



K'gari #5

For your information,

The upcoming Veteran's Trails event on K'gari from the 26th of October to the 29th of October 2023. The trail event will introduce participants to either running or walking on trails and environmental mindfulness. The event will consist of five phases being the Preparation Phase, Arrival Phase, Movement Phase, Mindfulness Phase and Departure Phase.

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

- Subscribe to Veteran's Trails on the Veteran's Trails website
- Complete the Veteran Trial personal information document [Veteran's Trails Participant Information](#)
- Ensure they have insurance, either through own personal or via the insurance on the Veteran's Trails website (located at the bottom of our website home page)
- Dedicate sufficient time to attend the allocated K'gari trip
- Veteran's Trails asks for a Pay It Forward donation of \$150 for participants to help us fund the upcoming K'gari events. If costs are an issue please discuss with the team.

Preparation Phase: Participant Runners will be requested to join in group runs in the lead up stage that will be conducted in the South East QLD region commencing January 2023 which will be located on the website in the News page. There is no requirement for any high pace parameters, we just need to ensure that you can cover that distance to ensure it is an enjoyable experience. 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 multiple smart watches and devices.

Arrival Phase: Participant Runners will need to self-drive to Freedom Hostel Rainbow Beach on the Thursday night, the 26th of October 2023 and will be accommodated for the night at Rainbow Beach. For any participants 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 participants will be conducted on the night of the 26th to ensure that participants have their minimum equipment. Nourishment prior to the trail activity is strongly advised but there will be food available at all check points. Participants will meet the support team with their required equipment and weekend belongings at 0530 on the 27th at the allocated designated area at accommodation before traveling to arrive at the Inskip ferry point by 0600. Participants will travel on the ferry and be transported to the start point located where Taleerba Creek meets the Pacific Ocean on Seventy-Five Mile beach. This will be the start point for the trail runners and the trail walkers will be transported to Checkpoint 2 located south of Lake Birrabeen.

To support ALL those who have served



K'gari #5

Movement 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. Participants walking the 16km trail will commence here. 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 the 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 activity, it is envisaged that the participants will generally stay 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 reach their individual goals 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 fauna.

On completion of the trail activity, all participants will be encouraged to enjoy Lake Mackenzie before being collected and moved to the Fraser Island Retreat located at 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 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 if possible 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. Commencing on the 28th, the mindfulness component will involve a daytrip of tourist sites as designated by the Veteran's Trails team which will be dependent on environmental factors. On the morning of the 29th of October, that mindfulness phase will be completed.

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 participants.

In closing, I look forward to introducing you to both the beautiful trails and to the amazing 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.



K'gari #5

Equipment List:

Trail Participant Equipment:

- Running or hiking Clothes & footwear
- 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.

