

THE JLF TREK QLD **HIKE GUIDE**

24-25 AUGUST, 2019

LIFE THREATENING EMERGENCY 000 OR 112
EMERGENCY CONTACT 0401 713 039 and 0448 358 585

CRITICAL TIMES

REGISTRATION, BRIEFING AND BUS DEPARTURE

All trekkers must register and attend at the registration time for your trek (see below).

Unfortunately, late arrivals will not be accepted.

Venue for all briefings is Bus Transfer Station, Waterworks Road, Enoggera Reserve, The Gap, Brisbane QLD 4520.

If you require assistance with locating the briefing venue please contact Kate Chapley on 0416 092 070.

84KM TREK

Registration Time: 4.30am Saturday 24 August
Bus Departs: 5.00am (Saturday and Sunday)
Trek Commences: 6.00am (Saturday and Sunday)
Trek Information: Refer to page 4

42KM TREK SATURDAY

Registration Time: 4.30am Saturday 24 August
Bus Departs: 5.00am
Trek Commences: 6.00am
Trek Information: Refer to page 8

42KM TREK SUNDAY

Registration Time: 4.30am Sunday 25 August
Bus Departs: 5.00am
Trek Commences: 6.00am
Trek Information: Refer to page 10

23KM TREK

Registration Time: 9.30am Sunday 25 August
Bus Departs: 10.00am
Trek Commences: 10.30am
Trek information: Refer to page 12

12KM TREK

Registration Time: 1.30pm Sunday 25 August
Trek information: Refer to page 14

OUR STORY

Our story begins with Jodi Lee.

In 2008, Jodi, and her husband Nick and their two children were living in Vietnam. Happily married for 12 years and having the time of their lives, living and working overseas, bowel cancer was the furthest thing from their minds.

Nick was away when Jodi rang complaining of constipation, abdominal pain and some bloating. Her doctor quickly recognised an obstruction and ordered scans. Jodi had cancer, and the tumour had all but blocked her bowel. She was only 39.

With no family history or symptoms, the diagnosis hit Jodi and Nick hard. After a successful operation to remove the tumour, they received the worst news possible – the cancer had spread to Jodi's lymph and liver. At best, she only had two years to live.

The hardest thing was telling their young children Jack and Arabella that their Mum was going to die. Jodi was 41 when she passed away on 16 January 2010.

The saddest part of Jodi's story is that it could have been different if her bowel cancer was detected early.

With that simple fact as our driving force, the Jodi Lee Foundation was established in 2010.

Today, we continue to share Jodi's story as it resonates with so many people and impacts thousands of lives. We regularly hear stories of family, friends and work colleagues impacted by bowel cancer. We hear stories of delays in diagnosis, misunderstanding around screening tests and despair that the symptoms were not picked up early enough. We also hear words of hope. Hope that by raising awareness around bowel cancer prevention we can empower people to be healthy and active, explore their family history, act quickly on symptoms or take a screening test.

And hope that by sharing Jodi's story we can save more lives.

Your involvement and fundraising efforts will help us to continue raising awareness of bowel cancer prevention through our national campaigns and fundraising events.



OUR VISION

To prevent bowel cancer.

OUR MISSION

To empower everyone to take active steps to prevent bowel cancer and lead healthy lives.

OUR VALUES

Courage, Compassion, Integrity,
Empowerment

**PREVENTING
BOWEL CANCER**

THE JLF TREK QLD 2019

SATURDAY 24 AUGUST

84KM DAY 1 TREK INFORMATION

PARK AT BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE. KEEP AN EYE OUT FOR ELITE EXECUTIVE EVENTS CREW FOR DIRECTION. CAR POOLING IS ADVISABLE.

REGISTRATION AND BRIEFING:	4.30AM
BUS LOADING:	5.00AM
TREK COMMENCES:	6.00AM SHARP
LOCATION:	BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE QLD 4520

LAKE MANCHESTER TO CHECKPOINT 1

We take our first steps into D'Aguilar National Park at 6am (sunrise is at 6.09am so have your head torch ready). The trek starts around the tranquil waters of Lake Manchester and the impressive Blue Gum forest heading towards our first rest stop 15km in. Enjoy time to refuel with snacks and energy food before we embark on several creek crossings. We highly recommend one or two walking poles for this section. With the water behind us, two large hard climbs wait as we climb up to the south boundary ridge line. We then follow this ridge line and descend into Gold Creek Reservoir and Checkpoint 1.

At Gold Creek Reservoir enjoy refreshments and facilities (plumbed toilets) and a well-earned rest before the second leg of the journey.

