

27 Apr 21

For your information

I thank you for your participation in the upcoming Veteran Trail Runner Pack (VTRP) event on Fraser Island from the 17<sup>th</sup> of June to the 21<sup>st</sup> of June 2021. The trail run event will provide an introduction to trail running and a component of environmental mindfulness. The event will consist of five phases being the Preparation Phase, Arrival Phase, Run Phase, Mindfulness Phase and Departure Phase.

**Preparation Phase:** Participant Runners will be required if possible, to join in group runs in the lead up stage that will be conducted in the South East QLD region on the 22<sup>nd</sup> of May (10km) and the 5<sup>th</sup> of June (15km). Please do not feel any pressure in relation to these runs as we are not looking for any speed parameters just ensuring that you can cover that distance. For those who live interstate or cannot make the organised training trail runs, it is requested that participant runners conduct their own similar trail run activity in their local areas and record it on Strava. Local runners are not required to have to Strava, but it is recommended as it is good way for the group to recognize and support each other. Strava has a free application that can track your run details and it also links with Garmin watches and devices. I am currently in discussions with a running coach and I will send out the details around this very soon.

**Arrival Phase:** Participant Runners will need to self-drive to Rainbow Beach on the Thursday night, the 17<sup>th</sup> of June 2021 and will be accommodated at Rainbow Beach. For any Runners traveling interstate, arrangements will be made to pick up and drop off from required transportation Hub. Secure parking is located at Rainbow Sands Resort (\$10 per night) and there is free parking available in the Rainbow Beach district area. Final kit checks for the runners will be conducted on the night of the 17<sup>th</sup>. Nourishment prior to the Trail Run Event is strongly advised. Participants will meet the support team with their required equipment and weekend belongings at 0530 at the allocated cabins at Rainbow Beach Holiday Park before traveling to the Inskip ferry point by 0600. Participants will travel on the ferry and be ferried to the start point located where Taleeba Creek meets the Pacific Ocean on Seventy-Five Mile beach.

**Run Phase:** On arrival of the start site, participants will have a final water check, allocated participants will be requested to conduct a communications check with support vehicle crew using Garmin UHF radios. Group stretches and individual stretches to be undertaken and running group will commence the trail leading from the beach past Dilli Village towards Lake Bormanjin with a two hundred meter walk to ease into the run.

*To support ALL those who have served*

The run will consist of a 30km route over trails and roads with compacted sand base with three designated Check Point (CP) locations, CP1, CP2 and CP3. All Check points and the Finish point will be operated by support crew which will have water, food and medical supplies. Participants will need enough fluids and nourishment to sustain travel between the check points.

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 for participants to navigate the course in pairs as a minimum 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 trail run event all participants will be encouraged to enjoy Lake Mackenzie before being collected and moved to Orchid Beach.

*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 etc.

*Medical Emergencies:* Self-first aid will 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 will be contacted. Support crews will safely move to the incident site or closest 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-Five Mile beach to the campsite at Orchid Beach. High tide is at 2:59pm at a peak of 1.36m (BOM) with this movement not to be commenced prior to 4:00pm on the 18<sup>th</sup> of June. The mindfulness component will involve a tour of tourist sites as designated by the VTRP team. On the morning of the 20<sup>th</sup> of March, that mindfulness phase will be completed. There is provision for runners if they wish to remain another night on Fraser Island in the accommodation at Orchid beach.

**Departure Phase:** Participants will pack their belongings and assist support crew in dismantling camp site. Participants will be then transported to Rainbow Beach or required transportation hub for interstate runners.

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 provided below.

Yours Sincerely,

Craig Turnbull,

0418 429 221

**Equipment List:**

## Trail Running Equipment:

- Running Clothes
- 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

Note: Due to potential interactions with Dingo's, Trail Poles will be allocated and will be carried during the run.

