

Veteran's Trails



K'Gari #3

24 Aug 21

For Information,

I thank you for your participation in the upcoming Veteran's Trails event on Fraser Island from the 28th of October to the 31st of October 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 to join in group runs in the lead up stage that will be conducted in the South East QLD region on the 4th of Sep (10km), 25th of Sep (10km) and the 16th of October (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 Veteran's Trails club on Strava. Strava is 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 28th of October 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 28th. 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.

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The run will consist of a 30km route over trails and roads with compacted sand base with four designated Check Point (CP) locations, CP1, CP2, CP3, CP4 and the Finish Line which is the beautiful water of Lake McKenzie. 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. Veteran's Trails 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.

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- 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 accommodation at Orchid Beach. High tide is at 2:24 pm at a peak of 1.64m (BOM) with this movement not to be commenced prior to 3:30 pm on the 29th of June. Sunset is predicted at 6:01pm. The mindfulness component will involve a tour of tourist sites as designated by the Veteran's Trails team which will be dependent on environmental factors. On the morning of the 31st of October, 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 which will also be subject to vehicle availability.

Departure Phase: Participants will pack their belongings and assist support crew in cleaning accommodation. 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 L of Fluid.
- Topographical map of location of trial on Fraser Island (on phone is acceptable)

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
- Special Sleeping equipment if required
- Jumper
- Rain jacket
- Sunscreen
- Towel

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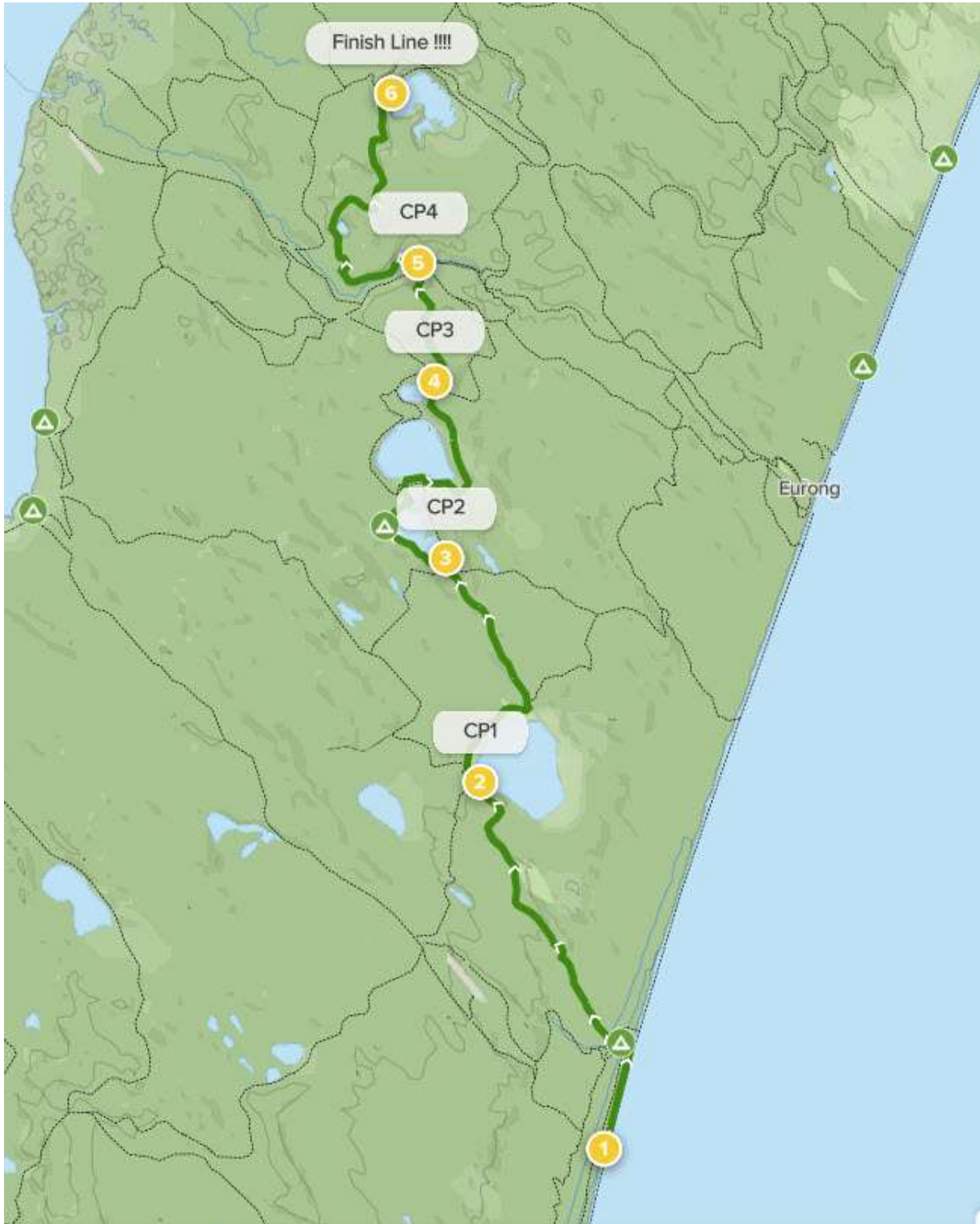


