



## The JLF Trek

### Frequently Asked Questions

---

#### REGISTRATION

##### ***How do I register?***

Register online via our website. There are a few things you need to consider before you start the registration process.

If you are registering as an individual, you will be asked to upload a photo and a few words about yourself and why you are taking part, for your fundraising page. Please have these ready before you register.

If you are registering as part of a team, you still need to complete the online registration but will be asked for your team name instead of uploading a photo and words about yourself. To set up your team fundraising page, email one team photo to Elissa [here](#), together with words about why your team is taking part.

##### ***How much does it cost?***

The entry fee is \$150 per person, regardless of the distance you hike. The fee covers entry, your event kit and the finish line celebration.

##### ***Who can enter?***

The JLF Trek is open to anyone over the age of 14, however children under 18 must be accompanied by an adult at all times.

##### ***Can I get a refund?***

If you advise us by 31 March 2016 we will refund your entry fee. The refund is limited to your entry fee and does not extend to donations.

##### ***What's in my event kit?***

Your event kit includes a JLF cap, hike guide, registration bib and our signature little black tutu.

##### ***Why a little black tutu?***

The little black dress was a favourite of Jodi Lee. All of our event participants wear a little black tutu in her honour and it's become an iconic symbol of the Foundation.

##### ***Where do I collect my kit?***

Kits will be available for collection from our office on 6 May 2016 from 9am to 5pm and 7 May 2016 from 12pm to 3pm. Alternatively, you can choose to have your kit posted for an additional cost of \$14.00 when you register.

#### FUNDRAISING

##### ***How do I set up my fundraising page?***

During the online registration process, you will be asked to upload a photo and a few words about yourself and why you are taking part. This will appear on your fundraising page.

You will be notified by email as soon as your page is ready and will be provided a link that you can share with your contacts. Donations made via this link are automatically allocated to your fundraising tally.

##### ***How do I set up a team fundraising page?***

Arrange for someone in your team to email a team photo to Elissa [here](#), together with words about why your team is taking part. You will be notified by email as soon as your page is ready and will be provided a link that you can share with your contacts. Donations made via this link are automatically allocated to your fundraising tally.

##### ***How much do I need to raise?***

There is no specified amount but we ask that you raise as much as you can. More than \$408,000 was raised through The JLF Trek last year, and we are hoping to raise over \$300,000 again in 2016, to help us prevent bowel cancer.

##### ***Do you have fundraising guidelines?***

You can download our Fundraising Guidelines [here](#) and contact our office if you need any further information.

##### ***Where does my fundraising money go?***

The Jodi Lee Foundation relies on the generosity of donors to fund initiatives that raise awareness about bowel cancer and the importance of early detection, including publicity campaigns, our Corporate Bowel Screening Program and tools to aid in the early detection of bowel cancer. A small portion of all donations covers our administration costs. For more information, please refer to Annual Reviews published on our website.

# Frequently Asked Questions

---

## PREPARATION

### ***How fit do I need to be?***

The JLF Trek is a challenging event. The trail on the first day is moderate, requiring an average level of fitness, while day two includes some challenging climbs and difficult sections along the Mount Remarkable Ranges that require experience and a high level of fitness.

If you have a pre-existing injury or illness, you should seek medical advice before commencing the hike.

The majority of the Heysen Trail is classified as moderate to challenging, described in the Australian Standard for Walking Tracks as follows:

Moderate: Some moderate inclines; irregular surface with loose, uneven base; average level of fitness assumed.

Hard: Some steep inclines; irregular surface with loose, uneven base; average level of fitness assumed; some hiking experience necessary.

Challenging: Remote long distance trail with some steep inclines; irregular surface with loose, uneven base; suitable for experienced walkers with navigational skills; high level of fitness assumed.

### ***What do I wear?***

- Comfortable hiking gear
- Good walking shoes or boots with grip, worn in
- A warm jumper of wool or polar fleece
- Wet weather gear

There's a list of recommended gear on the Heysen Trail [website](#).

### ***What do I carry while hiking?***

- We will provide you with a hike guide, emergency procedures and maps
- A backpack and two water bottles
- Basic first aid supplies like assorted adhesive dressings (eg. blister band aids and adhesive tape) anti-inflammatory gel, sun screen, paracetamol, lip salve, insect repellent, Stingos, a wide elastic bandage and triangular bandage
- A space blanket - available from St John for \$5.00
- Personal medication eg EpiPen, Ventolin etc
- Nut mix, energy snacks and gels etc
- Spare socks
- Small torch, compass, matches and whistle

### ***What will the weather be like?***

We've hiked in pouring rain and blazing sunshine. Please be prepared for either and everything in between. It can be very cold in the morning and at the end of the day, so layering is your best bet. You can keep an eye on local weather forecasts on [www.bom.gov.au](http://www.bom.gov.au).

