

# The Final Countdown!

We're now in countdown mode to Saturday and we hope you're as excited as we are. Here's some information on plans for the day, both for the trekkers and for the support teams. The Trek will go ahead if it's raining, so don't be put off! If you have any queries about the weather, call Maggi on 0437 775 075.

As always, if you have questions, please email Maggi on [registrations@trekfortimorbm.org.au](mailto:registrations@trekfortimorbm.org.au)

## Registration at Wilson Park

Registration for 45km trekkers starts from 6.00am and for 13km trekkers from 7.15am, but if you have teams in both categories you're welcome to register together. All trekkers must be away by 9.00am.

Wilson Park, Wentworth Falls is easy to find. Just turn off the Great Western Highway at the traffic lights at Falls Road, right beside the Mitre Ten store. Wilson Park is just a few metres down on your left and there's plenty of parking.

If you can please have your personal information forms and waiver forms completed already, this will save you a load of time.

You'll receive your wrist bands, your emergency

information card and your Whisk & Pin muesli cookies.

If you have sponsorship funds to pay, John will be at the money table to help you. However, to avoid a long queue, you may prefer to send funds ahead of time, or to pay them right after the event.

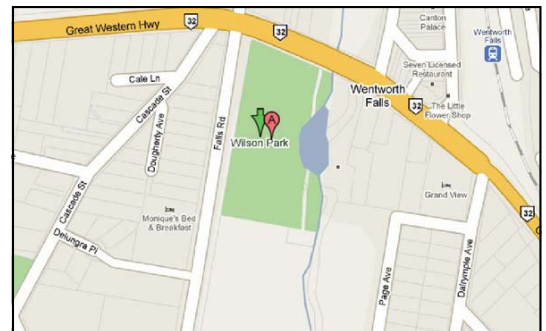
Then there's time for a cup of coffee at the coffee cart (90% of the takings coming back to the Trek), fill up your water bottles, trip to the loo, kiss your loved ones and head off to the start.

Starts are staggered, so your timing won't start until you cross

the start line.

**MAKE SURE YOU TAKE YOUR TRACK NOTES AND MAP WITH YOU, JUST IN CASE SOME SNEAKY PERSON HAS NICKED ANY OF THE TRACK MARKERS.**

If your support crew needs directions to the next checkpoint, just get them to ask one of our checkpoint staff.



## Checkpoint 1 at Leura Cascades

Leura Cascades marks the end of the 13km trek and checkpoint 1 for the 45km folks.

The 13km trekkers will have their own finish line and will be presented with their certificates.

45km trekkers will check in, have the option to rest for a while and then check out for the next leg.

This is the place to top up your water stocks, use the loo, and maybe have a bite to eat or drink. St John volunteers will be on hand if you need any first aid help.

There will be a sausage sizzle, sandwiches and cakes on sale, courtesy of Springwood Uniting

Church, all at very reasonable prices. Again, 50% of the proceeds will come back to the Trek. As if by magic, the coffee cart you saw last at the start line will be waiting for you.

Please note that parking is a bit tight here and if you are doing the 13km trek it would be a very good idea to take our shuttle bus back to the start line, rather than adding another car to the chaos. The shuttle bus will run from 12 noon and a small donation is appreciated.

Bear in mind that a small road runs through the middle of Leura Cascades and there are visitors and tourist buses about. Do be very careful crossing

the road, especially if you have children with you.

It might be a good idea to get your support crew to be ready with water, in case there's a long line at the water taps.

Your support team will have lots of time to wait for your arrival. To pass the time they can head a short way up Cliff Drive to the wonderful Solitary restaurant, where they can enjoy the view and great food.

Or the town of Leura is only five minutes' drive away, with its shops, galleries, cafes and restaurants. Just make sure they get back in time to meet you when you arrive!

# Checkpoint 2 at Katoomba Falls Reserve

---

By Katoomba Falls Reserve you are just past the half way mark.

Your support crew will be waiting there, to help with your minor first aid niggles, feed you, warm you up and generally be your towers of strength.

Please ask your support crew to have extra clothes waiting for you. These last two legs can get very cold, especially if you are walking after dark.

Another chance to top up your water stocks for the long final legs of the trek.

There will be hot soup and a sausage sizzle, St John first aid and loos too!

But from here on it's a real slog. Lots of downhill on the leg to Checkpoint 3, but from then on it's a long punishing hill to the finish line.

Your stop at Katoomba Falls is the time to ask yourself, "Am I feeling good for another 20kms?"

You'll have no access to your support team when you leave Katoomba Falls and we are very restricted in the number of

vehicles we can take down into the valley. So while trekkers with serious problems can be transported on to the finish line, we aren't able to run a 'taxi' service if you're just exhausted.

So you need to have the confidence that you can make the long hill to the finish line.

And for your faithful support crew, there's the Katoomba Falls kiosk across the road, serving food and drinks till 4 pm and of course all the cafes and restaurants in Katoomba, just ten minutes' drive away.



## Checkpoint 3 at Jamison Creek

---

In the depths of the Jamison Valley, the Checkpoint crew just across Jamison Creek will be a welcome sight. They'll have some extra water, hot water and packet soup, snacks, a warm place to rest if you're cold and tired, and unlimited encouragement to help you on your way up that long hill. There will be very experienced first aiders there from St John to help you if you need it.

## The Finish Line

---

The hill finally levels out about 1km after the locked gate. And then it's a level dash to the finish line, your welcoming support team and the chance to take a break and then head home to bed.

It's very quiet at Queen Victoria Hospital - just our volunteers, the St John first aid team and WICEN radio crews. And of course all the support crews cheering, shouting and willing you on to the finish.

We won't tell you that the abandoned old hospital is the site of a million ghost stories but our ghost-busting team will work hard to keep the ghouls at bay.

But do warn your support crew that there is NOTHING there but the pine trees, a a portaloos and us, so your support crew should eat and re-stock before they arrive.

You will receive your certificate and there will be hot drinks to warm your insides.

Your certificate will show your overall time.

Full details of split times will be on our website from Monday.



## Your Journey

---

The route will be marked with fluoro pink markers every kilometre, arrows and pink tape along the way. At tricky places we'll have marshals to point you in the right direction. And your emergency information card will help you with what to do if you have a problem.

St John's volunteers will be providing first aid facilities at all checkpoints and in the Jamison Valley. But remember that first aid is the primary responsibility of the teams and their support crews, so you must have a first aid kit which can deal with grazes, blisters, sprains, and other minor ailments.

Where mobile phones don't work, checkpoints and marshals will have radios

on a radio net run by the fantastic volunteers from WICEN.

Don't forget that if, heaven forbid, you need to pull out before the end of the trek, you or your support team MUST sign the withdrawal form at the nearest checkpoint. This ensures that we don't spend hours looking for lost teams who have just gone home!

And we've had a few questions about the cut off times for each checkpoint. Teams arriving after this time will be deemed to be too late to continue with the trek as our own support services to the next checkpoint will be closing down.

But rest assured that, if you are on the track, we won't go home until you arrive at our checkpoint. We just can't allow you to carry on after that.

Do remember not to drink water from any of the creeks. Make sure you have enough water for each leg of the Trek.

And while you're slogging along the track, spare a thought for the volunteer marshals who may have been there in the cold for hours, pointing out directions, answering questions, helping trekkers and encouraging them on their way.

Please give them a big cheer as you go past. It will mean a lot to them.