

# THE JLF TREK (VIC) 2017

## Frequently Asked Questions

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### REGISTRATION

#### What are the registration fees?

Registration for The JLF Trek is \$250 per person (inc GST)

Registration fees are non-refundable, non-transferable and non-tax-deductible. The fees are paid by credit card via our secure payment facility at the time of registration. It is important to note that your place is only secured once your payment has been received by us.

#### 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.

#### How do I register?

Every participant needs to register and set up an individual fundraising page.

In this process, you will be asked to create a username and password so you can login to your profile and make changes to your fundraising page, set up a team, join a team or even leave a team you have joined.

#### How do I login to my profile?

1. Go to <https://app.jodileefoundation.org.au/events>
2. Select 'Login' on the top right menu
3. Enter your username and password and select 'sign in'

#### How can I start a team?

Nominate yourself as the Team Manager and tell your friends you are setting up the team.

1. Login to your profile
2. Under the 'registration field' select 'start team'
3. Enter the team name, upload a team photo and words for the team fundraising page.
4. Choose whether the team will be fundraising as individuals or as a team

#### Individuals:

Each team member will have their own fundraising page and individual fundraising tally which combines to show your team tally on the team fundraising page.

#### Team:

The team members' images will appear on the team page but fundraising will be displayed as one team tally.

\*Please note, by fundraising as a team, donations will not appear against individuals tallies and cannot be split.

#### How can I join a team?

If the team you want to join has been created by the Team Manager, you can login to your profile using the steps above and under the 'registration' field, select 'join team'.

#### Can I get a refund or is the fee transferrable?

No. The Registration Fee is non-refundable, non-transferable and not tax deductible.

### FUNDRAISING

#### Is there a minimum fundraising amount?

Fundraising is an essential element of The JLF Trek and we encourage you to strive for an individual fundraising goal of \$500.

We ask you to aim high because every dollar helps prevent bowel cancer and allows us to continue the important work we do to save lives. Read our Fundraising Guidelines [HERE](#).

\*Please note, the registration fee does not apply to your fundraising commitment.

#### Where does the money go?

We rely on the generosity of donors to fund a number of important initiatives that raise awareness about bowel cancer and the importance of early detection. For more information click [HERE](#). A small portion of all donations covers our administration costs. For more information, please refer to our Annual Review published on our website.

### WHERE ARE WE HIKING

#### Hepburn to Harcourt North - Total 75km

Buses will be departing from the Chewton Soldiers Memorial (corner of Main Road & Fryers Road,) to take you to the starting line each day. Car parking will be available at the grounds for participants.

#### DAY 1: Friday 8 September - total approx. 40km

Start: Mannings Road, Hepburn  
CP1: Porcupine Ridge Road, Guildford  
CP 2: Vaughan Mineral Springs (off Greville St, Vaughan)  
CP 3: Cnr Spring Gully Rd & Old Coach Road, Fryerstown  
Finish: Chewton Soldiers Memorial

#### DAY 2: Saturday 9 September - total approx. 35km

Start: North Harcourt Road, Harcourt North  
CP 1: Mount Alexander, Joseph Young Drive (top), Harcourt North  
CP 2: McQuillans Road, Faraday  
CP 3: Llewellyn Road (off Golden Point Rd), Golden Point  
Finish: Chewton Soldiers Memorial, then over to Chewton Town Hall for the Celebration Party!

\* Checkpoints are set up approximately every 10km

\* Checkpoint locations and the trail are subject to change.

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

You will be greeted by our friendly event staff and volunteers where you need to sign in with us. We provide:

Morning tea – fruit, coffee & tea, something sweet  
Lunch – simple sandwiches, Vita-Weat's, Rice Cakes, fruit,  
Afternoon tea – Arnott's biscuits, fruit and Go Natural protein bars  
You will be able to re-fill your water supply at each checkpoint.  
St John's will be on hand to assist with First Aid

While we do the utmost to cater to a wider variety of tastes and dietary requirements, the checkpoints are run by volunteers and designed to be a quick stop!

There will be portable toilets at each checkpoint. Please be patient while you wait - we can be limited to the number we can provide.

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### Am I fit enough to do The JLF Trek?

The JLF Trek is an endurance event that is not for the faint-hearted. It will challenge you physically and mentally. Whether you complete the distance or not, it's a rewarding experience that will fill you with a huge sense of achievement.