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Trail Run Map:

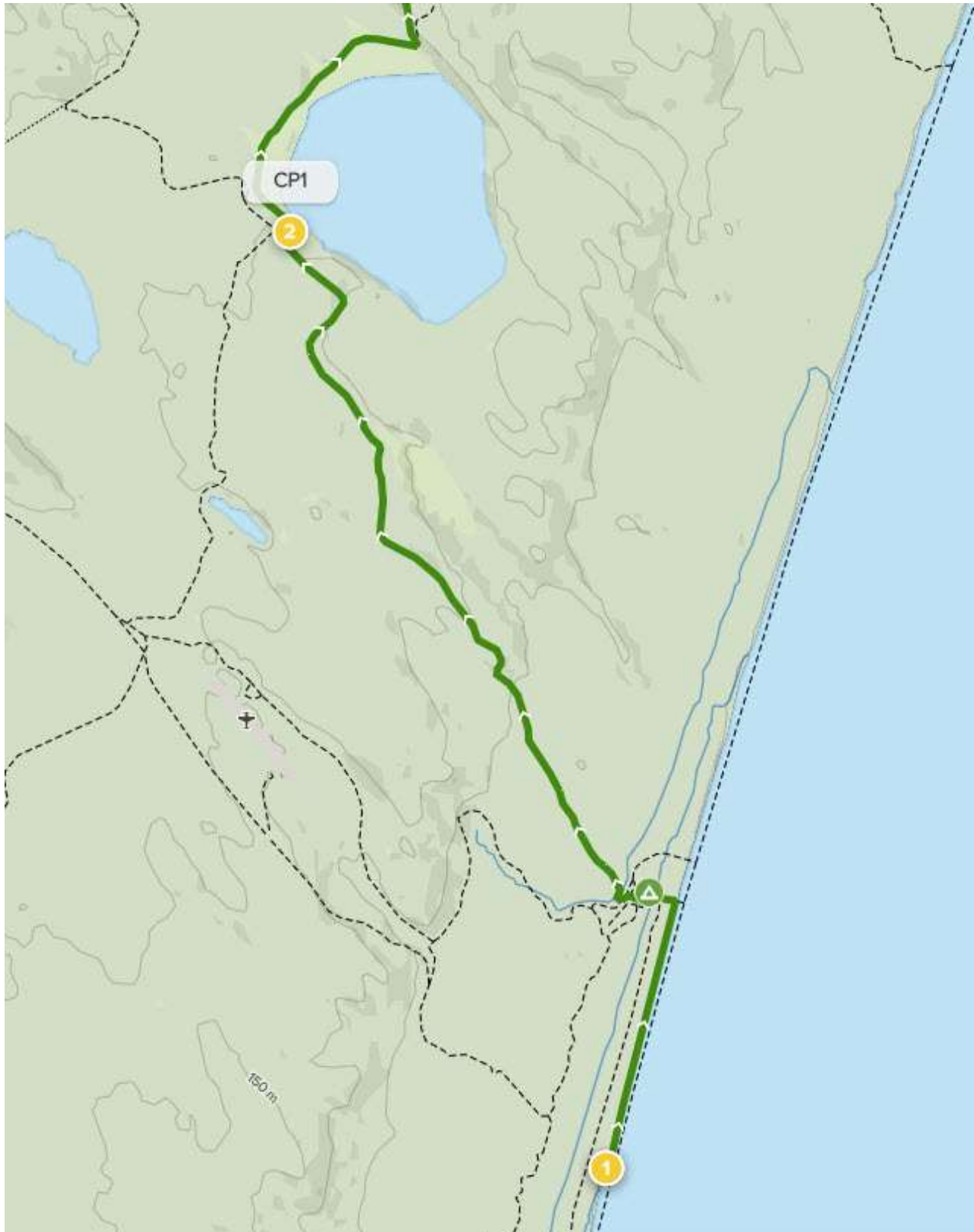
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Complete Trail:



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Start Point to CP1:



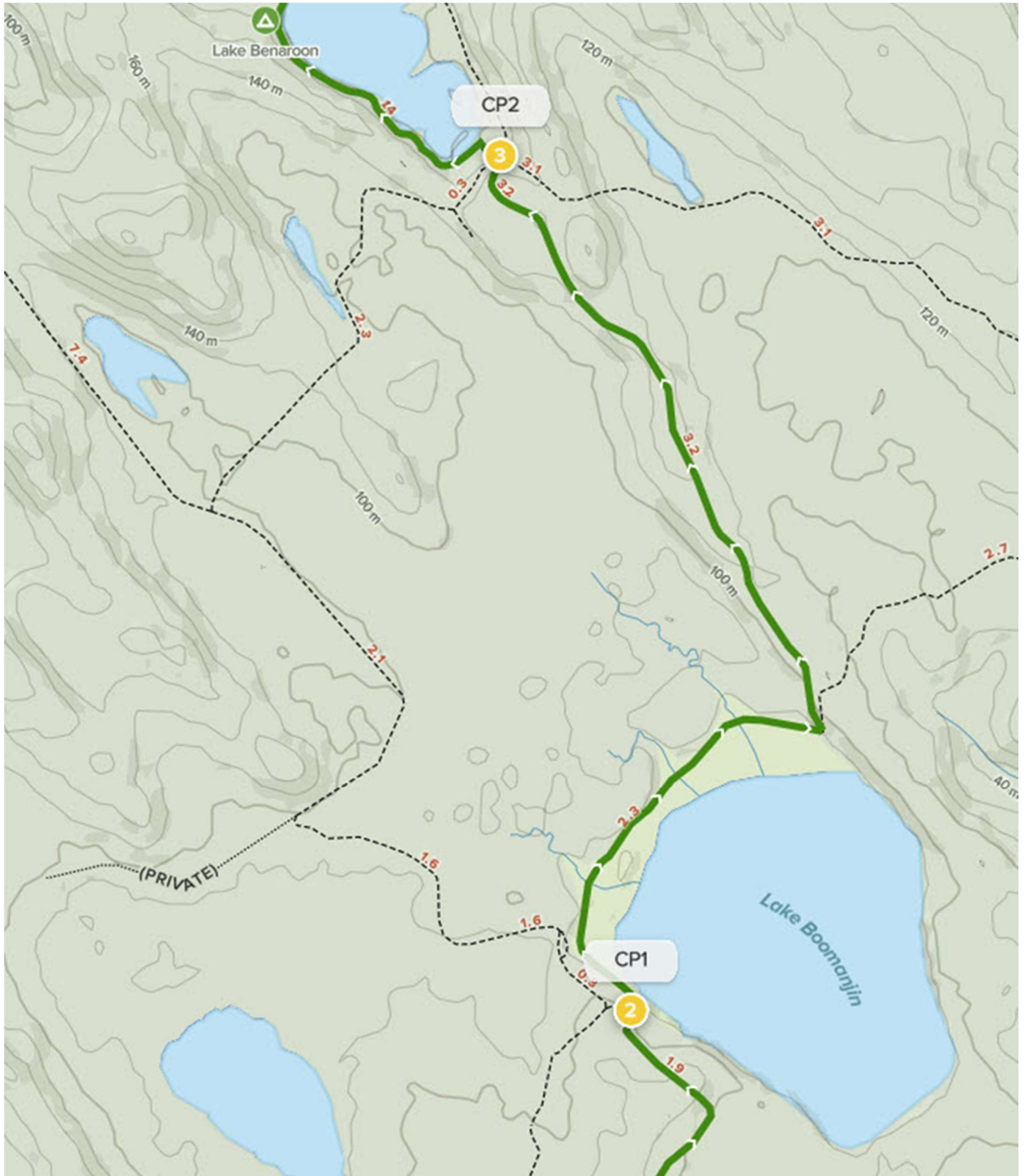
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CP1 to CP2