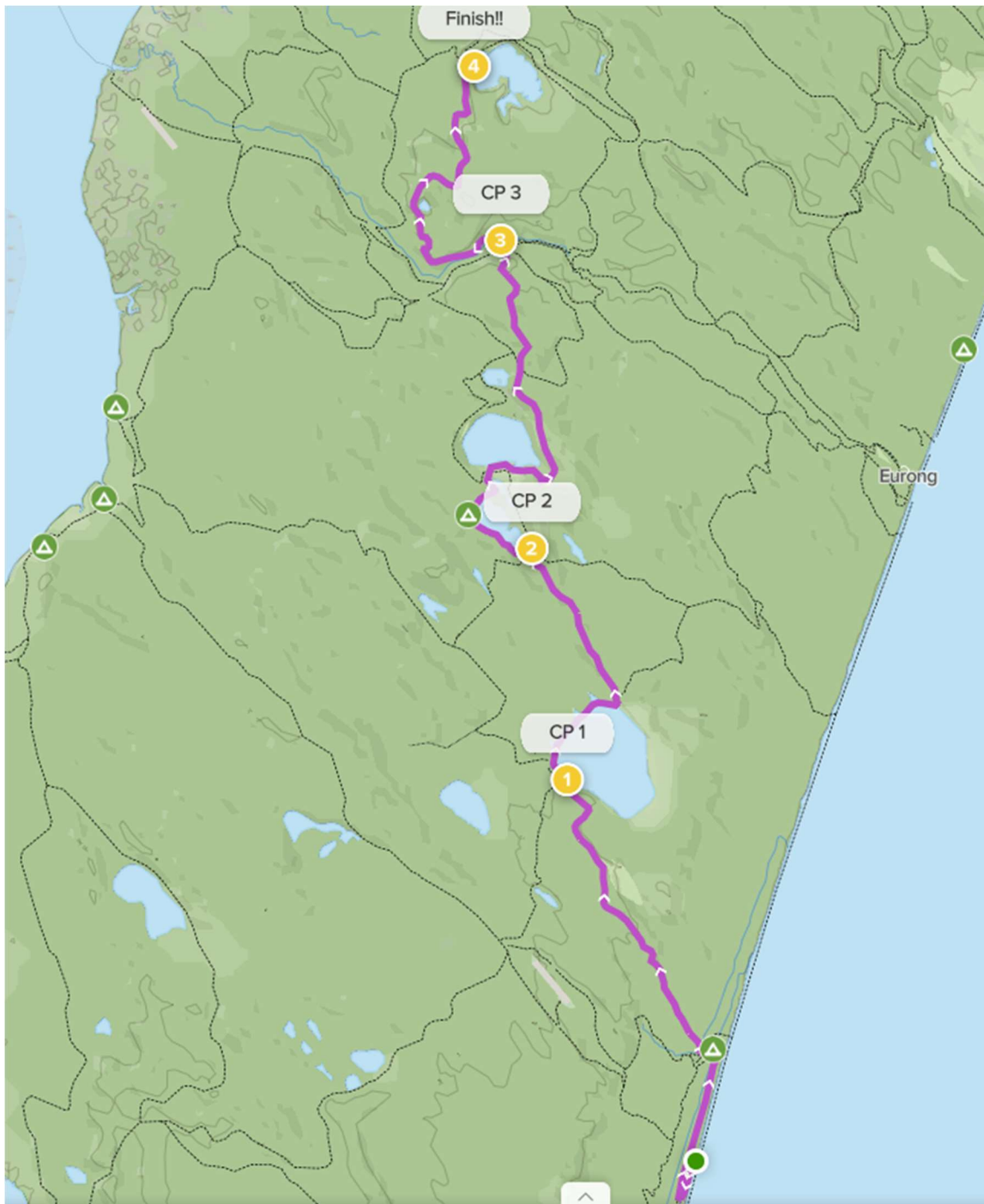
## Trip Equipment

- Toiletries
- Swimmers
- Clothes for Friday (post run), Saturday & Sunday
- Insect Repellent
- Sleeping equipment
- Jumper
- Rain jacket
- Sunscreen