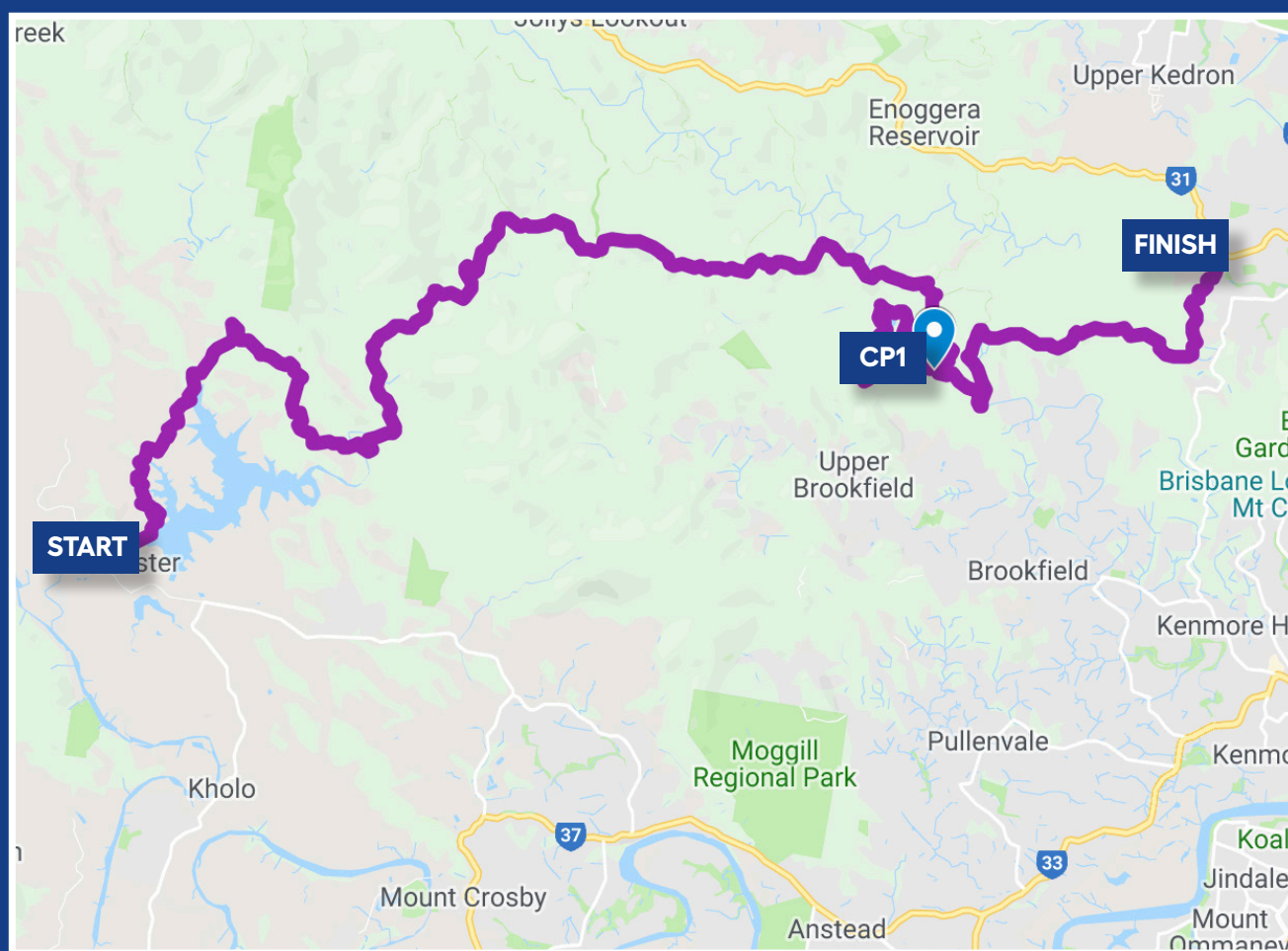
CHECKPOINT 1 TO THE GAP

The first 5km of the second section will circumnavigate the reservoir through a magnificent pathway of views overlooking the lake. The next 2.5km will be a long, steep and unforgettable climb. At the end, we will experience 5.1km of moderate-to steep descending and ascending hills. This section is 12.6km and will take approximately 3.5 hours. Take in the sunset at 5.05pm, with last light at 5.24pm.

THE JLF TREK QLD 2019

84_{KM}

SATURDAY MAP



THE JLF TREK QLD 2019

SUNDAY 25 AUGUST

84KM DAY 2 TREK INFORMATION

PARK AT BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE. KEEP AN EYE OUT FOR ELITE EXECUTIVE EVENTS CREW FOR DIRECTION. CAR POOLING IS ADVISABLE.