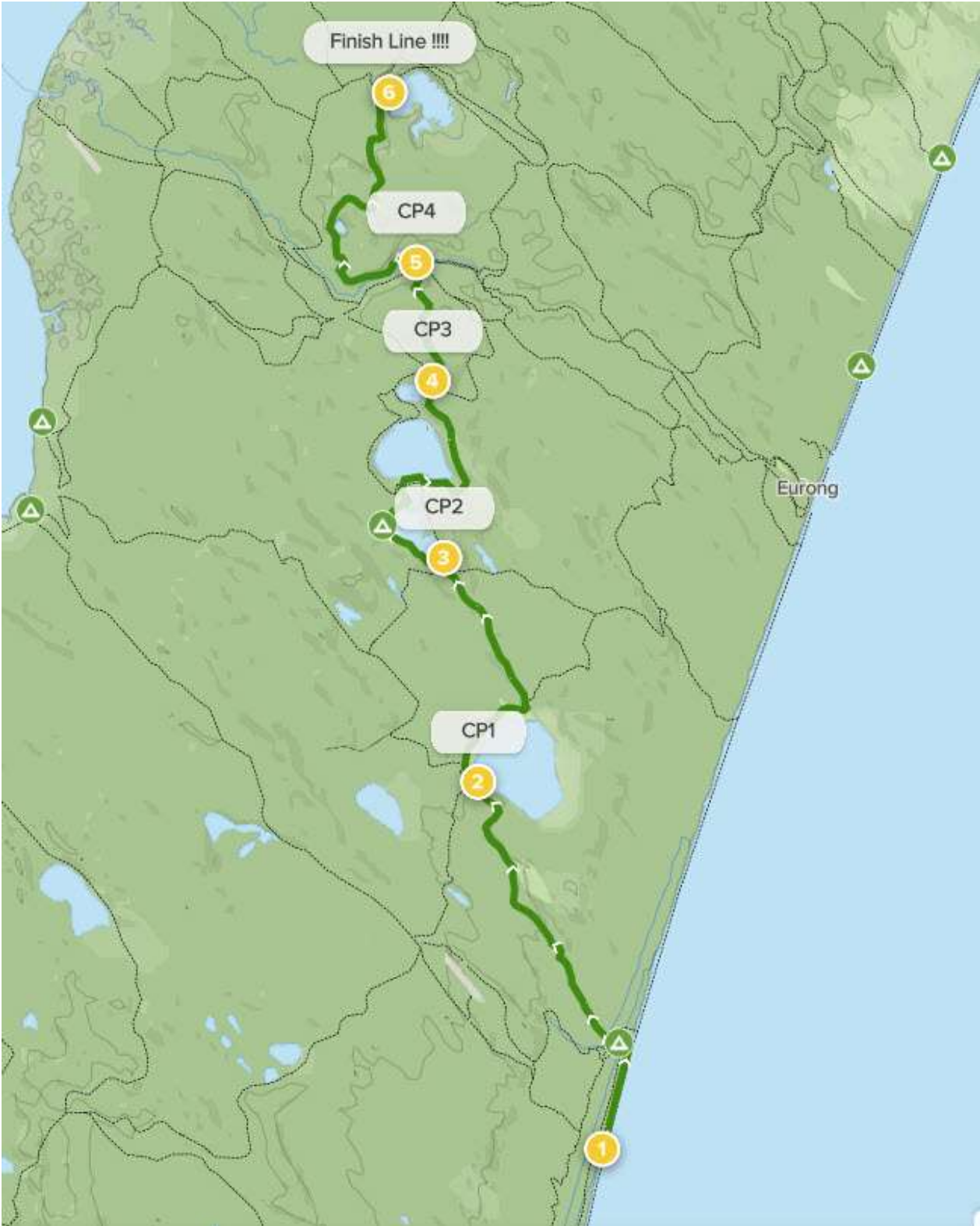
Trip Equipment

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

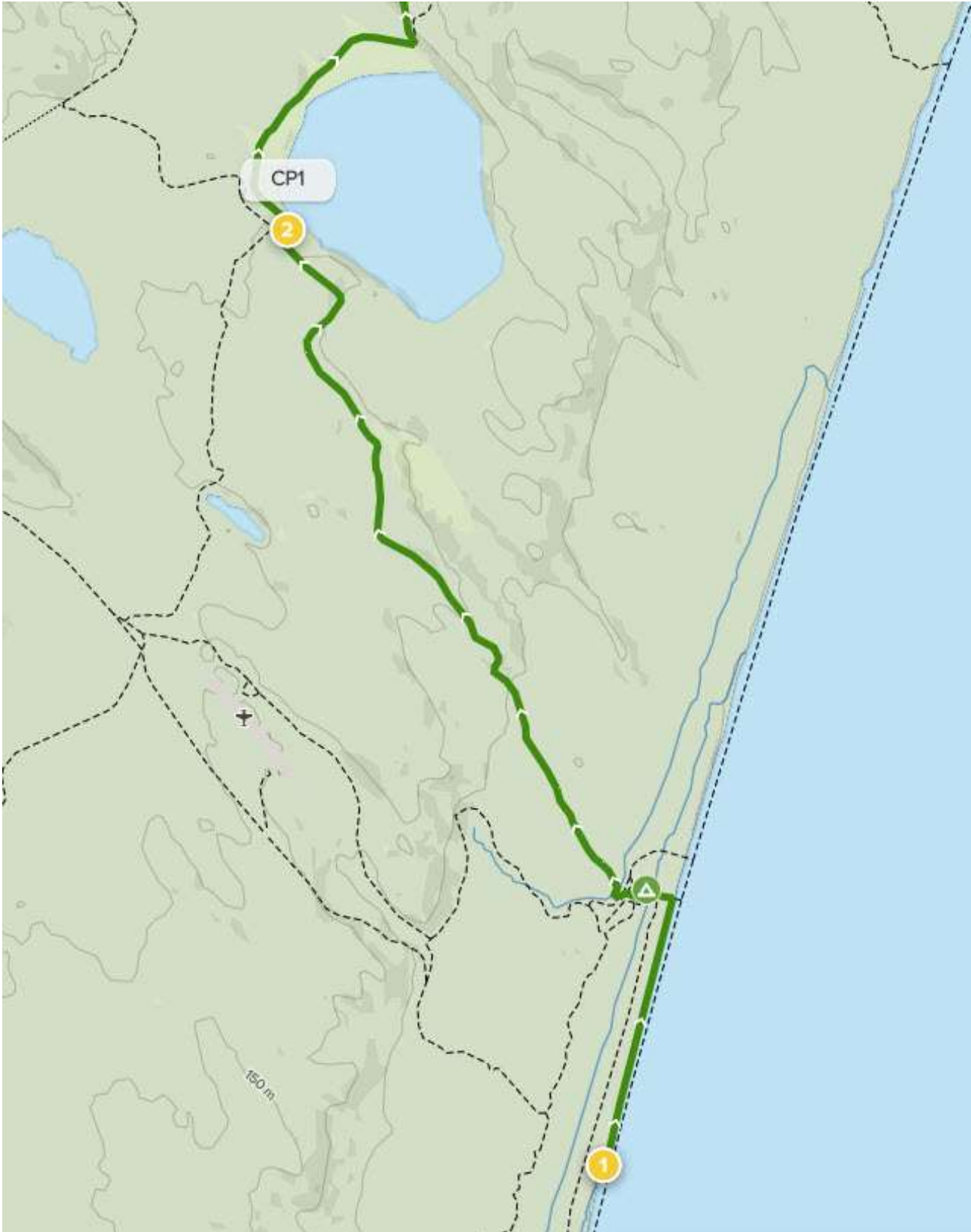