**Trail Run Map:**

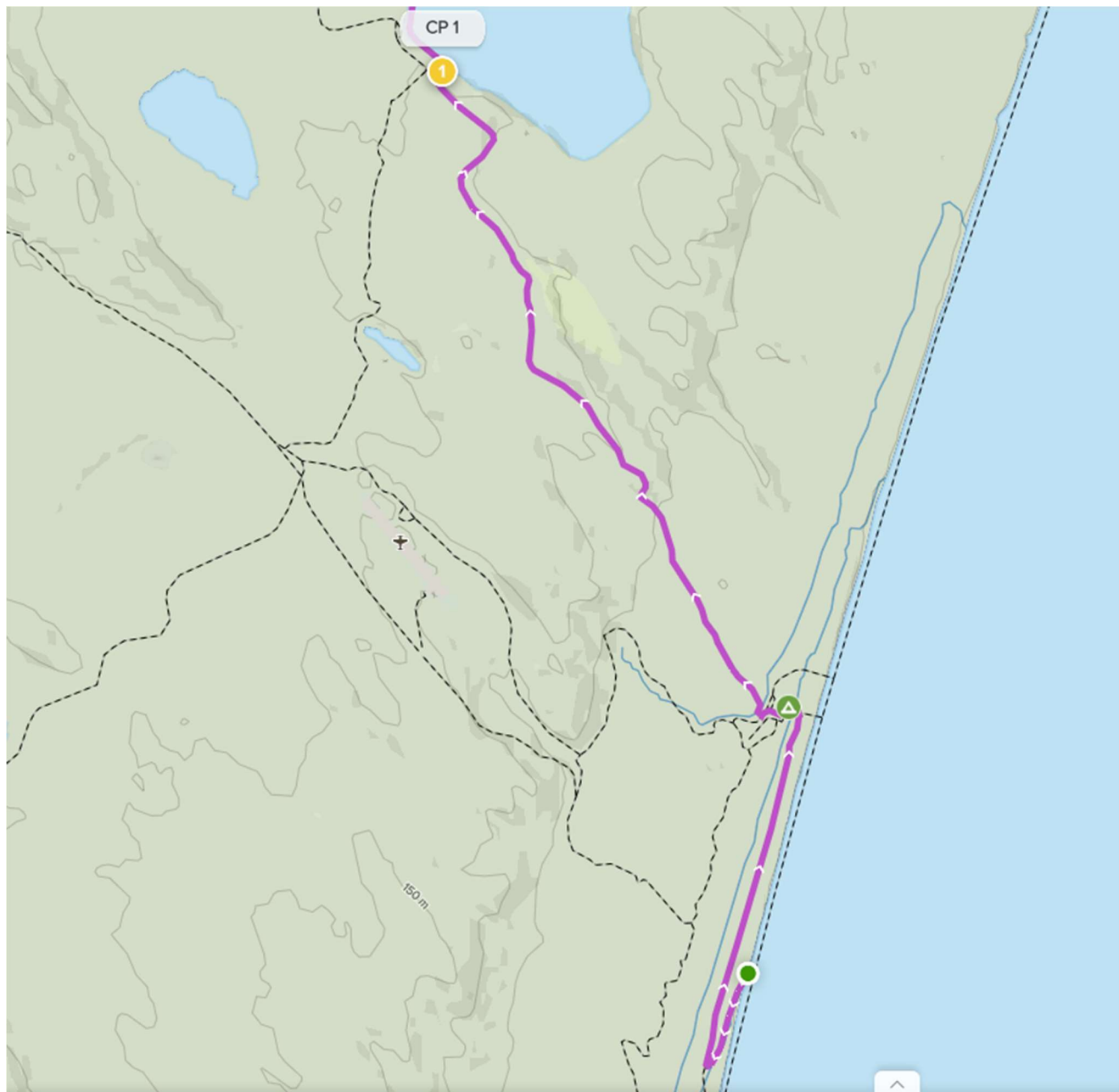
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*Complete Trail:*