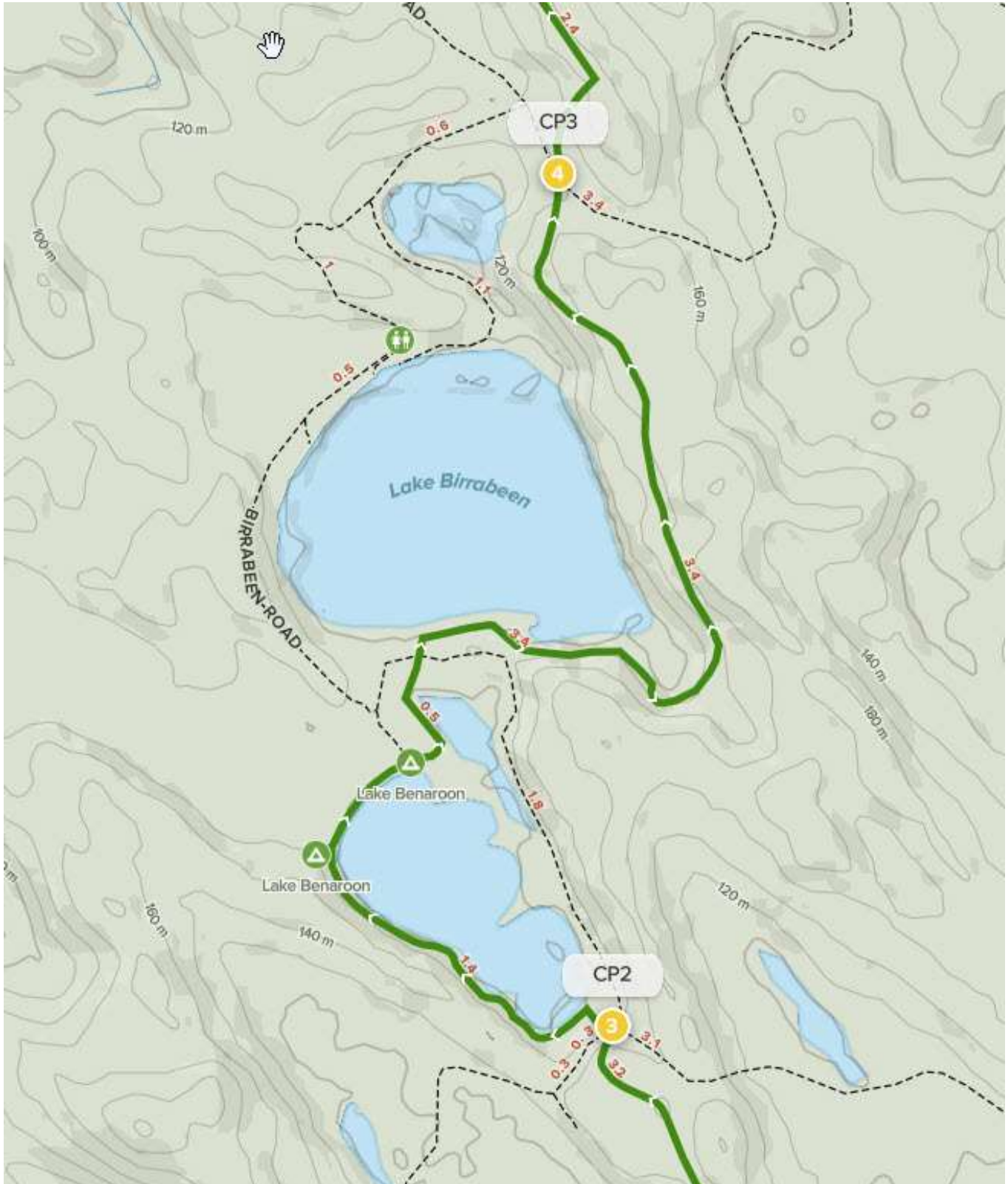
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CP2 to CP3