BUS LOADING:	5.00AM
TREK COMMENCES:	6.00AM SHARP
LOCATION:	BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE QLD 4520

MOUNT GLORIOUS TO CHECKPOINT 1

At 6.00AM you will take your first steps (Sunrise is 6.09AM so have your head torch ready) in the D'Aguilar National Park and begin your descent towards the impressive Side Break climb. The memory of this climb will stay with you for a lifetime. We will reach Checkpoint 1, the Mt Nebo State Primary School, at approximately 10.15am. Recharge your batteries and use the facilities before commencing en route to the finish.

CHECKPOINT TO THE GAP

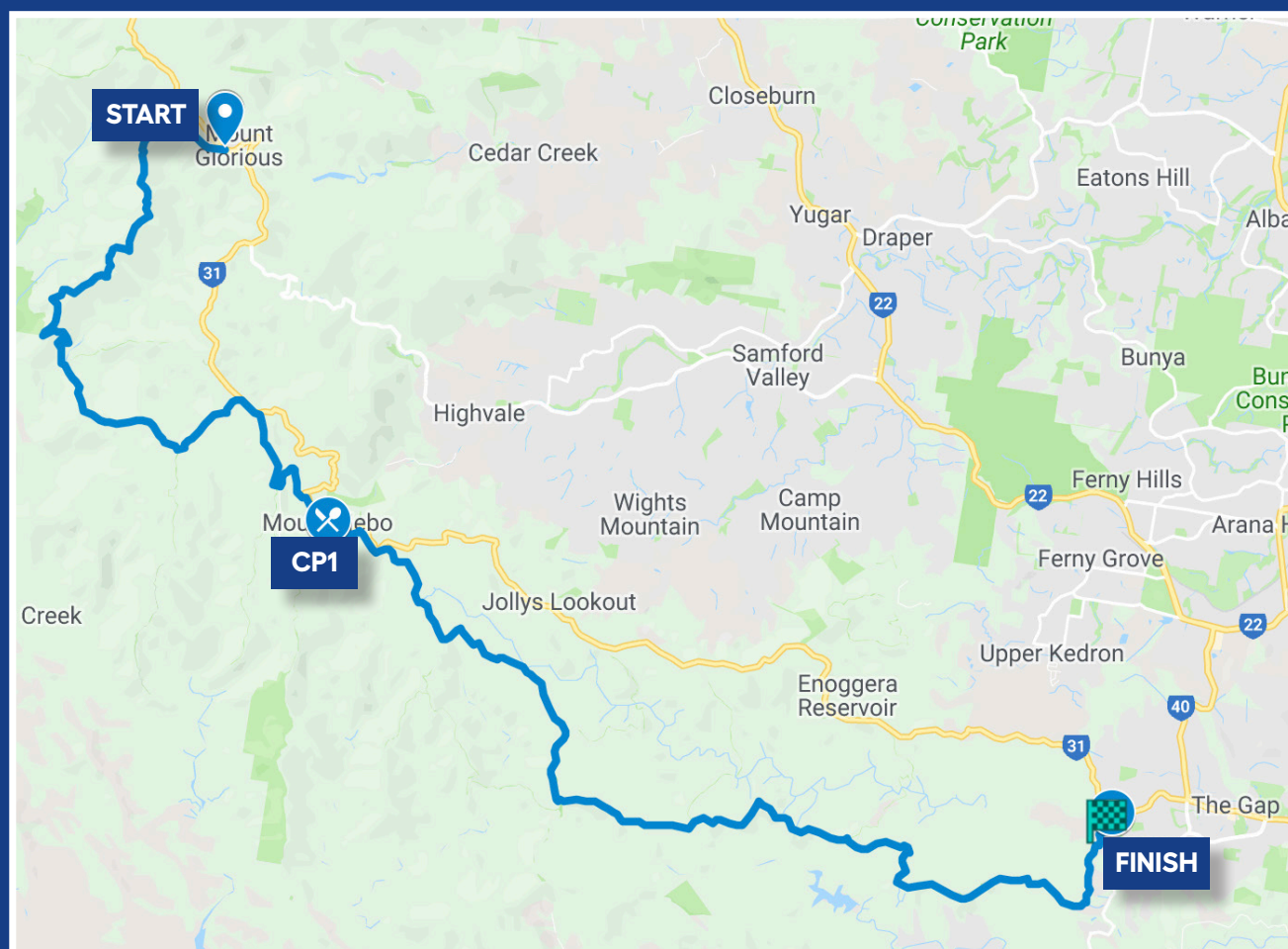
The first 3km of this section is through a magnificent rainforest. The next 13.5km of this leg is flat or slightly descending. At the end of that, you will experience 6km of moderate-to-steep descending and ascending hills. Enjoy arriving at the finish line at the dam wall of Enoggera Reservoir, private property of South East Queensland Water, where you can meet up with family and friends and enjoy a light BBQ.

