

For your information,

The upcoming Veteran's Trails event on K'gari from the 18th of March to the 20th of March 2022. 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.

Veteran's Trails requires runners are who wish to participate in the K'gari events:

- Subscribe to Veteran's Trails on the Veteran's Trails website
- Join the Veteran's Trails club community on Strava
- Complete the Veteran Trial personal information document
- Participate in at least 30% of the training runs per annum either at location or via Strava (barring injury or other major circumstances)
- Dedicate sufficient time to attend the allocated K'gari and Tasmania trips
- Veteran's Trails asks for a Pay It Forward donation of \$100 for participants to help us fund the upcoming K'gari events.

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 commencing on the 29th of January 2022 which will be located on the website in the new page. 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.

Arrival Phase: Participant Runners will need to self-drive to Rainbow Beach on the Thursday night, the 17th of March 2022 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 17th. 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 Taleerba 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 if required by individuals

The trail begins on 75 Mile Beach where Taleerba creek feeds into the Pacific Ocean for 2 km before turning inland past the Dilli Village education facility before leading North west to Checkpoint 1 at Lake Boomanjin. The trail winds around the lake and into the moderate vegetated areas before passing Lake Benaroon to reach Checkpoint 2 located south of Lake Birrabeen. The trail continues along Lake Birrabeen and past Lake Jennings and to Checkpoint 3 before transiting into the Rainforest area that surrounds the Central Station and into Checkpoint 4. From there, the final leg of the trail continues onto the tranquil Lake McKenzie and the finish line on the white sand. All Checkpoints and the Finish point will be operated by a support crew that will have water, food and medical supplies. Participants will need enough fluids and nourishment to sustain travel between the checkpoints.

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. Veterans 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 Happy Valley.

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 accommodation at Happy Valley. The mindfulness component will involve a excursion of tourist sites as designated by the Veteran's Trails team which will be dependent on environmental factors. On the morning of the 20th of March, that mindfulness phase will be completed. There is provision for runners if they wish to remain another night on K'gari in the accommodation at Happy Valley 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 K'gari. 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 K'gari (on phone is acceptable)

