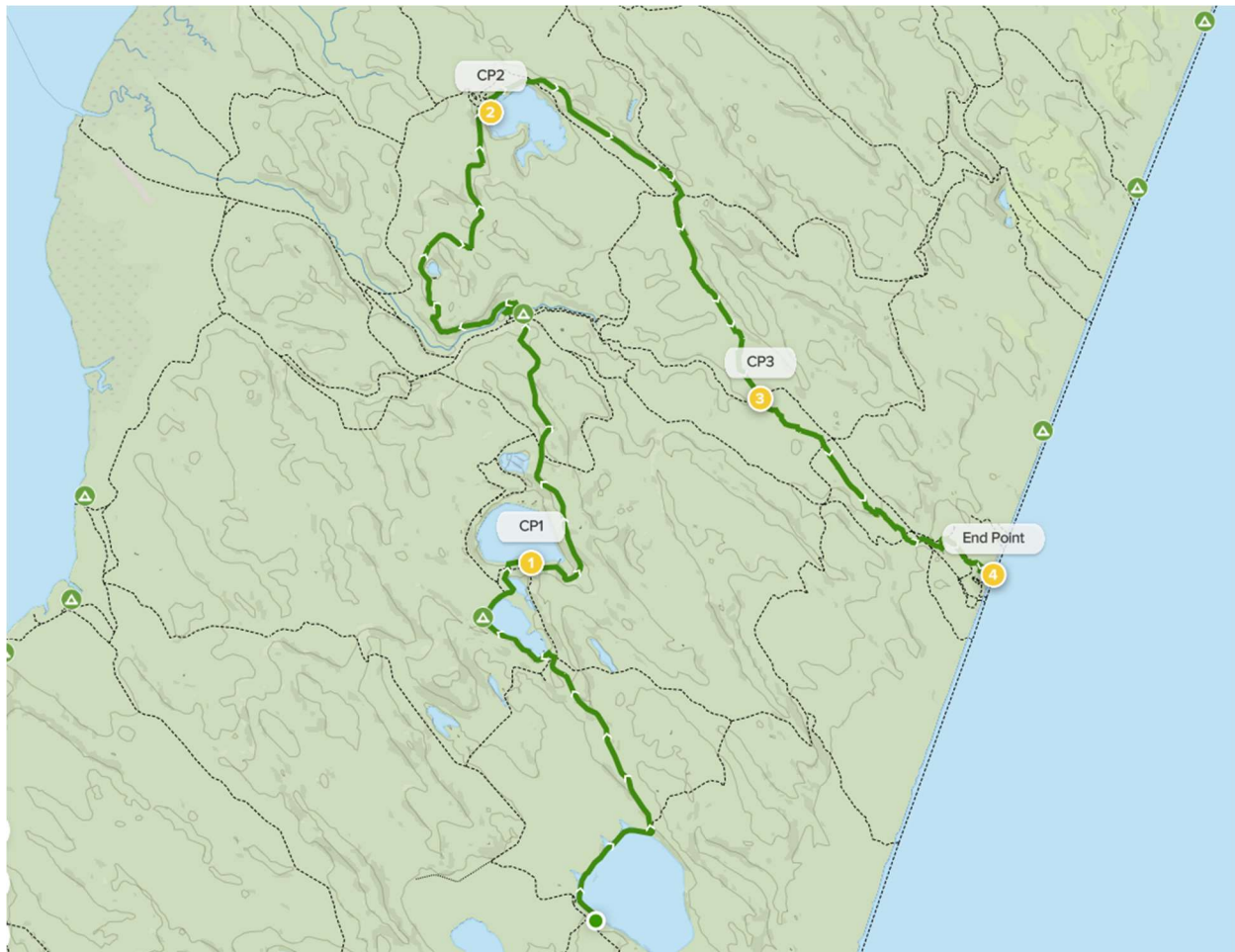
### Trail Running Equipment:

- Running Shorts and Shirts
- 1x Mobile Phone
- 1 x Whistle
- Nourishment to maintain self for 20km
- 1x2.5cm by 5m Strapping Tape.
- 1x Compression Bandage minimum 10cm.
- 1x Zip Lock Bag for personal rubbish.
- Ability to carry 2.5L of Fluid.
- Topographical map of location of trial on Fraser Island
- Trail pole x 1

### Camp Equipment

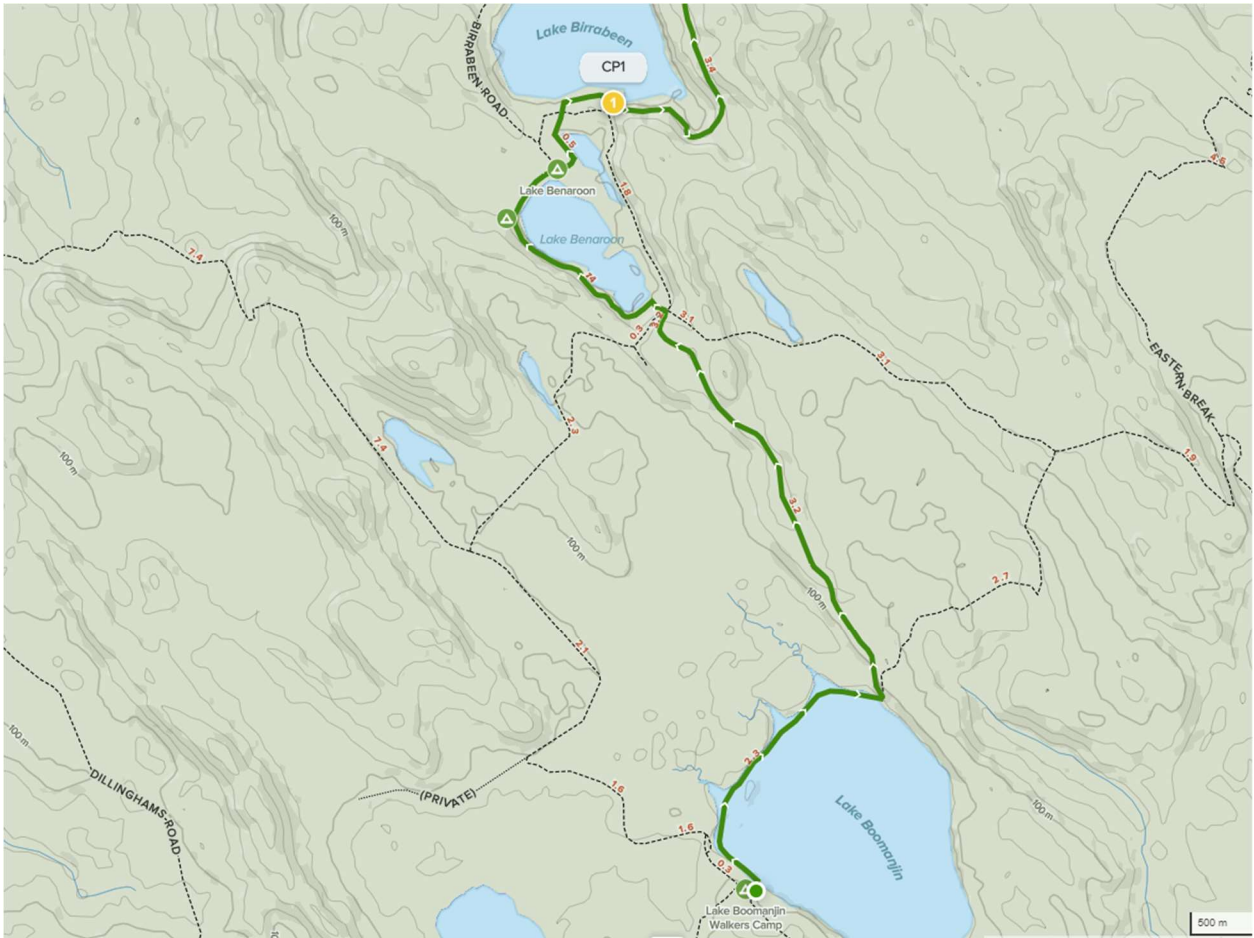
- Toiletries
- Swimmers
- Clothes for Friday, Saturday & Sunday
- Sleeping equipment
- Jumper
- Rain jacket