Please make sure you prepare well in advance and get your body used to long distance walking on varying elevations and surfaces. If you have a pre-existing injury or illness, you should seek medical advice before commencing the hike.

You can follow us on Facebook or Instagram to stay up to date with news, recommended hikes, training tips and more.

### Do I have to complete the whole distance?

You can select to hike one or both days during the registration process. During the event, if you are unable to complete the distance for any reason, speak to event officials at a checkpoint and you will be transported to the finish line. There is also an option to start the second day from Checkpoint 2.

Do not continue past a checkpoint if you have any fitness or health concerns or are worried about your ability to continue to the next checkpoint.

### Are there time restrictions?

For safety reasons, all participants must finish the day's hike in daylight hours, therefore must pass through the third checkpoint by approximately 3.00pm each day. You will be advised of the precise cut-off times prior to the event. Once this checkpoint is closed you will not be permitted to continue.

### Is there an event briefing and is it compulsory?

Yes. Safety throughout The JLF Trek is our number one priority. At the event briefing you will be told everything you need to know about safety including all the emergency and checkpoint procedures – as well as any last-minute changes to the route and bus departure details.

When: Thursday 7 September, 6.00pm – 7.00pm

Where: Castlemaine – venue to be advised

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

Buses will be departing from the Chewton Soldiers Memorial and will transport you to the starting point each day. Please note buses depart early each morning to have you at the start line at daybreak. Exact departure times will be provided prior to the event.

### What do I wear and carry while hiking?

Here are a few recommendations but please work out what's best for you. Make sure you are comfortable – it's a long way!

- Walking shoes, trainers or boots with grip that are worn in
- Cotton t-shirts or singlet
- Warm woollen jumper or polar fleece
- Wet weather gear (light weight rain coat or poncho)
- Spare socks and shoes if conditions are wet
- Trekking poles
- Vaseline or a great product called Body Glide for your feet
- Small hand towel for any creek crossings
- Small torch, compass, matches and whistle
- Extra food to nibble on e.g. nuts, protein bars etc

### Compulsory items you need to carry:

- Your JLF cap & BIB (fixed to outer clothing or backpack)
- The hike guide provided in your Event Pack
- A backpack or the like
- Wet weather gear (light weight rain coat or poncho)
- A water bladder or water bottle

- Basic first aid e.g. bandages, blister pads, band aids, anti inflammatory gels, sun screen, pain relief and insect repellent
- Emergency space blanket – available from St John for \$5.00
- Personal medication eg EpiPen, Ventolin etc

### When do I receive my event pack?

Two weeks before the event you will be sent your Event Pack which contains your JLF cap, hike guide (containing emergency procedures and maps) and your registration bib. You will not be permitted to take part in The JLF Trek without your bib. Please notify us if you change your address as we send the pack to the address entered when registering.

### Where do I find the latest weather conditions?

Please be prepared to hike in sunshine and rain. It can be very cold in the morning and during the day if it has been raining. Keep an eye on local weather forecasts on [www.bom.gov.au](http://www.bom.gov.au).

### What about meals?

You will need to make arrangements for breakfast as we leave very early each morning. You will be treated to a catered celebration at the finish line on Saturday. This runs from early afternoon once you cross the finish line and closes by 7.00pm. Your family and friends are welcome to attend and they will have the opportunity to purchase tickets prior to the event.

### 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.

### Will my mobile phone work?

Mobile coverage is not available along much of the Goldfields Track due to its remoteness. We ask you to download the Emergency+ app, which will provide your GPS location in an emergency.

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

For your safety, we ask that you hike with at least one other person. Our support crew will be able to assist at the checkpoints and will also act as sweep walkers to assist anyone in need along the trail. We also have a command centre that can be contacted in the event of an emergency.

### 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 very few campsites or rest spots along the way that have toilets or water tanks.

### Where do I stay?

Buses will be departing from Chewton each morning so we recommend you stay in Chewton or Castlemaine (approx 10 mins from Chewton).

There are plenty of accommodation options to choose from in the Castlemaine area. You are responsible for making your own arrangements. Here are some helpful links:

AIRBNB - <https://www.airbnb.com.au/>

STAYZ - <https://www.stayz.com.au/>