

100KM TEAM CHALLENGE

TREK4LIFE

SUPPORTING FRONTLINE MENTAL HEALTH

TREK4LIFE

100KM / 50KM / 17KM

**SUNDAY 8TH OF
SEPTEMBER 2024**

**ENOGGERA RESERVOIR
CIRCUIT, THE GAP,
BRISBANE**

Presented by
TREK2HEALTH
RESILIENCE VIA EARTH



TREK4LIFE 2024 TEAM CHALLENGE OPTIONS

TREK4LIFE offers three distinct challenges to cater to various team sizes and endurance levels, all aimed at supporting Mental Health Awareness and Trek2Health's services.

TREK4LIFE 2024 100KM EXTREME TEAM CHALLENGE

TREK4LIFE is a 100 km Extreme Team Challenge with a minimum of 4 and maximum of 12 people in each team. To complete this team challenge, you will collect 12 flags over 12 laps to achieve a team total of 100 kilometres. This is a resilience-boosting challenge in support of Mental Health Awareness. Funds raised support Trek2Health's life-changing mental wellness services for our local frontline workers and veterans.

TREK4LIFE 2024 50KM TEAM CHALLENGE

For those looking for a shorter, yet still challenging event, TREK4LIFE 2024 offers a 50 km Team Challenge. Teams can range from 2 to 6 people, with each person completing between 1 and 3 laps. This event still supports the same noble cause and allows for flexible team configurations to reach a total of 50 kilometres.

TREK4LIFE 2024 17KM TEAM CHALLENGE

The 17 km Team Challenge is perfect for smaller teams or those new to endurance events. Teams of 2 people will each complete 1 lap to achieve a total of 17 kilometres. This shorter event is a great introduction to the TREK4LIFE 2024 experience, providing a resilience boost while supporting mental health.

ABOUT OUR CAUSE

Trek2Health is an organisation founded with a single, noble objective - to provide ongoing support to First Responders and Emergency Services personnel

such as firefighters, EMTs, and police officers in our communities. TREK4LIFE 2024 is open to all frontline people, their families, and friends, as well as members of the public. This event is a great way to get in touch with nature, get some exercise, and support a great cause.

THE SCIENCE BEHIND GREEN EXERCISE

From an evolutionary perspective, we are hardwired to operate in nature, not live a sedentary lifestyle under artificial lights, working long hours in front of a screen. Exercising in nature acts as a countermeasure to the chronic stress of modern urban life. Research has shown that green exercise significantly increases self-esteem and improves mood, including reducing anger. The presence of water in the environment is especially beneficial. [Click here to learn more.](#)

EVENT DETAILS

All trekkers must create a team or join a team. Create your own team and invite friends, family, workplace colleagues, or community groups. All team members must register online before the trek day. Teams can configure their participation to suit the challenge:

- **100KM:** Minimum of 4 people (3 laps each) starting at 6 am, or maximum of 12 people (1 lap each) starting at 2:30 pm, with various custom configurations.
- **50KM:** Teams of 2 to 6 people, with each participant completing between 1 and 3 laps.
- **17KM:** Teams of 2 people, each completing 1 lap.

Each lap is approximately 8.5 km, consisting of a tranquil bush walk with a few gentle hills. The trek takes approximately 2 hours per lap, offering some of Brisbane's best bush landscapes, including eucalypt forests and lake views. We encourage your best efforts to reach the distance for your team, making this trek a fun and unforgettable wilderness adventure.

2024

TREK4LIFE - 100KM / 50KM / 17KM EXTREME TEAM CHALLENGE

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Key Points

Distance: Total distance to be covered by the team.

Number of People: Team size ranging from 2 to 12 people.

Laps per Person: Number of 8.5 km laps each team member needs to complete.

Total Laps: Total laps required to cover the distance.

Total Time per Team (Hours): Total estimated time to complete the event based on 2 hours per lap.

Earliest Start Time: Suggested earliest start time to complete the laps within the event window.

Latest Start Time for Last Lap: The latest possible time to start the last lap to finish within the event window.

17 KM DISTANCE – 2 LAPS

Number of People	Laps per Person	Total Laps	Total Time per Team (Hours)	Earliest Start Time	Latest Start Time for Last Lap
2	1 each	2	2	0600	1400

50 KM DISTANCE – 6 LAPS

Number of People	Laps per Person	Total Laps	Total Time per Team (Hours)	Earliest Start Time	Latest Start Time for Last Lap to complete distance
2	3 each	6	12	0600	1000
3	2 each	6	12	0600	1200
4	1 each, 2 extra	6	12	0600	1200
5	1 each, 1 extra	6	12	0600	1200
6	1 each	6	12	0600	1400