Sunset is 5.32pm.

THE JLF TREK QLD 2019

84_{KM}

SUNDAY MAP



THE JLF TREK QLD 2019

SATURDAY 24 AUGUST

42KM TREK INFORMATION

PARK AT BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE. KEEP AN EYE OUT FOR ELITE EXECUTIVE EVENTS CREW FOR DIRECTION.

CAR POOLING IS ADVISABLE.

REGISTRATION AND BRIEFING: 4.30AM

BUS LOADING: 5.00AM

TREK COMMENCES: 6.00AM SHARP

LOCATION: BUS TRANSFER STATION, WATERWORKS ROAD,
ENOGGERA RESERVE, THE GAP,
BRISBANE QLD 4520

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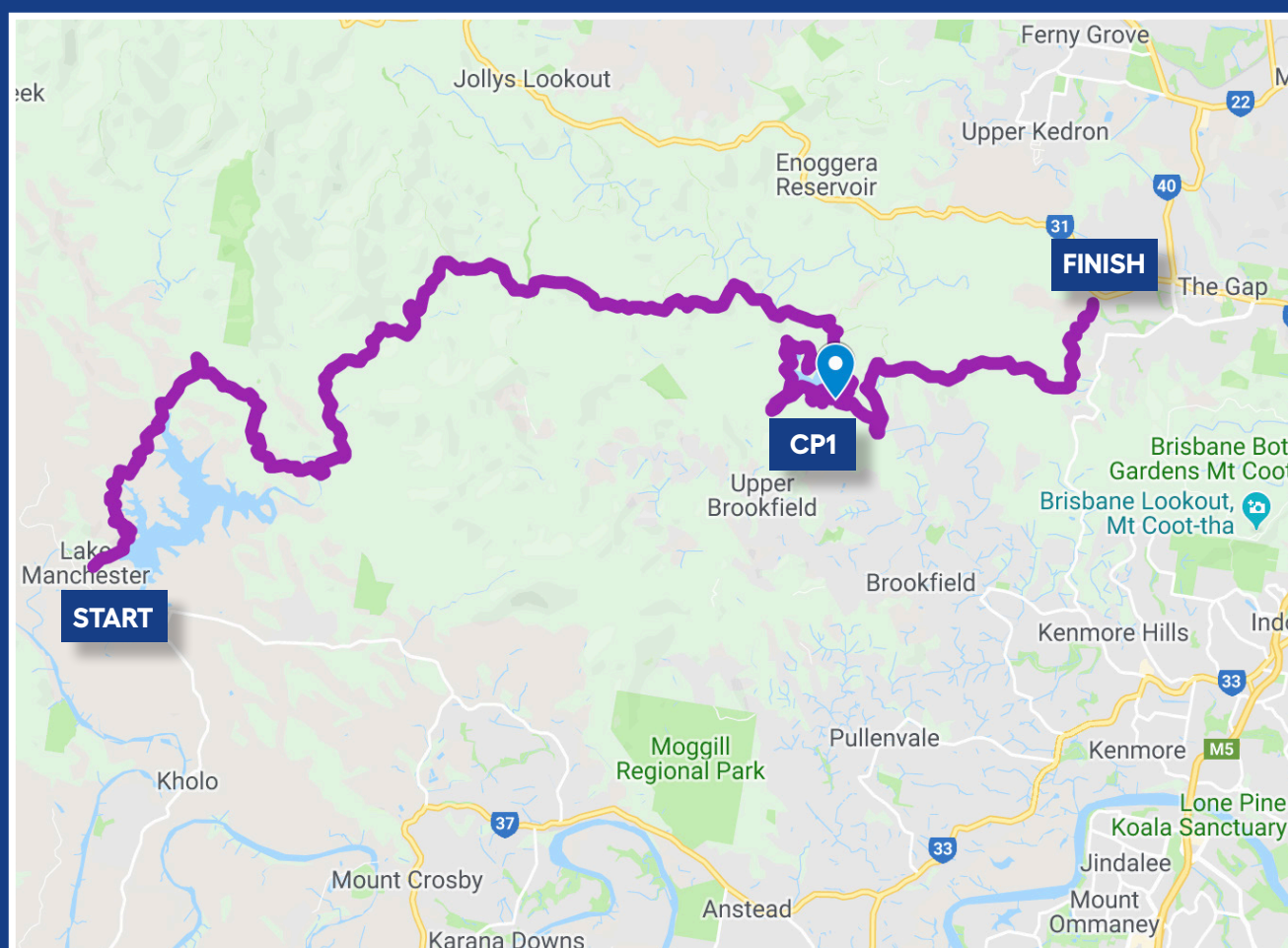
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THE JLF TREK QLD 2019