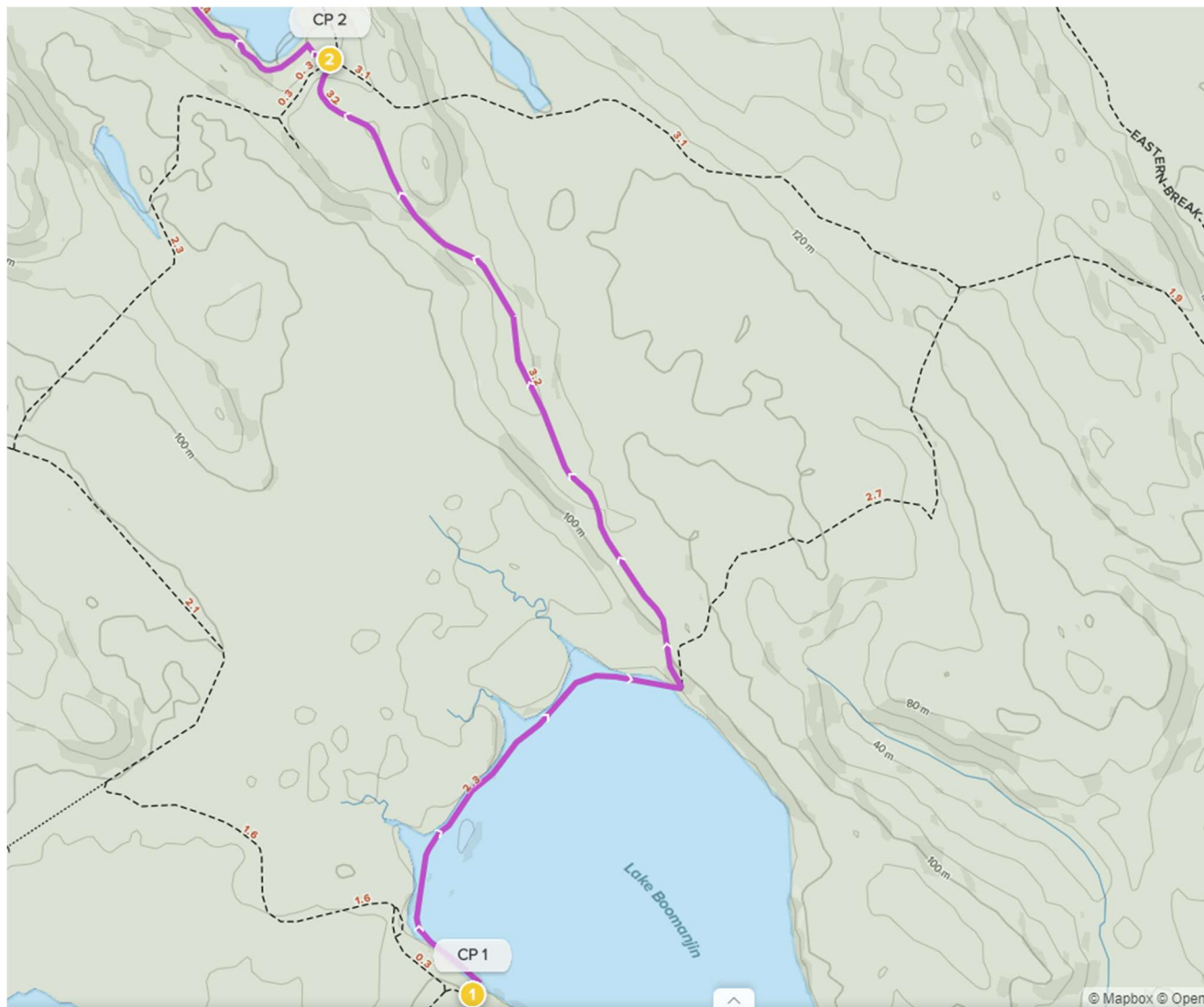
*To support ALL those who have served*

*Start Point to CP1:*