**Trail Run Map:**  
*Complete Trail:*



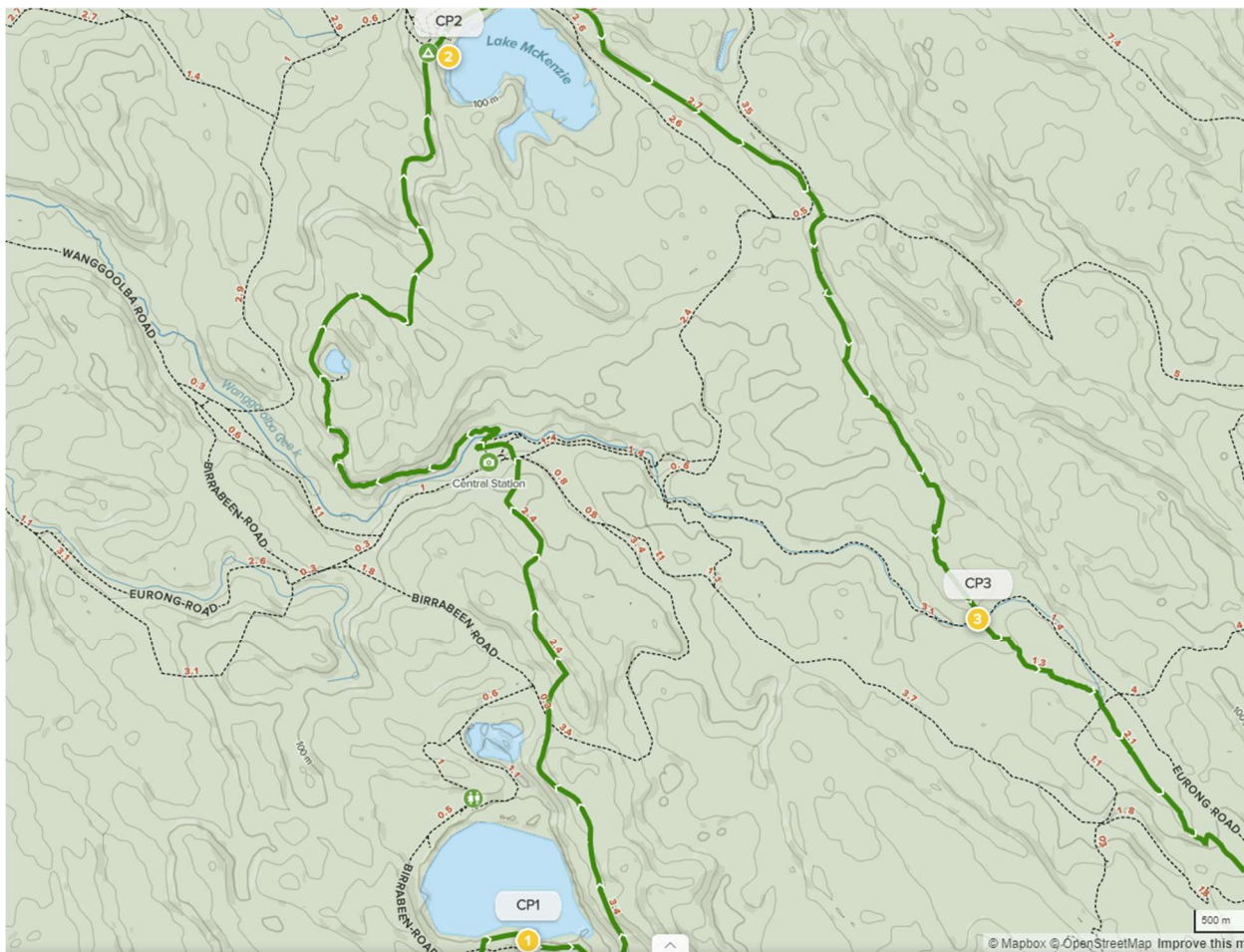
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*Start Point to CPI:*