42_{KM}

SATURDAY MAP



THE JLF TREK QLD 2019

SUNDAY 25 AUGUST

42KM TREK INFORMATION

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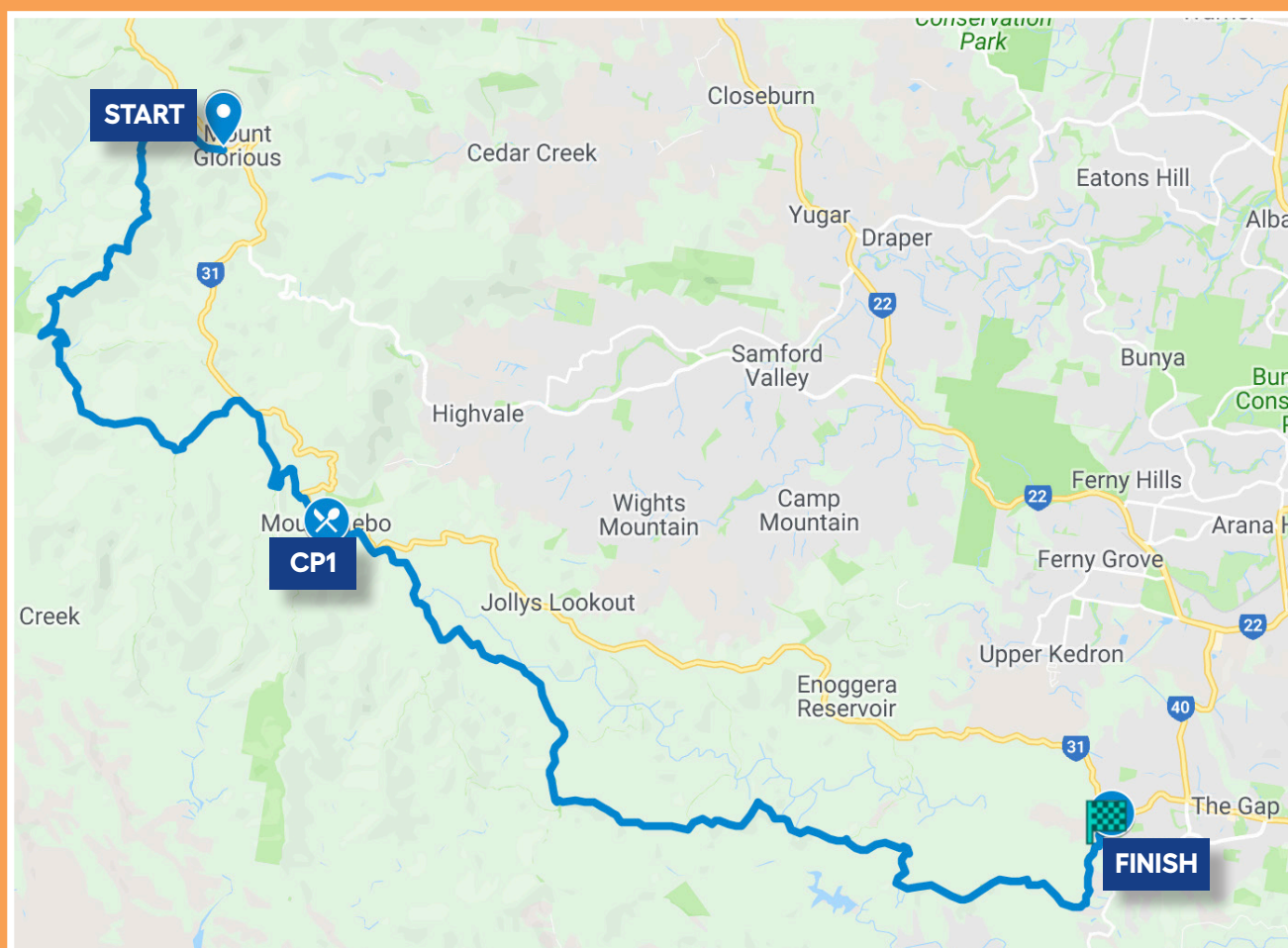
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Sunset is 5.32pm.