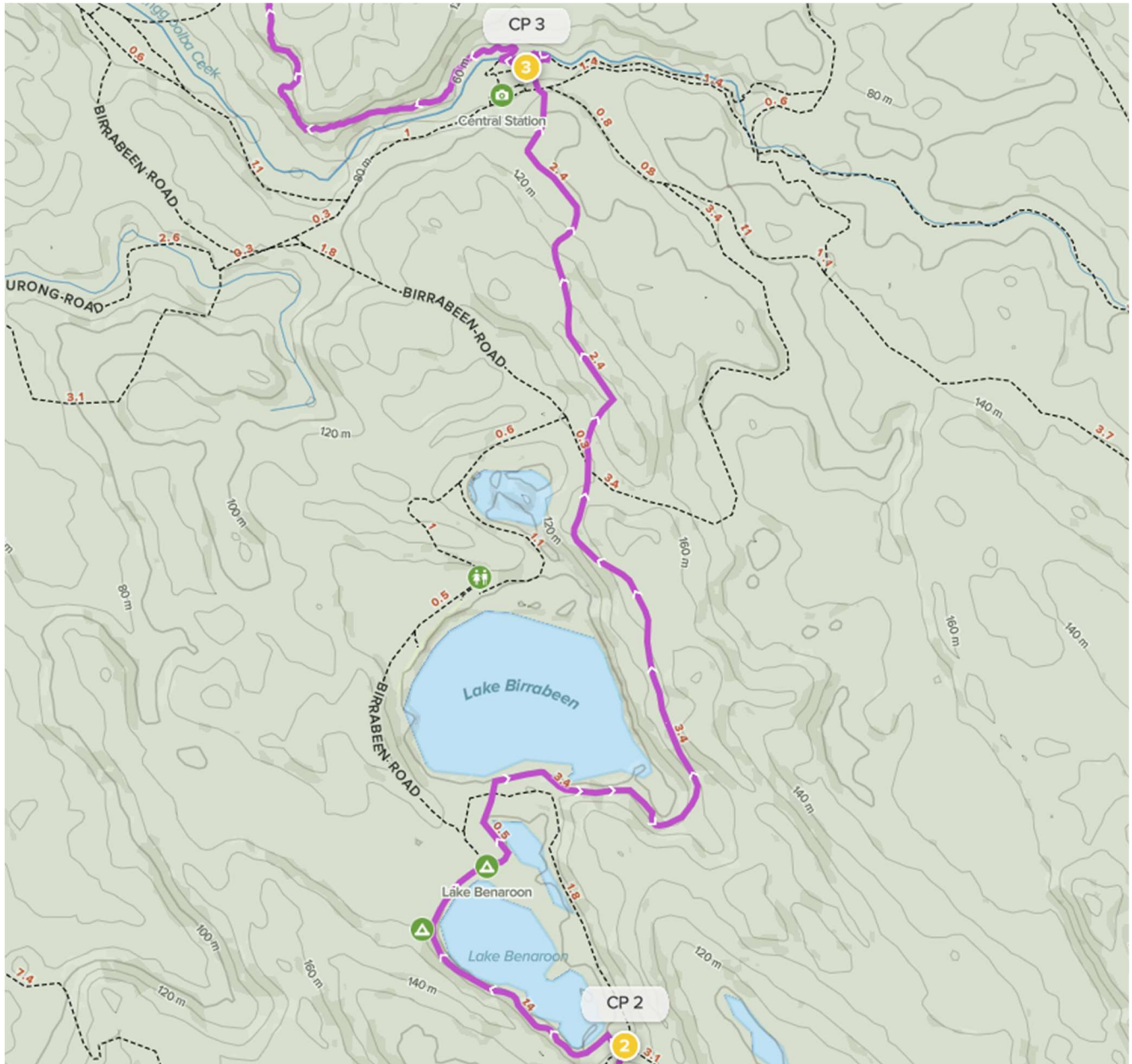
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*CP1 to CP2*