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

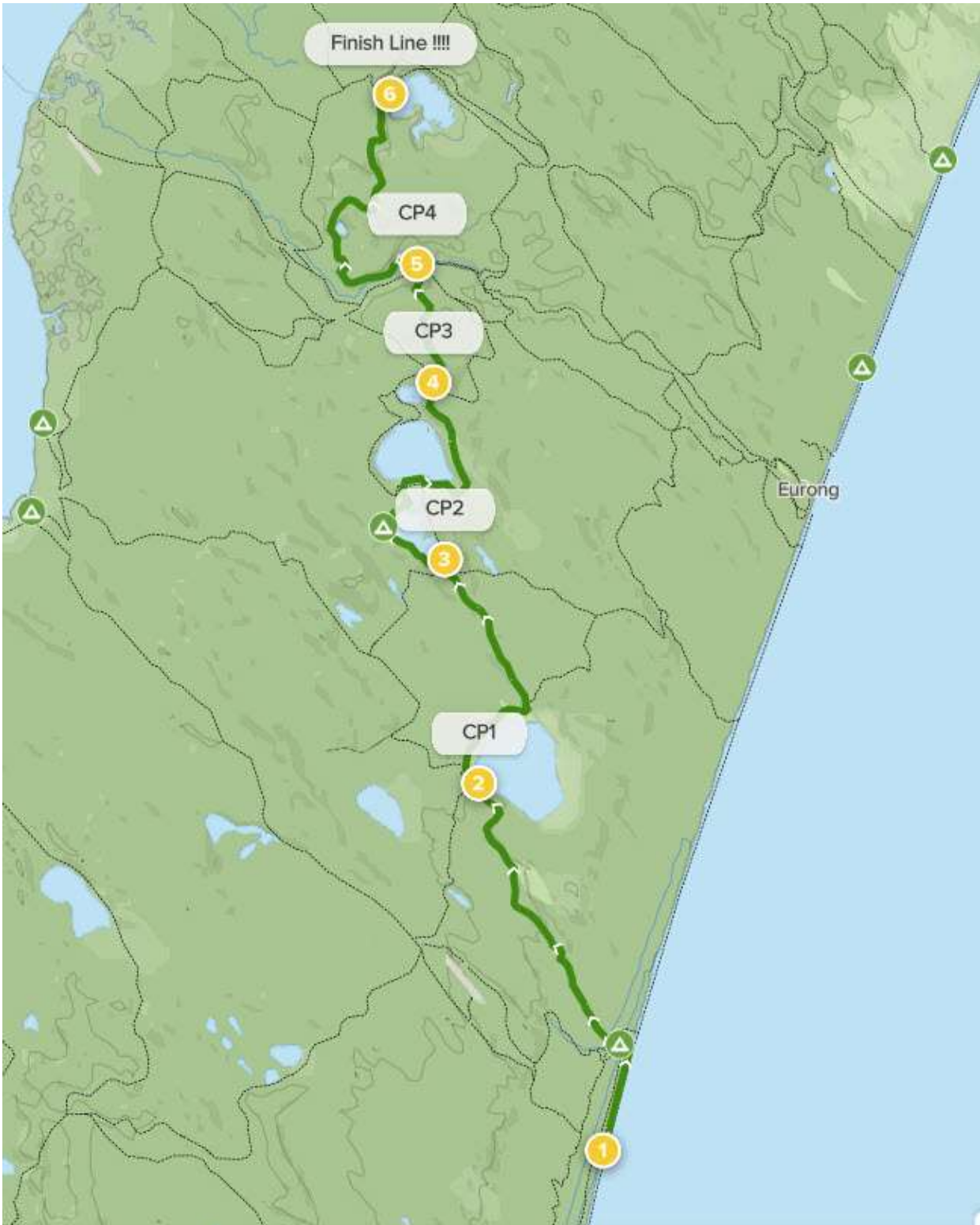
Trip Equipment

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

Trail Run Map:

[https://www.alltrails.com/explore/map/Veteran's Trails-3-2d6cc4b?u=m](https://www.alltrails.com/explore/map/Veteran's%20Trails-3-2d6cc4b?u=m)

Complete Trail:



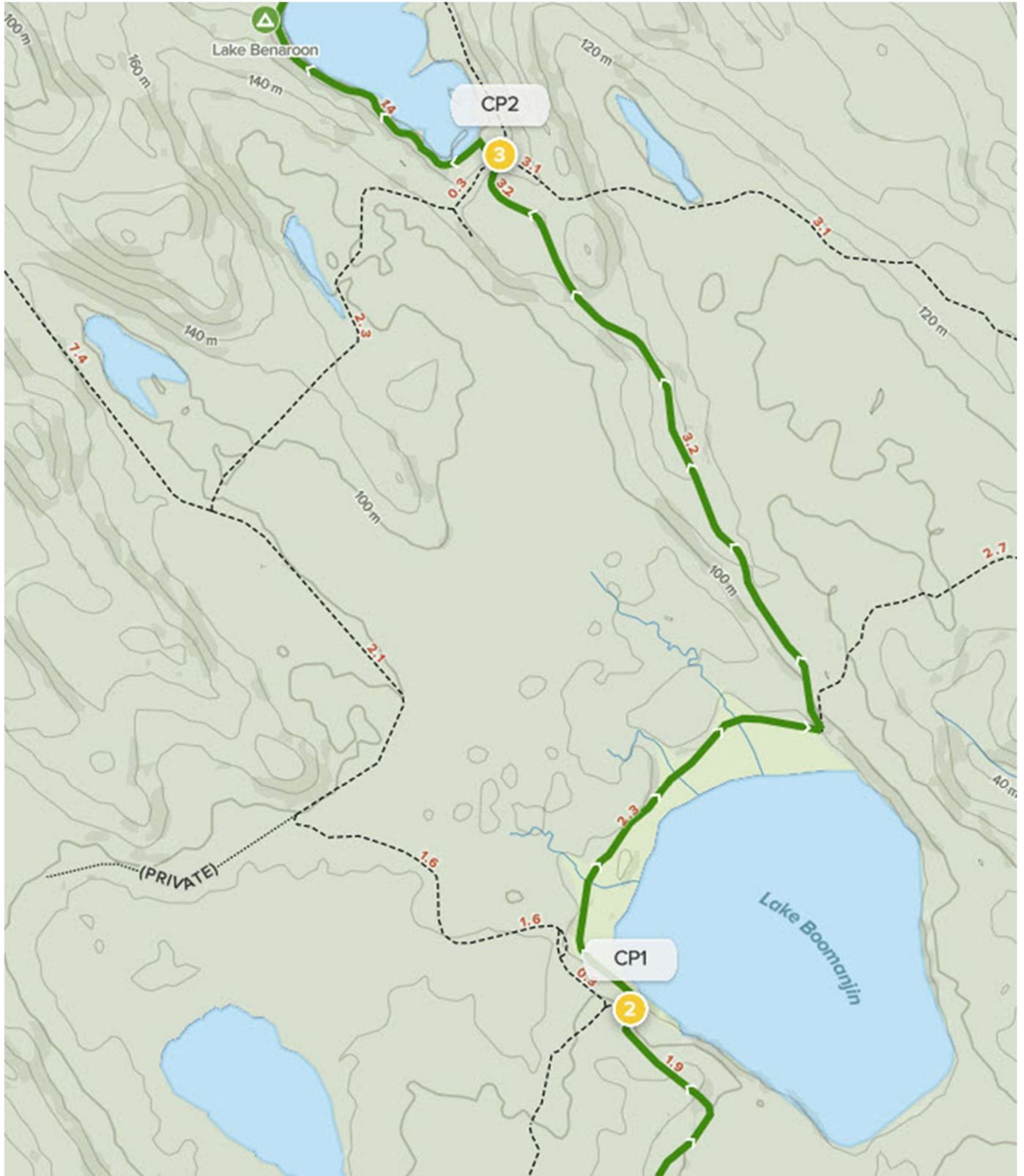
To support ALL those who have served

Start Point to CP1:

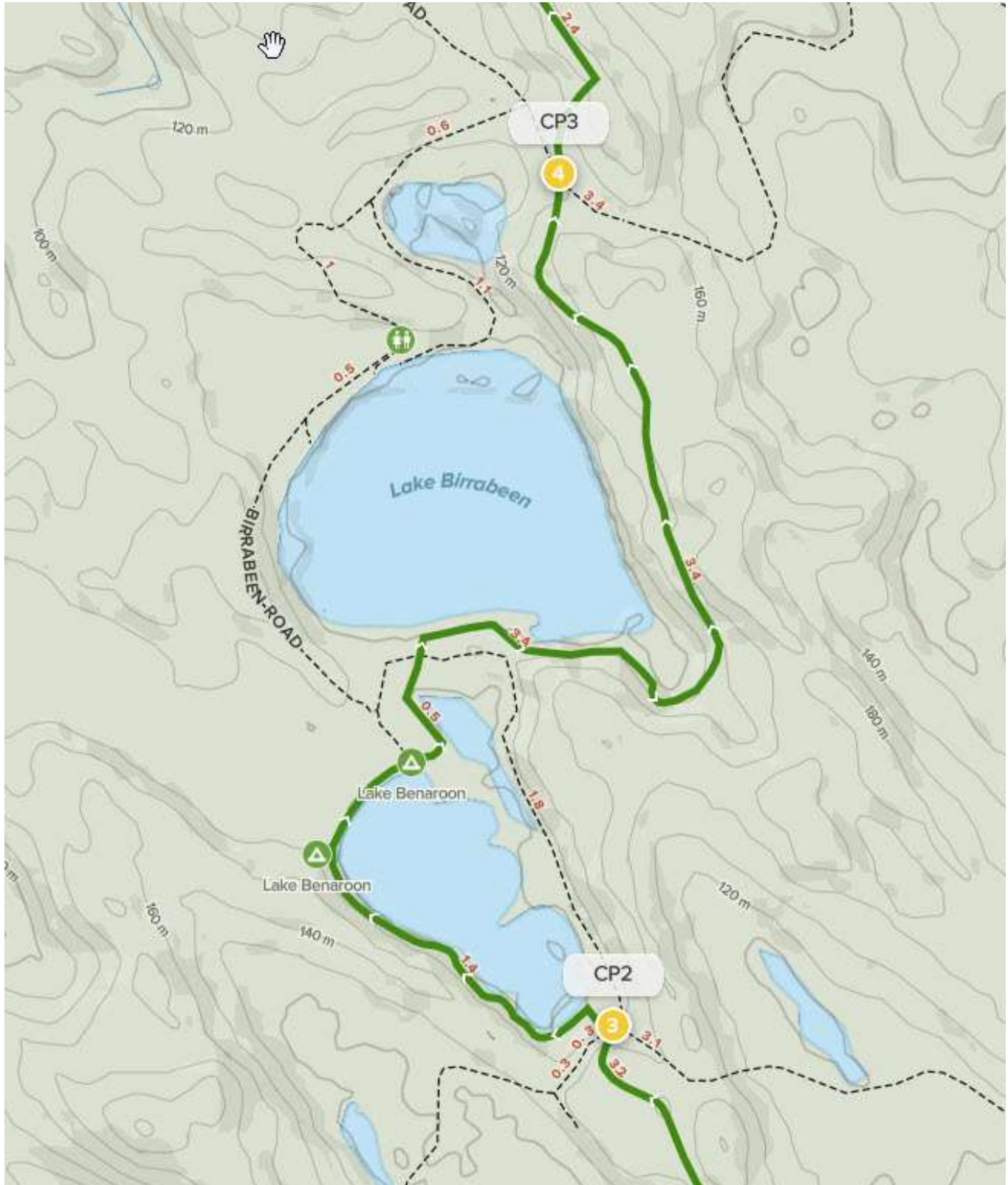


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CP1 to CP2

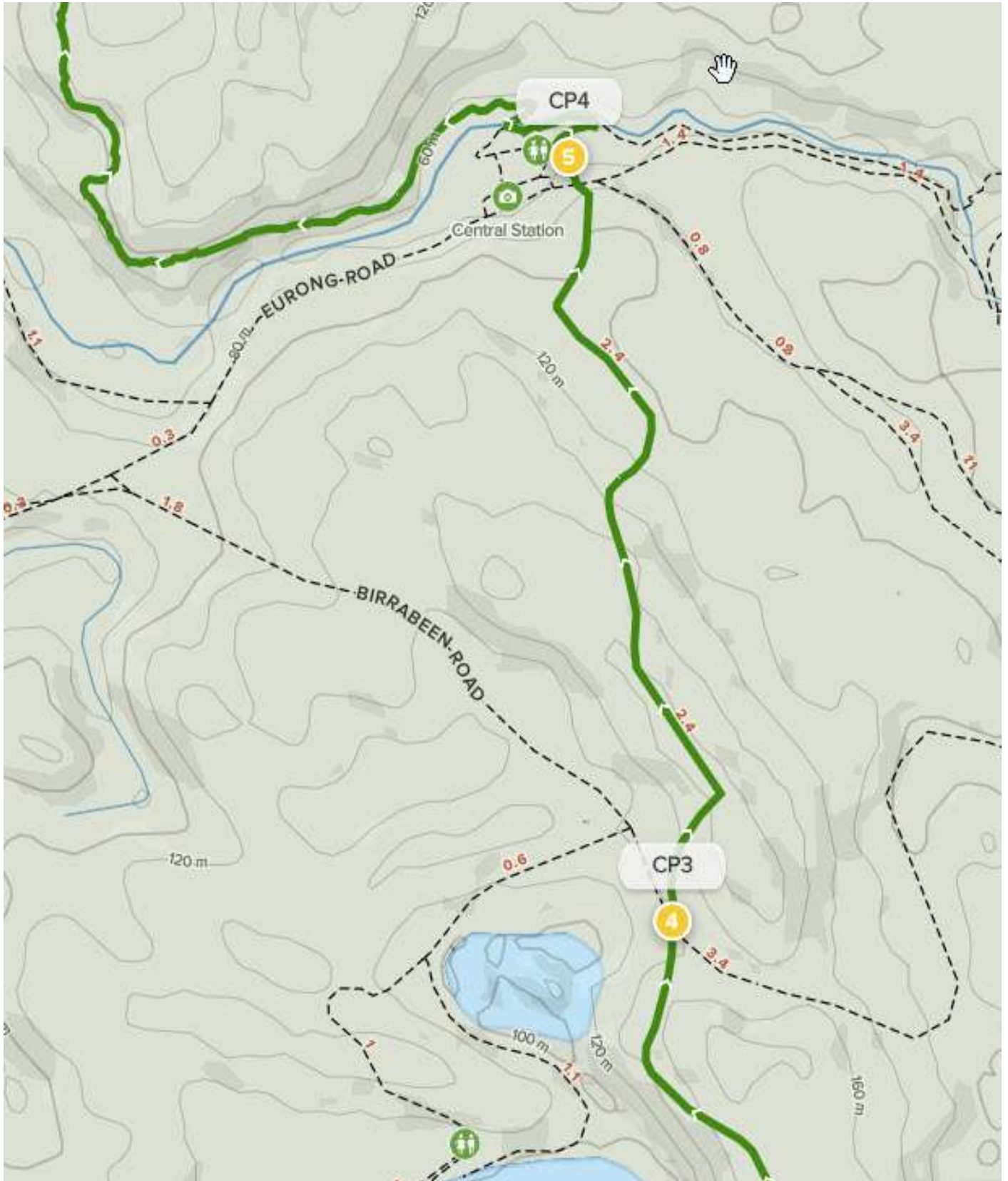


CP2 to CP3



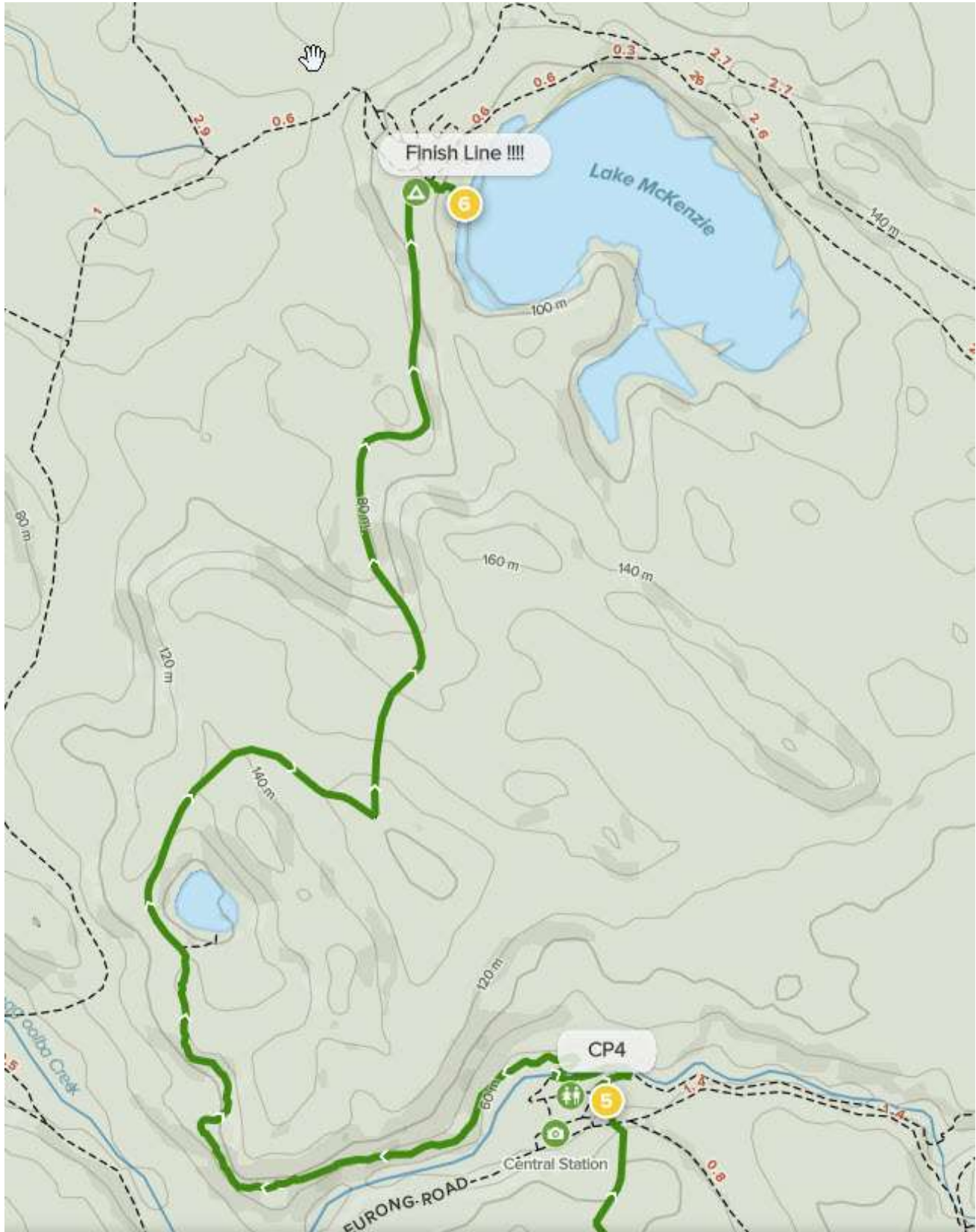
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CP3 to CP4



To support ALL those who have served

CP4 to Finish Line !!!



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