



Walking 4 Warriors Endurance Challenge - SMEAC

Situation:

Welcome to the Walking 4 Warriors Endurance Challenge. We are excited to be able to present you with the opportunity to not only test your own limits but also pay respect to our Service Men and Women in the process.

Mission:

The Walking 4 Warriors Endurance Challenge is a chance to firstly honour and show respect to our Service Community and secondly to really test yourself. **The Walking 4 Warriors Endurance Challenge is for you to suffer through tough times when you feel like quitting, prove to yourself you have more and finish this!!!**

Execution:

Date: Friday 19th and Saturday 20th April 2024

Timings: 24hr participants start 18:00 Fri 19th April.

3hr participants start at 18:00 Fri 19th April.

12hr participants start 06:00 Sat 20th April.

6hr participants start 12:00 Sat 20th April.

Opening Ceremony and pack pick up: Due to the way we finish our event we will do a more formal opening ceremony and take care of some official business. We also hope that this creates the opportunity for people to stay around and support our 24hr and 3hr participants as they begin their challenges.

Pack pick up will begin at 1600 and continue into the evening with an official opening of the event to take place at 1730 prior to a 1800 start.

We will have the bar open, BBQ cooking and music going for the first few hours of the challenge so plan to come down set up your gazebo and enjoy a relaxed evening. We will also have our fireworks display just after the 3 hr challengers have completed. All participants and family welcome. We will create an event on Facebook and if you can indicate your intentions please do so for catering purposes.

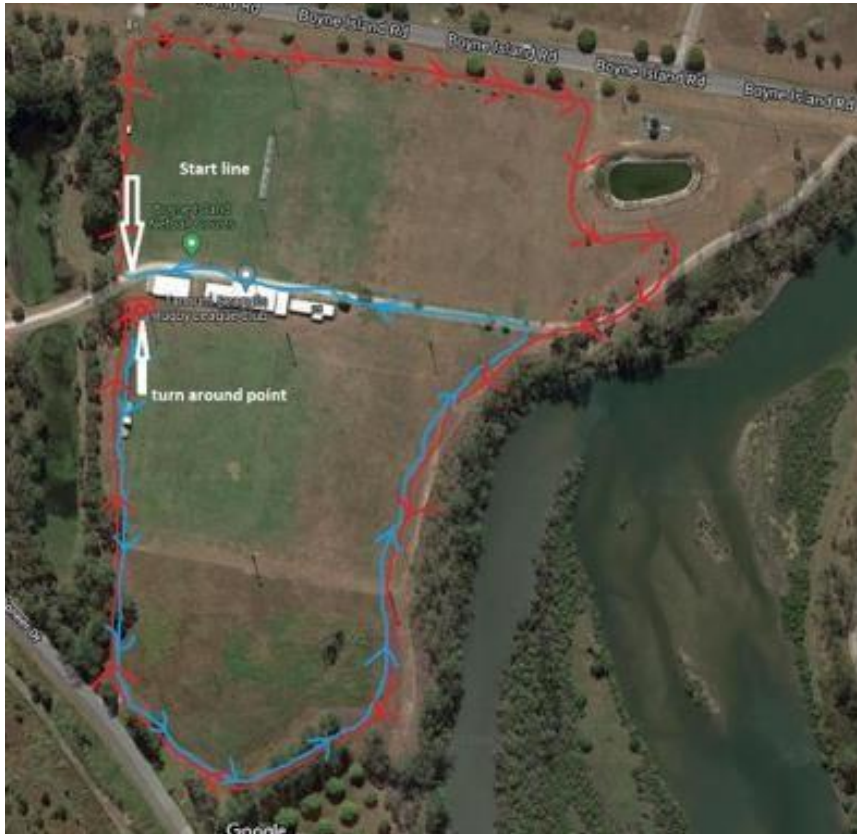


Location: The Walking 4 Warriors Endurance Challenge is being held at Dennis Park, Pioneer Drive, Boyne Island, QLD 4680 <https://goo.gl/maps/BEfMBRbHj5tRaUiz8>