THE JLF TREK QLD 2019

42_{KM}

SUNDAY MAP



THE JLF TREK QLD 2019

SUNDAY 25 AUGUST

23KM TREK INFORMATION

PARK AT BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE. KEEP AN EYE OUT FOR ELITE EXECUTIVE EVENTS CREW FOR DIRECTION. CAR POOLING IS ADVISABLE.

REGISTRATION AND BRIEFING:	9.30AM
BUS LOADING:	10.00AM
TREK COMMENCES:	10.30AM SHARP
LOCATION:	BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE QLD 4520

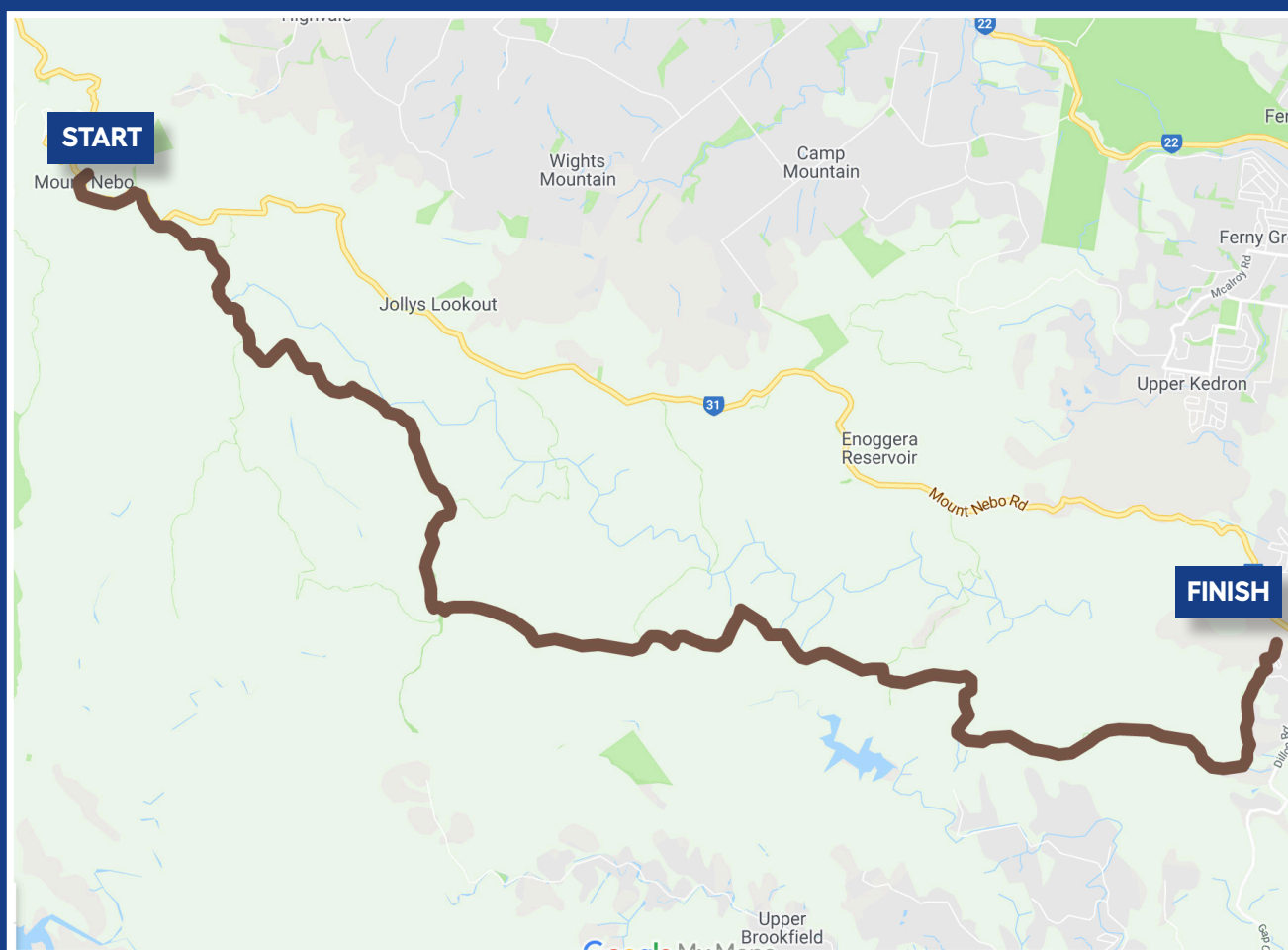
MOUNT NEBO TO THE GAP

The first 3km of this section is through a magnificent rainforest. The next 13.5km of this leg is flat or slightly descending. At the end of that, you will experience 6km of moderate-to-steep descending and ascending hills. Enjoy arriving at the finish line at the dam wall of Enoggera Reservoir, private property of South East Queensland Water, where you can meet up with family and friends and enjoy a light BBQ.