2024

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100 KM DISTANCE – 12 LAPS

Number of People	Laps per Person	Total Laps	Total Time per Team (Hours)	Earliest Start Time	Latest Start Time for Last Lap
3	4 each	12	24	0600	0800
4	3 each	12	24	0600	1000
5	2.0 each, 2 extra	12	24	0600	1000
6	2 each	12	24	0600	1200
7	1.0 each, 5 extra	12	24	0600	1200
8	1.0 each, 4 extra	12	24	0600	1200
9	1.0 each, 3 extra	12	24	0600	1200
10	1.0 each, 2 extra	12	24	0600	1200
11	1.0 each, 1 extra	12	24	0600	1200
12	1 each	12	24	0600	1400

2024

TREK4LIFE - 100KM / 50KM / 17KM EXTREME TEAM CHALLENGE

SUNDAY 8TH OF SEPTEMBER 2024

BOOST YOUR RESILIENCE AND ASSIST IN RAISING MUCH NEEDS FUNDS TO SUPPORT THE MENTAL WELLNESS OF OUR FRONTLINE WORKERS AND VETERANS. TREK4LIFE 2024 - 100KM / 50KM / 17KM EVENT VILLAGE OPENS 0530 AT THE BEAUTIFUL TREK2HEALTH HEADQUARTERS – 1434 Waterworks Road The Gap – Please see map below for public transport and parking options.



FAQS

CAN I MAKE MY OWN WAY TO THE START POINT?

Yes, public transport is available nearby (bus route 385, embark at the final stop: The Gap park 'n' ride, Enoggera Reservoir) and there is ample public car parking available within the area, a short 50 metre walk to the Event Village.

CAN CHILDREN UNDERTAKE THE TREK?

This event is being conducted in remote areas, through terrain that is rough, steep and sometimes with no or limited vehicle access. Therefore, only children aged 16+ can participate and must be accompanied by an adult.

DO I HAVE TO FUNDRAISE?

TREK4LIFE 2024 is a community fundraising event with an entry fee of \$60. When you register your fundraising page will be automatically generated – this makes asking for and receiving donations easy. There are great rewards available for top fundraisers. And feel free to give Trek2Health an email at support@trek2health.org.au to discuss your fundraising ideas.

WHAT IF I NEED HELP WHILST TREKKING?

If you need medical assistance, to reduce the distance you walk, you can speak to one of the medics and/ or support vehicle crew who will assist you. This can be arranged by calling 0401 713 039.

WHAT/HOW MUCH FOOD/WATER SHOULD I BRING ON THE TREK?

You will need 1 litre of water at the commencement of the trek. There will be mobile car drink stations at all times, all support vehicles will carry water. Participants will need to have enough snacks for each two-hour lap walk. Please note we will have fresh fruit available prior to the trek.

WHAT HAPPENS IF I REGISTER BUT THEN CANNOT PARTICIPATE?

We do not refund registration fees or any money raised for Trek2Health, however if a trekker is unable to participate they may transfer their registration (but not fundraising) to another person by notifying Trek2Health in writing 3 days prior to commencement of the trek.

DO I NEED INSURANCE?

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

SAFETY

1. Use your personal discretion in the event of injury or emergency as to which of the following recommended procedures to use: - If the injury or emergency is considered life threatening ring 000. State your name and that you are participating in the TREK4LIFE 2024 - 100KM / 50KM / 17KM - If the injury or emergency is not considered life threatening alert the nearest Medic or Trek Leader or, if they are not in close proximity call 0401 713 039 or 0414 311 972, and inform them of the situation.
2. Teams are responsible for both their own and their team's behaviour. Contravention of any checkpoint property owner's regulations may lead to the team's withdrawal for the trek.
3. Teams must carry mobile phones, preferably on two different networks. It is highly recommended that one phone is connected to the Telstra Network. All phone numbers in use must be provided to event organisers on registration.
4. Prescription medication and pain killers are your own responsibility. These cannot be issued by First Aid.
5. It is recommended to keep a rain jacket on hand depending on forecast weather.
6. BUSH FIRE Alert officials if you site a bush fire on 0401 713 039 or 0414 311 972. An emergency evacuation plan will be enacted by your trek leader and the support network. Follow event officials' instructions and remain at a checkpoint if advised to do so by officials. In the unlikely event that you are trapped, TREK2HEALTH LTD will call emergency services on 000 or 112 from a mobile; attempt to find a safe position in water, away from trees (in clear ground), in low ground or dig a trench, cover your mouth and nose with a wet piece of clothing.

DRSABCD action plan



In an emergency call **triple zero (000)** for an ambulance

D

DANGER

Ensure the area is safe for yourself, others and the patient.

R

RESPONSE

Check for response—ask name—squeeze shoulders

No response

- Send for help.

Response

- make comfortable
- check for injuries
- monitor response.



S

SEND for help

Call Triple Zero (000) for an ambulance or ask another person to make the call.

A

AIRWAY

Open mouth—if foreign material is present:

- place in the recovery position
- clear airway with fingers.

Open airway by tilting head with chin lift.



B

BREATHING

Check for breathing—look, listen and feel.

Not normal breathing

- Start CPR.

Normal breathing

- place in recovery position
- monitor breathing
- manage injuries
- treat for shock.