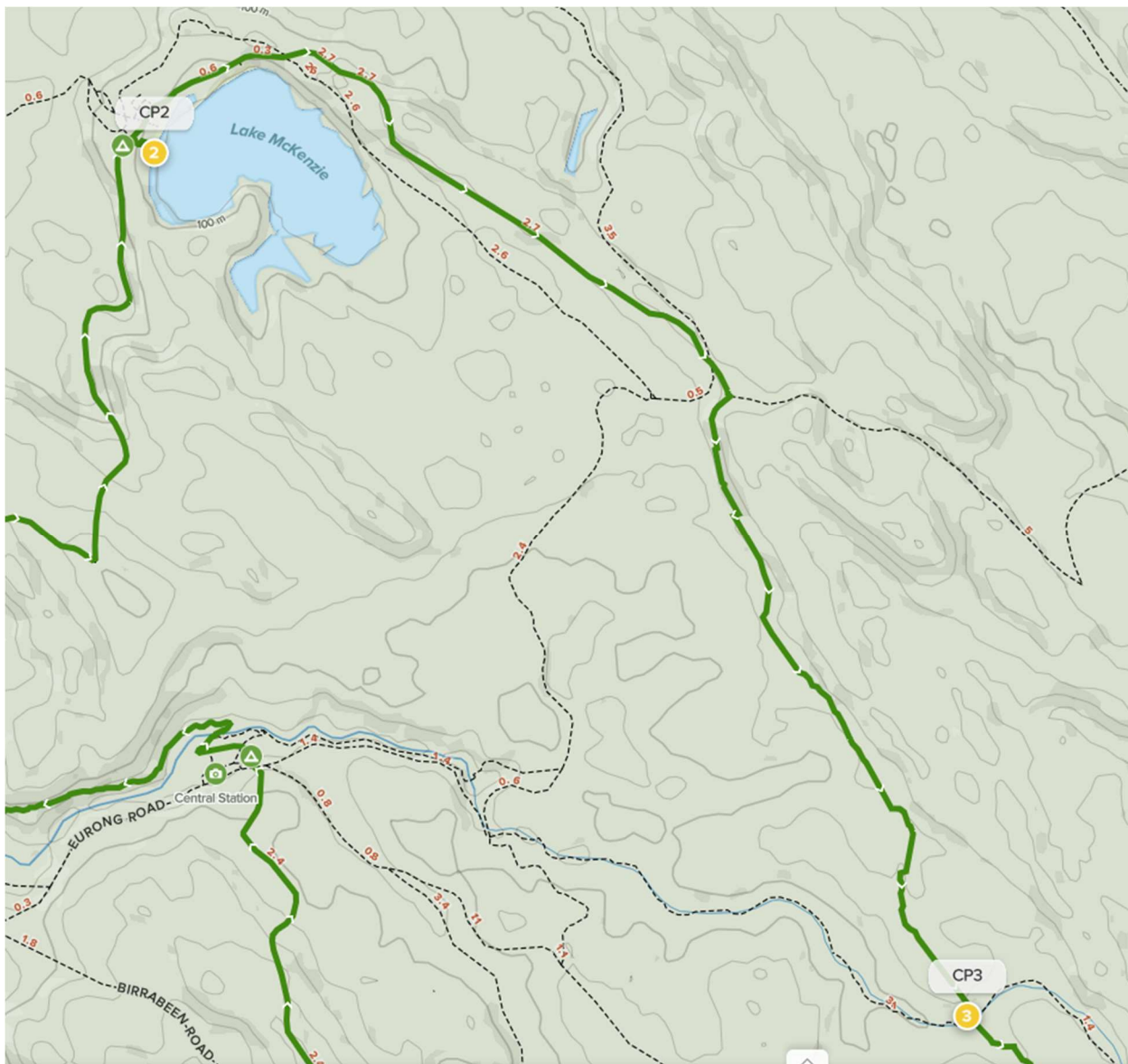
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*CP1 to CP2*