Sunset is 5.32pm.

THE JLF TREK QLD 2019

23KM MAP



THE JLF TREK QLD 2019

SUNDAY 25 AUGUST

2.5 - 3 HOURS DEPENDING ON WEATHER

12KM TREK INFORMATION

PARK AT BUS TRANSFER STATION, WATERWORKS ROAD, ENOGGERA RESERVE, THE GAP, BRISBANE. KEEP AN EYE OUT FOR ELITE EXECUTIVE EVENTS CREW FOR DIRECTION. CAR POOLING IS ADVISABLE.

REGISTRATION AND BRIEFING: 1.30PM

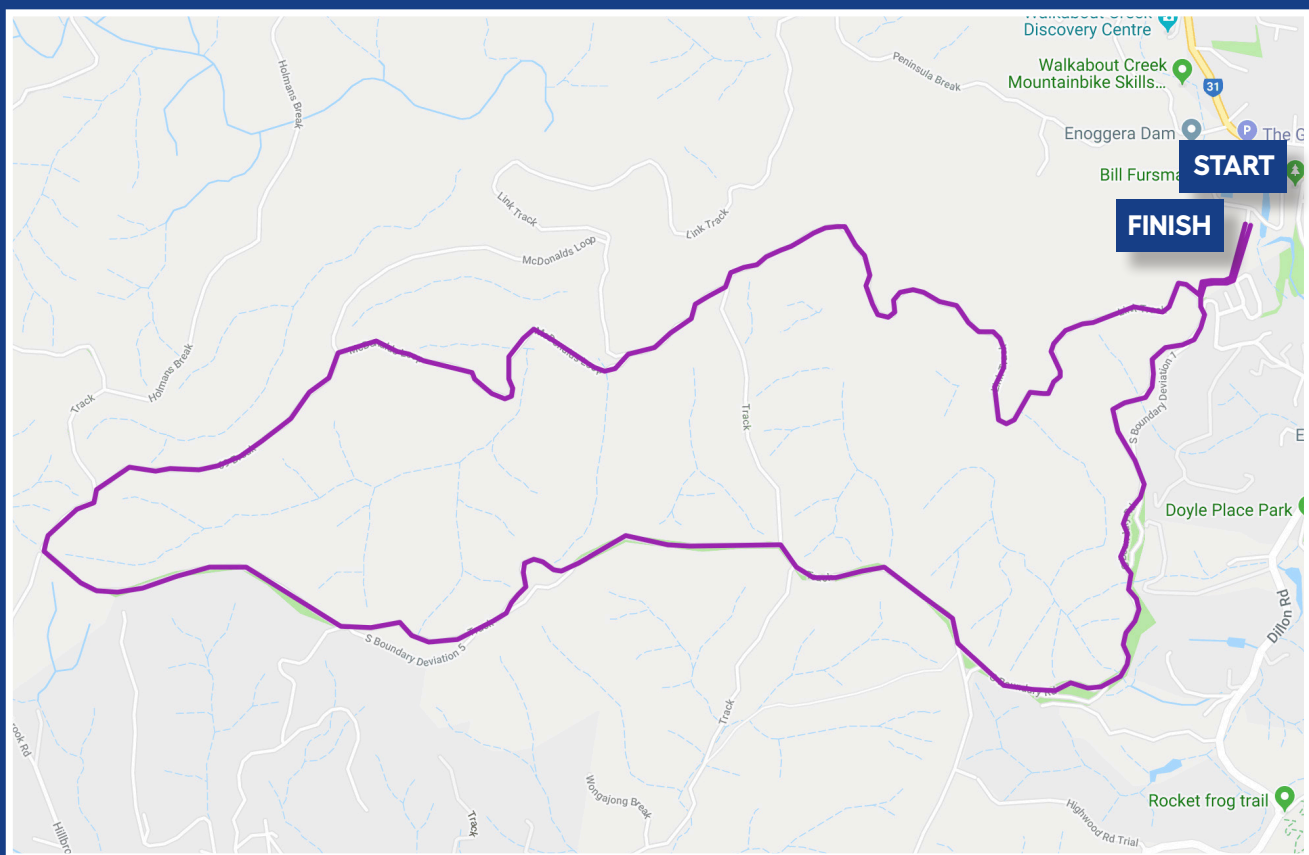
TREK COMMENCES: 2.00PM SHARP

LOCATION: ENTRANCE TO SOUTH EAST QUEENSLAND WATER,
GATES AT HORSMAN PLACE PARK

After collecting your trek bib from event staff and listen to a small briefing, you will set off towards Mt. Nebo along a well-established fire trail. This section has many slow and long ascending hills. You will arrive at your check point – Route 69 – where you can top up your water. You will then descend towards the Enoggera dam – once you reach the lake area you will circumnavigate the lake towards the finish-line village with the rest of your fellow trekkers.