### ***Where do I stay?***

Port Augusta is our basecamp, and there are plenty of accommodation options to choose from. You are responsible for making your own arrangements.

### ***What about meals?***

You will need to make arrangements for breakfast as we leave early each morning. Sandwiches and light snacks will be available at checkpoints during the hike. You may want to carry some supplies with you as well.

On Friday we finish at Melrose. You may want to have money available to buy food or drinks from the North Star Hotel. We recommend booking dinner in Port Augusta on Thursday and Friday night.

This year participants will be treated to an amazing celebration at Saturday's finish line, concluding at 7.30pm. Your family and friends are welcome however due to space constrictions, food and drinks are for participants only.

### ***What if I have dietary requirements?***

Please let us know when you register if you have dietary requirements and we will try to accommodate where possible.

### ***What about insurance?***

While we undertake all measures possible to ensure your safety, you are responsible for your own health and wellbeing in the lead up to and during the event. Make sure you have relevant health insurance and ambulance cover.

# Frequently Asked Questions

---

## ABOUT THE CHALLENGE

### ***Where's the event briefing?***

It is vital you attend the briefing session to be informed of final details and important safety aspects, including the route, emergency procedures, checkpoints and bus departures.

Where: Central Oval sporting complex  
Victoria Parade, Port Augusta

When: 6.30pm – 7.30pm, Thursday 19 May 2016

### ***Where are we hiking?***

From Wirrabara Forest to Horrocks Memorial, Beautiful Valley as follows:

#### **Friday 20th May - 43km**

Wirrabara Forest to Yellow Cutting Rd (CP1)	11.5km
Yellow Cutting Rd to cnr Rosslyn & Archie Rd (CP2)	12.5km
Cnr Rosslyn & Archie Rd to cnr Crits & Brooklyn Rd (CP3)	10.0km
Cnr Crits & Brooklyn Rd to Melrose (Finish)	9.0km

#### **Saturday 21st May – 37km**

Melrose to Grays Hut (CP1)	11.0km
Grays Hut to Alligator Gorge Rd (CP2)	13.0km
Alligator Gorge Rd to Hancocks Lookout Rd (CP3)	7.0km
Hancocks Lookout Rd to Horrocks Memorial (Finish)	6.0km

\* The location and distance between checkpoints is approximate and relies on information available as at August 2015.

Parts of the trail are not accessible by road as it passes through National Parks and private land. For this reason, the distance between checkpoints sometimes must be more than 10km, or sometimes less. We endeavour to locate the checkpoints as close to 10km intervals as the trail permits.

Occasionally, due to weather or maintenance issues the Heysen Trail is re-routed. The latest trail conditions and incidents are published on the Friends of the Heysen Twitter account @HeysenTrail.

Your event kit will include detailed maps. We also recommend the Heysen Trail Northern Guide Book, available from the Heysen Trail website [www.heyseentrail.asn.au](http://www.heyseentrail.asn.au).

### ***How do I get to and from the trail?***

Buses leave from the Central Oval sporting complex at 5.30am sharp to make sure you arrive at the trail by daybreak. At the end of the day buses will be on hand to return you to the Central Oval sporting complex in Port Augusta (there may be a short wait until the bus is full). If you decide not to complete the entire distance, the support crew can arrange transport for you from the checkpoints.

On Saturday buses will also transport participants from the finish line celebration back to the Central Oval sporting complex throughout the evening.

### ***Do I have to complete the 80km distance?***

You can register to hike one day only, however you must elect which day in advance. Tackle it running or hiking, it's completely up to you. And don't worry, if you are unable to complete the distance you can be collected from one of the checkpoints.

The Heysen Trail is remote and vehicle access to the trail is not often possible except at the checkpoints, so please make sure you do not continue past a checkpoint if you have any fitness or health concerns or are worried about your ability to complete the next segment for any other reason.

### ***How fast do I need to hike?***

For safety reasons, all participants must finish the day's hike in daylight hours. To do so, you must pass through the third checkpoint by 3.00pm each day. Once this checkpoint is closed you will not be permitted to continue. To make sure you can complete the distance each day you need to hike at an average minimum of 4km per hour.

### ***What can I expect at the checkpoints?***

Support crew will man the checkpoints and St John volunteers will be on hand to assist if required. It's vital you sign in when you arrive at each checkpoint so we can keep track of your progress. Checkpoints will close once all participants have passed through. The hike guide you receive as part of your event kit will include details of checkpoint closing times.

At each checkpoint you can refill your water bottle, enjoy a light snack and attend to basic first aid. Sandwiches, fruit, tea and coffee are available, as well as something sweet. You may want to carry some supplies with you as well.

There are toilet facilities at each of the checkpoints.

### ***How are we celebrating the event?***

You will be treated to an amazing celebration at the finish line. Your family and friends are welcome to celebrate with you, however please note there is limited parking available and due to space constrictions, we are unable to cater for guests this year.

