



## The JLF Trek (VIC) 2016 Frequently Asked Questions

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### 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 \$165 per person, regardless of the distance you hike. The fee covers entry, postage of 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 **30 June 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.

### FUNDRAISING

#### ***How do I set up my personal 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. We are hoping to raise over \$250,000 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 Workplace Prevention 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.

### PREPARATION

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

The JLF Trek is a challenging event and a reasonable level of hiking experience and fitness is needed to take part.

The trail on the first day will take you along a section of the Wallaby Track from Mollongghip to Hepburn Springs which is a moderate hike, requiring an average level of fitness. Day two will follow a section of the Dry Diggings Track from Hepburn Springs to Fryerstown which includes challenging climbs that require experience and a medium to high level of fitness.

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

#### ***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

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### **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?**

Daylesford & Hepburn Springs have plenty of accommodation options to choose from. You are responsible for making your own arrangements. A list of accommodation can be found [here](#).

### **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. It is recommended you carry some supplies with you as well.

We recommend booking dinner on the Thursday and Friday night at one of the many restaurants or pubs.

Participants will be treated to an amazing celebration at Saturday's finish line at Fryerstown, concluding at 7pm.

### **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.

## **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: Daylesford Town Hall

When: 6.00pm – 7.00pm, Thursday 1 September 2016

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

#### **Friday 2 September - 39.5 km (approximate)**

Mollonghip - White Point Track (CP1)	11.6km
White Point Track - Twin Bridges (CP2)	12.8km
Twin Bridges - The Blowhole (CP3)	6.8km
The Blowhole - Hepburn Springs Mineral Reserve (Finish)	8.3km

#### **Saturday 3 September – 32.5km (approximate)**

Hepburn Springs Mineral Reserve - Midland Hwy (CP1)	5.5km
Midland Hwy - Porcupine Ridge Rd (CP2)	9.5km
Porcupine Ridge Rd - Vaughan Springs (CP3)	11.5km
Vaughan Springs - Fryerstown (Finish)	6.0km

\* The location and distance between checkpoints is approximate and relies on information available as at July 2016.

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 upgrades parts of the Goldfields Track can be re-routed. The latest trail conditions can be found on the Goldfields Track website [http://www.goldfieldstrack.com.au/Pages/Explore/Staying\\_Safe/Important\\_News.aspx](http://www.goldfieldstrack.com.au/Pages/Explore/Staying_Safe/Important_News.aspx).

Your event kit will include detailed maps. We also recommend the Goldfields Track walking guide, available from the Great Dividing Trail Association website [www.gdt.org.au](http://www.gdt.org.au).

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

Buses will leave from the Hepburn Springs Mineral Reserve bright and early each day to make sure you arrive at the trail by daybreak.

At the end of day two, you will be transported back to Hepburn Springs Mineral Reserve (there may be a short wait until the bus is full). If you are unable to complete the entire distance on day one, the support crew will arrange transport for you from the checkpoint back to Hepburn Springs Mineral Reserve. If you do not complete the entire distance on day two, you will be transported to the finish line celebrations at Fryerstown.

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### ***Do I have to complete the entire 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 Goldfields Track 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 3.45pm on day 1 and by 3.55pm on day 2. Once this checkpoint is closed you will not be permitted to continue.

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

Support crew will man the checkpoints and 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. It is recommended you carry your own supplies with you as well, particularly first aid supplies.

There are toilet facilities at each of the checkpoints.

## **SAFETY ASPECTS**

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

Mobile coverage is available along most of the trail we will be hiking. When out of range, your mobile will continually search for satellites, 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 Goldfields Track is marked with distinctive markers, but sometimes it can be difficult to follow. Some markers 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.

For more information on the Goldfields Track visit [www.goldfieldstrack.com.au](http://www.goldfieldstrack.com.au).