C

CPR

Start CPR—30 chest compressions : 2 breaths

Continue CPR until help arrives or patient recovers.



D

DEFIBRILLATION

Apply defibrillator if available and follow voice prompts.

© St John Ambulance Australia. St John encourages first aid training as this information is not a substitute for first aid training.

CHECKLIST

Provided below is a suggested list of equipment that can help you and your team prepare for the trek ahead.

TREKKERS ON THE TRACK:

- FOOTWEAR – proven and trialled hiking shoe or boot
- SPARE LACES
- SOCKS – include spares
- GATORS – lightweight keep gear out of boots/shoes
- NICKS /SKINS/TIGHTS – prevent chafing, support recovery and performance.
- CLOTHING – consider all weather conditions - ensure you have clothing suitable for windy raining, hot and cold conditions.
- LIGHTWEIGHT GLOVES – Keep the hands warm
- HATS – baseball cap, lightweight beanie, broad-brimmed lightweight hat – personal preference
- BUFF – Multi use – sun protection, dust protection, neck protection, sweat, etc.
- SUNGLASSES
- HIKING POLES – personal preference
- SMALL CAMELPAK TO CARRY GEAR – lightweight, durable, tested and trialled
- HYDRATION – Camelpak or water bottle.
- SNACKS – food packs specially designed, lightweight, individual food packs.
- PERSONAL MED KIT – lightweight – covers personal medications, band aids, tape, chafing, Insect repellent, sunscreen, hand gel, painkillers, etc. – Please note trek medics and first aid tents are also available.
- COMMUNICATIONS – mobile phone (fully charged)
- PERSONAL ID

Carry only what you need on the course, anything extra should be given to the trek leaders. Remember to bring your light snacks, hydration and first aid will be provided on course and at rest checkpoints. Please note that you are responsible to bring water container, either camel pack or water bottle, no cups at hydration stops.

TERMS & CONDITIONS

TREK2HEALTH LTD are the event organisers of TREK2HEALTH COMMUNITY TREK SERIES. If we deem the route unsafe (due to but not limited to heavy rain, lightning, high winds, bushfire or 'acts of god') we may, at our sole discretion, re-route The TREK2HEALTH COMMUNITY TREK SERIES, find an alternative shortened course, or cancel the event. If the event is cancelled, re-routed or shortened, no refund of registration fees, fundraising monies or transfer to another TREK2HEALTH COMMUNITY TREK SERIES event will be made. Due to the nature of our events and the months of preparation involved, the event will not be re-scheduled to any other weekend. We also reserve the right to change the route or checkpoint locations or distances as necessary. Any changes will be communicated to participants prior to the event.

1. All team members must be aged 18 or above unless approved by the organiser in advance in writing and will only be so approved where a parent or guardian has signed the appropriate form(s). The minimum age for students participating in the event is 16 years of age and they must be accompanied by an adult for the entirety of the course or where multiple adults are involved for each leg. Where necessary adults accompanying minors must be Blue Card certified.

2. At the start of the event, any team(s) must have a minimum of two members with a maximum of six members

3. Teams must register and check in during their allocated check in period (refer to the Critical Times on the first page). Please note that the buses are unable to wait for late arrivals.

4. There is one major checkpoint throughout the course excluding the start and finish points (excluding 12km trek). All trek groups must remain together between checkpoints. All participants must check in and check out as a group at each checkpoint. Checkpoint staff will not check in or check out a team until all members are accounted for.

5. Do not drop litter on the ground. Please respect the environment and carry out all your rubbish or discard at

any bins provided. (This includes cigarette butts. Do not leave butts in tall grass or other flammable materials.) Anyone observed littering will be removed immediately from the event.

6. Under no circumstances are any participants to be left unattended. If a participant is seriously injured and cannot be moved, one person must remain with them while another participant alerts the accompanying medical personnel. At all times an TREK2HEALTH LTD Event Medic should be no further than 500 metres away.

7. If you want to withdraw during the event, you must first report to the mobile Trek Group Leader or mobile Trek Group Medic who will sign you out. You will then hop into a transport vehicle and dropped off at finish line. at which time you will have your entry bib code recorded as having left the event.

8. If you do not notify event organisers of your intention to leave a checkpoint prior to doing so, this will result in an emergency services response. This can waste valuable resources, which may be required elsewhere and for which you may be held financially accountable.

9. Identification (ie Bibs) must be worn at all times during the event.

10. A team must notify TREK2HEALTH LTD organisers of any change of team members via email. No substitutions will be allowed once the event starts. Any team found to be substituting without prior notification or during the event will be withdrawn.

11. If, in the opinion of medical personnel, a team member is unable to continue for medical reasons the event organisers reserve the right to remove that member from the event.

12. Every participant must have completed their training, so they are fit enough to complete their chosen distance.

13. All participants must read the Trekkers Handbook and be fully prepared on the morning of the event to commence trek with all equipment and provisions.