It will get cold as the celebration continues into the early evening and you will need extra layers. Bag tags will be available for purchase at the event briefing for a cost of \$5.00. On Saturday morning, bring your extra clothing in a small bag with your tag attached. Your bag will be transported to the finish line for you to collect when you arrive.

Buses will be scheduled at designated times from late afternoon to transport you back to the Central Oval sporting complex. This service is available for participants only. The celebration will conclude at 7.30pm.

# Frequently Asked Questions

---

## SAFETY ASPECTS

### ***Will my mobile telephone work?***

Mobile coverage is not available along much of the Heysen Trail. Also, due to the remoteness of the trail, your mobile will continually search for satellites when out of range, draining your battery quickly. We recommend you switch your phone off to preserve battery life in case you need it in an emergency.

Prior to the hike, you should download the Emergency+ app, which will provide your GPS location in an emergency if you are in mobile range.

### ***What do I do if I need help?***

For your safety, we ask that you hike with at least one other person. If you need help, our support crew will be able to assist at the checkpoints and will also act as sweep hikers to assist anyone in need along the trail. Checkpoints will be closed once these sweep hikers have passed though, so you will be unable to return to a checkpoint unless you have confirmation it is still open.

### ***What if I get lost?***

The Heysen Trail is marked with distinctive markers, but sometimes it can be difficult to follow. Some markers are old or may be obscured, so be alert for markers at all times. Please do not hike alone. If you are lost, try to retrace your steps until you find a marker or recognise a landmark. Refer to the maps to work out your location. If you can hear people, shout out or use your whistle.

If you cannot find a marker, call the Event Communications Centre (number will be provided) and provide your GPS and/or your approximate location. If there is no mobile phone coverage, one person should make their way to the top of a hill to see if a signal can be found. It is important that one person stays close to the trail to signal when help arrives. In cold weather, stay dry and warm/out of the wind. If it is hot, stay in the shade and drink plenty of water.

### ***What if I get injured?***

If you can still walk, make your way to the next checkpoint where our support crew can make arrangements for your transport back to town. If you can't walk or can't make it to the next checkpoint, administer first aid and wrap yourself in an emergency blanket. Ensure at least two other hikers stay with you, three is preferable.

Call the Event Communications Centre (number will be provided) and provide your GPS and/or your approximate location. If there is no mobile phone coverage, one person should make their way to the top of a hill to see if a signal can be found. It is important that at least one person stays with the injured person until help arrives. In cold weather, stay dry and warm/out of the wind. If it is hot, stay in the shade and drink plenty of water.

### ***Is alcohol permitted?***

Alcohol is not permitted on the trail or bus transport.

### ***What facilities are on the trail?***

Facilities on the trail are basic at best. There are a number of campsites and rest spots along the way, some have pit toilets and water tanks, but please consider that you basically need to be self-sufficient. Please note not all campsites have drinking water available, so be prepared and please carry enough water to see you through to the next checkpoint.

## ABOUT THE HEYSEN TRAIL

### ***History of the trail***

As early as 1947 it was advocated that a series of walking trails be developed in the Mount Lofty Ranges. It wasn't until 1969 that Mr C Warren Bonython proposed the concept of a long distance walking trail from Cape Jervis on the southern tip of the Fleurieu Peninsula to the Northern Flinders Ranges.

The first 9km section of the Heysen Trail was opened in the Cleland Conservation Park in 1976. A few years later, Terry Lavender was given the task of developing the trail and over the next 15 years sections of the Heysen Trail were progressively opened until it's completion in 1993. The development of the trail was made possible by the cooperation and support of state government departments, many district and local councils, numerous volunteers and most importantly, some five hundred individual landowners.

The Heysen Trail is recognised internationally as one of the world's great long distance walks. As a South Australian achievement, its success must go to the people who have continued to support the trail with enthusiasm. The trail is named after German born Sir Hans Heysen (1877-1968), a well-known Australian artist, particularly recognised for his watercolours of the Australian bush and his strong associations with both the Mount Lofty and Flinders Ranges.

### ***Distance***

The Heysen Trail covers 1200km starting from Cape Jervis on the Fleurieu Peninsula to Parachilna Gorge in the Northern Flinders Ranges. Passing through some of South Australia's most stunning and diverse landscapes. The trail can be broken up into sections that are easy walks, harder hikes and day trips.

### ***Typical terrain***

The terrain cannot be described as typical at all. There are so many different types of terrain and varying elevations from rugged coastline to steep climbs and descents. The trail takes walkers along beaches, dry river and creek beds, over rocky paths, shale and lush green pastures. The trail covers private and public land, along with conservation parks. Passing over flowing creeks, waterfalls and lagoons can all be expected.

For more information go to [www.heysentrail.asn.au](http://www.heysentrail.asn.au)