*To support ALL those who have served*

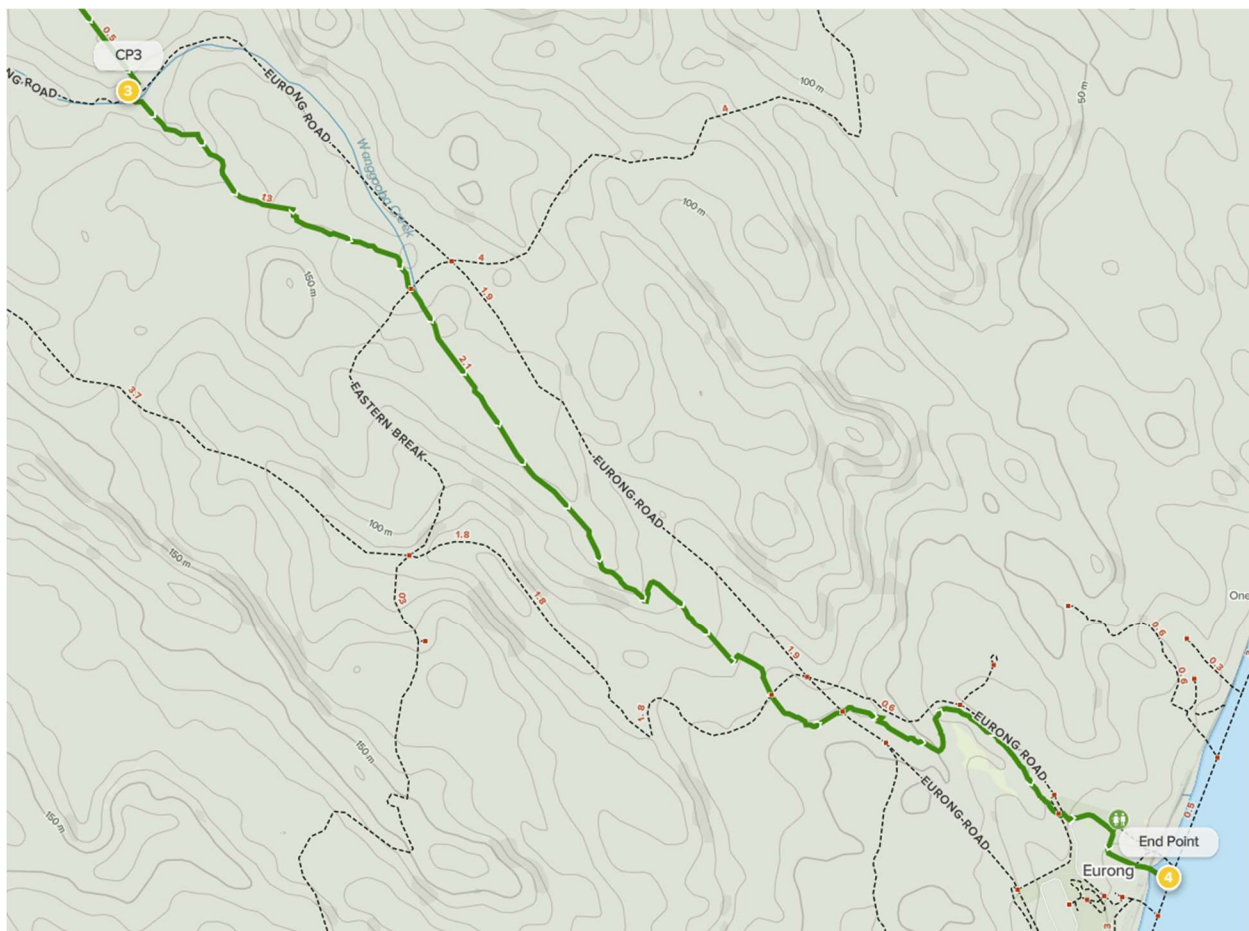
*CP2 to CP3*



*To support ALL those who have served*



*CP3 to Finish Point*



*To support ALL those who have served*