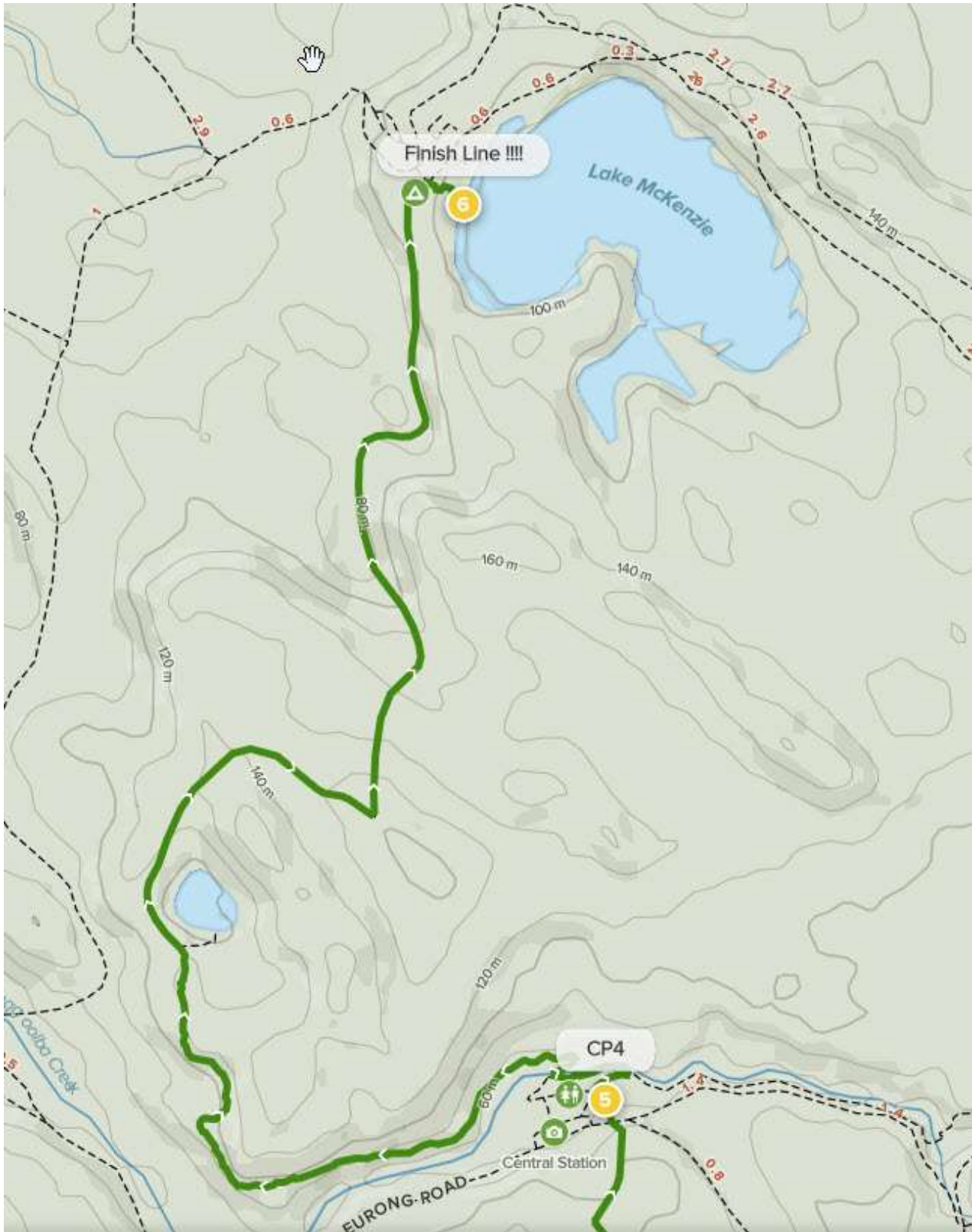
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CP4 to Finish Line !!!



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