Trail Run Map:

[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)



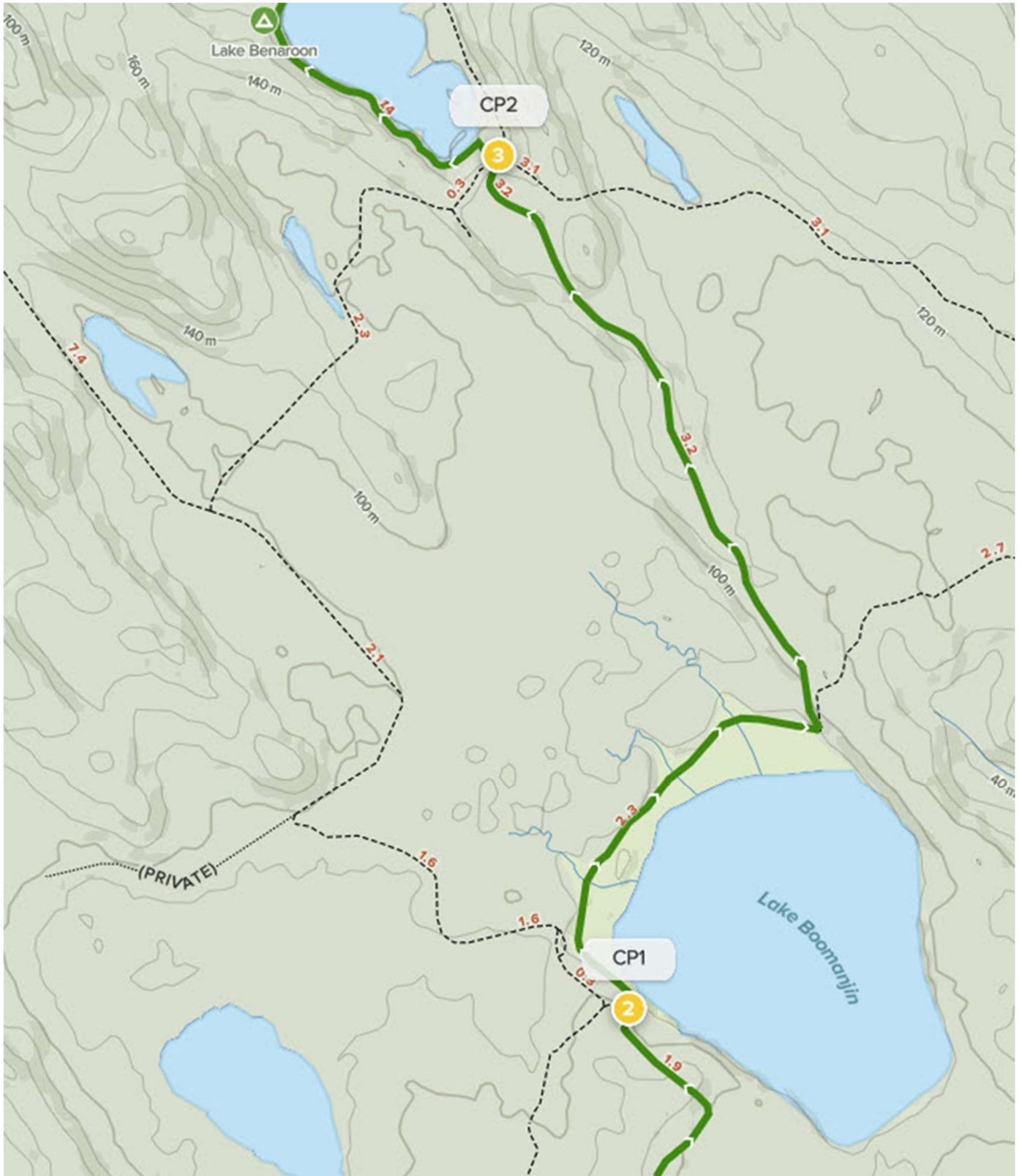
Start Point to CP1:



To support ALL those who have served



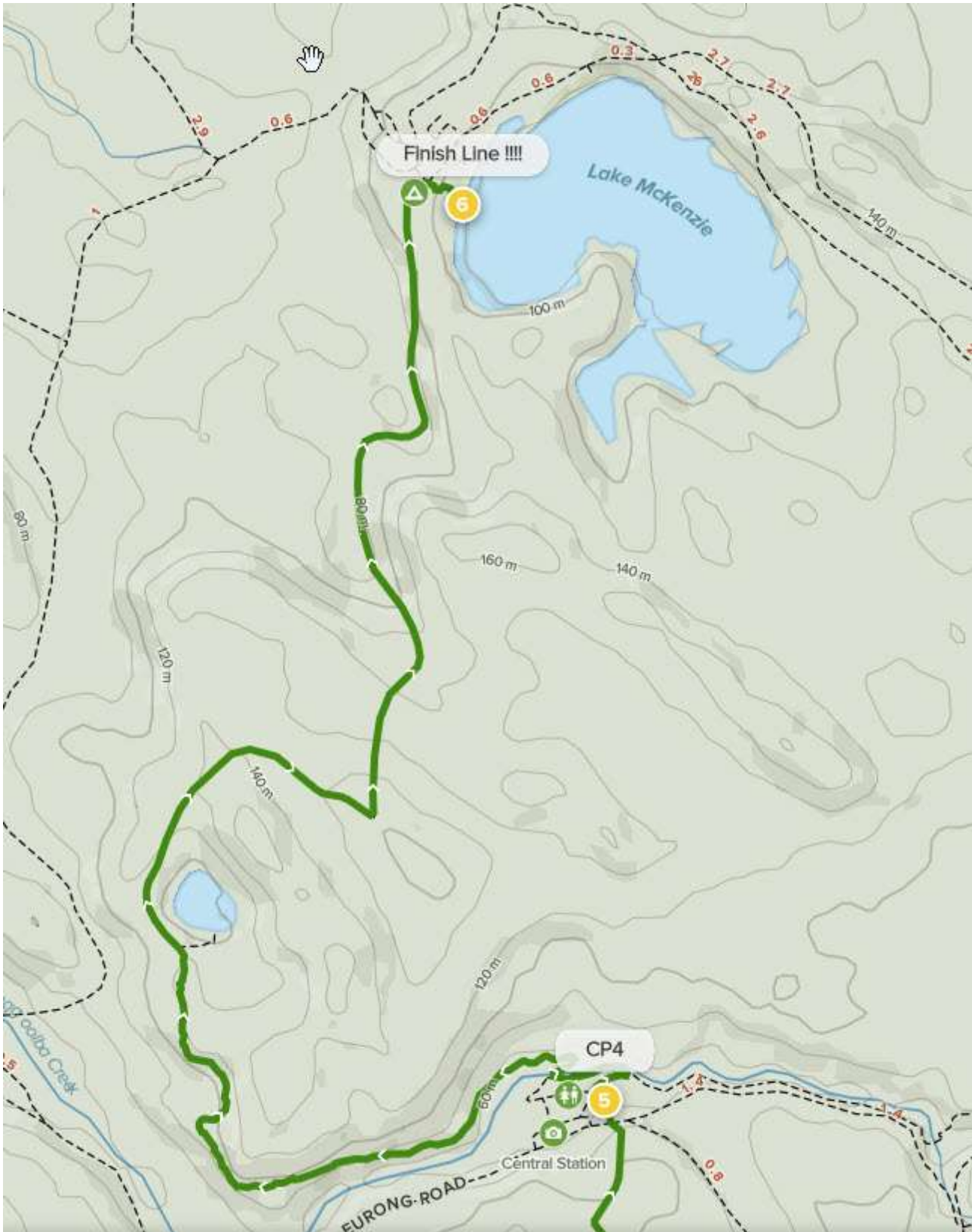
CP1 to CP2



To support ALL those who have served



CP4 to Finish Line !!!



To support ALL those who have served