THE JLF TREK QLD 2019

12KM MAP



FAQ'S

CAN I MAKE MY OWN WAY TO THE START POINT?

All trekkers must attend a briefing which is held on the bus prior to the trek commencement, therefore all trekkers must meet at the meeting point.

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?

You are registering for a Jodi Lee Foundation event when you participate in our treks. The minimum fundraising of \$500 for 84km, 42km and 23km trekkers and \$100 for 12km trekkers is a compulsory requirement. But we are here to help! You will set up a fundraising page during registration – this makes asking for and receiving donations easy. And feel free to give us a call on 08 8363 1920 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 either 0401 713 039 or 0414 311 972.

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

You will need 2 litres of water at the commencement of the trek. There will be static drink stations at checkpoints, and all support vehicles will carry water.

Participants will receive a snack pack at registration and lunch will be provided. You may wish to bring additional snacks.

WHAT HAPPENS IF I REGISTER BUT THEN CANNOT PARTICIPATE?

We do not refund registration fees or any money raised for Jodi Lee Foundation, however if a trekker is unable to participate they may transfer their registration (but not fundraising) to another person by notifying Jodi Lee Foundation in writing 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 112 and treat the same as a 000 call. State your name and that you are participating in the JLF Trek.
 - 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 from the trek.
4. 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.
5. Prescription medication and pain killers are your own responsibility. These cannot be issued by First Aid.
6. Sections of the trek can get very cold, especially in the morning and it is expected that participants carry and wear appropriate clothing for such conditions. It is recommended to keep a rain poncho on hand depending on forecast weather.
7. **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, Elite Executive Events 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

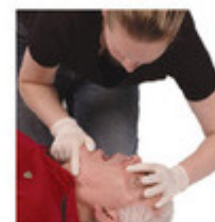
Call Triple Zero (000) for an ambulance or ask another person to make the call.

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.

Learn First Aid | 1300 360 455 | www.stjohn.org.au

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 SHOELACES**
- **SOCKS** – include one spare pair.
- **GATORS** – lightweight, keep gear <<debris>> out of boots/shoes.
- **NICKS/SKINS/TIGHTS** – prevent chafing, support recovery and performance.
- **CLOTHING** – consider all weather conditions and ensure you have clothing suitable for wind, rain and hot and cold conditions.
- **LIGHTWEIGHT GLOVES**
- **HATS** – baseball cap, lightweight beanie and/or broad-brimmed lightweight hat – personal preference and to suit all weather conditions.
- **BUFF®** – Multi use – sun protection, dust protection, neck protection, sweat, etc.
- **SUNGLASSES**
- **HEAD TORCH** – lightweight, strong beam with spare batteries.
- **HIKING POLES** – personal preference, recommended for Saturday walkers.
- **SMALL PACK TO CARRY GEAR** – lightweight, durable, tested and trialled.
- **HYDRATION** – camel-pack or water bottle with at least 2 litres of water at start. Top up water will be available from marshalls along the route and at the checkpoint.
- **FOOD AND WATER** – You will receive a snack pack at registration, which will include fruit, a bar and a piece of cake.

At the main Checkpoint you will be provided with all you can eat soup and crusty bread to sustain you for the rest of the trek. You may also like to top up your snack pack with your own provisions.
- **PERSONAL MED KIT** – lightweight, covers personal medications, bandaids, tape, anti-chafing, insect repellent, sunscreen, hand gel, painkillers, etc. Please note trek medics and first aid are also available.
- **COMMUNICATIONS** – mobile phone (fully charged).
- **PERSONAL ID**

TERMS AND CONDITIONS

Elite Executive Events are the event organisers of The JLF Trek QLD 2019. 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 JLF Trek, 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 JLF Trek 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 four members with a maximum of five 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 EEE Event Medic should be no further than 100 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 Jodi Lee Foundation 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 attend the event briefing prior to the event.
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.



LIFE THREATENING EMERGENCY 000 OR 112
EMERGENCY CONTACT 0401713039 and 0414311972