*To support ALL those who have served*

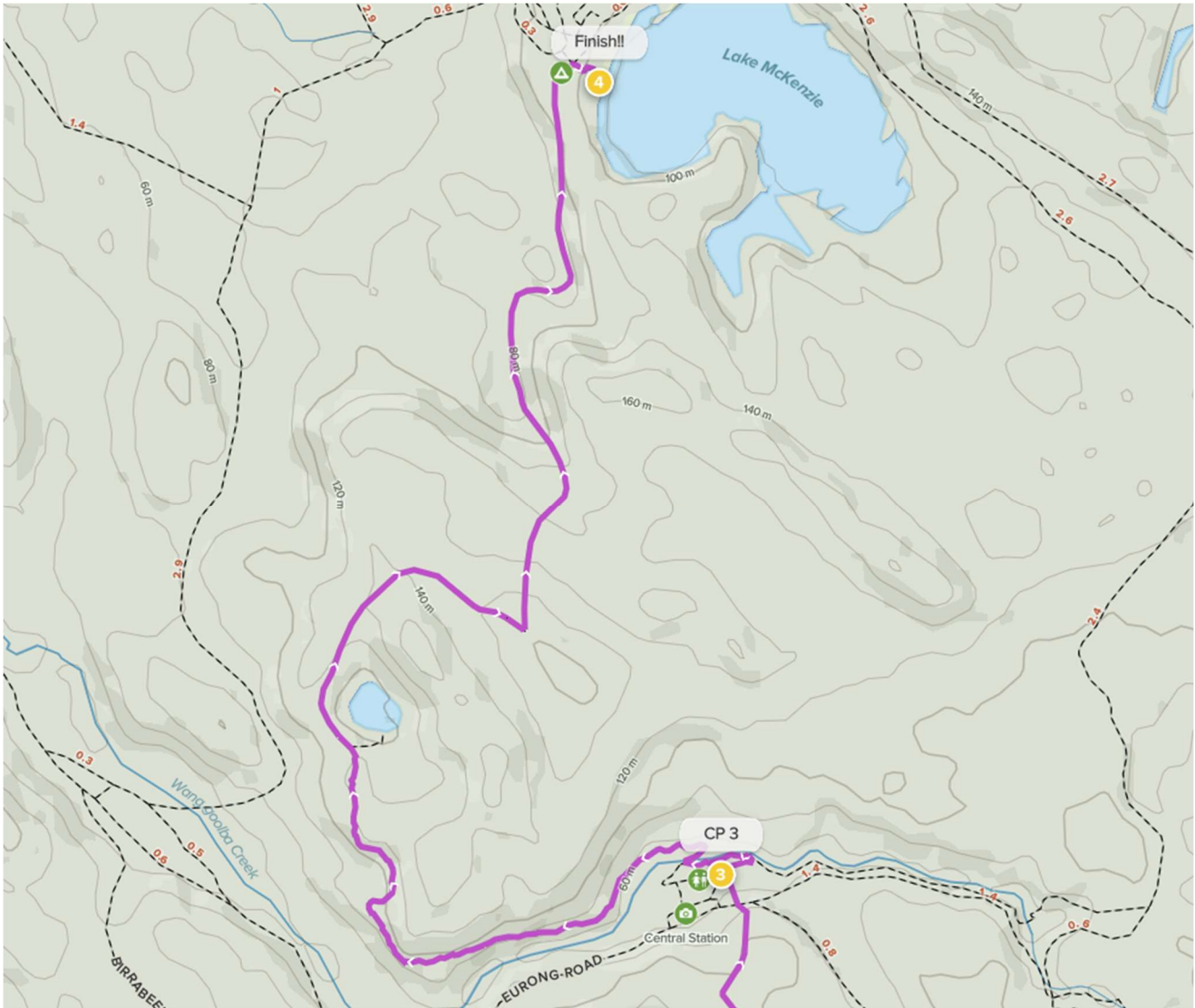
CP2 to CP3



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*CP3 to Finish Point*



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