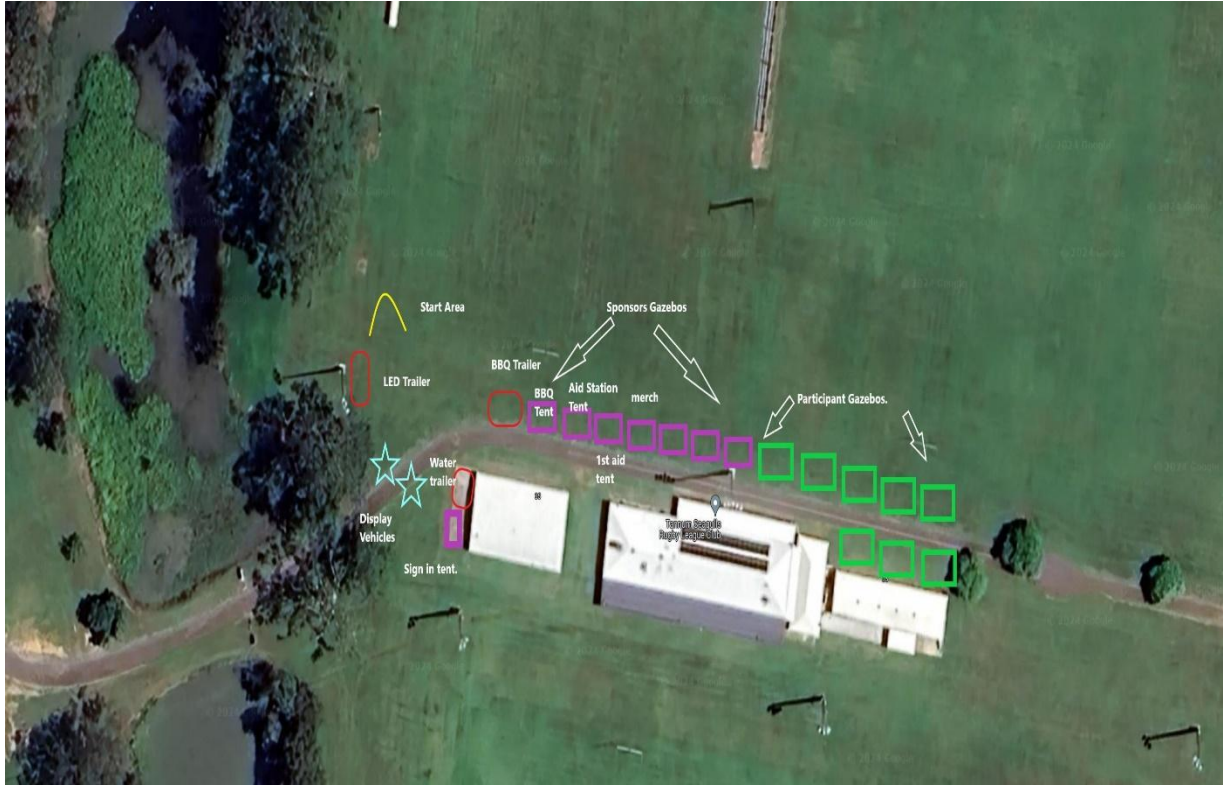
Directions to Boyne Island: Boyne Island is located just off the Bruce Highway and is approx. 500km north of Brisbane and 100kms south of Rockhampton. It is about 25km South of Gladstone.

Course Overview: The Course is made up of a 2.25km Loop around the perimeter of the Seagulls Football fields. The course includes an out and back section giving plenty of time for high fives and encouragement. The course is 90% grass with the remaining being a gravel pathway and small amount of Bitumen as you approach the Participant and Aid Station area. Most of the course will be lit during the night hrs however the bottom section will have some dark spots and may require participants to have personal lighting.



Event Outline: As we have mentioned this is a unique event and hope we have a unique bunch of people entered. Ultimately, it is a timed event so what distance you cover is entirely up to you. We have managed to create a 2.25km course so that you are always close to the Aid station, this however creates the difficulty during the day light hrs of how to manage 200 people on a loop course without over congestion and collisions. **What we ask of all our participants is to base every decision you make on the reason we are here, which is to honour our Service Men and Women.** We ask everyone to stay hard left on the track, if you want to listen to music through headphones be aware you will not hear people running up behind, so you may be frightened regularly. Please do not litter and if you see any rubbish pick it up and place it in a bin provided. When in the Aid station be considerate of our Volunteers, they are just that! **We hope that everyone will record their event using Strava or Map my run so that you may share your results and have something to reflect back on.**

Aid Station Layout: The image below outlines what the event area is going to look like. We will have a heap of sponsor gazebos set up near our aid station as marked in purple and these can be used by participants that don't want to set their own shade up. There is plenty of room to set your own Gazebo up as well.



Administration & Logistics:

April Weather:

TEMPERATURE		24.5 °C
HIGH TEMPERATURE		28 °C
LOW TEMPERATURE		21 °C
RAINFALL		70 MM
RAINFALL DAYS		3 DAYS

It is recommended that you prepare for all weather conditions to be safe.

Mandatory Gear:



- a. Drinking cup and/or bottle.
- b. Sunscreen and sun protection clothing.
- c. Hat.
- d. Enclosed footwear
- e. Head torch. (24hr and 3hr participants).

It is recommended that you have spare clothing/shoes as well as basic supplies for your challenge.

Accommodation Suggestion:

Tannum Sands:

- a. <https://www.totbmotel.com.au/> Great if you are going to RSL on ANZAC day.
- b. <https://tannumsandshotel.com.au/> If beers and food is on the agenda.
- c. http://www.discoveryholidayparks.com.au/qld/gladstone/tannum_sands If you are bringing the Van and family check out the Caravan Park at Tannum Sands.

Boyne Island:

- a. <http://www.boyneislandmotel.com/> On the right side of the river.
- b. <http://www.boyneislandcaravanpark.com.au/> Great location close to event precinct.

Fundraising: We have set up multiple ways to participate in fundraising:

- Purchase Merchandise for the event either via website: www.walking4warriors.org or on the day.
- Grab yourself some tickets in our raffle with some amazing prizes. These will be available for purchase shortly on our website and on the day. The raffle will drawn on the following Friday after the event at the Gladstone RSL and streamed via FB.
- Donation tins

Parking: There is significant parking available at Dennis Park either in the carpark or on the road just outside the entry. Drop off for gazebos and equipment is permitted at the gate prior to parking.

There is strictly no Vehicle access into the Dennis Park event area.



Race Pack Collection: Race packs including race bib & safety pins (for all runners), will be available for collection on Friday from 4pm at Dennis Park. You can also collect your pack 45min prior to the start of your particular event.

<https://goo.gl/maps/fexomkG468zrMaoR8>



Where possible we are requesting you collect your race pack prior to Saturday to alleviate the pressures of sign in during the 24hr challenge.

Children may run with you during the event: Due to a level of interest we opened registration in the 3hr & 6hr event for Youth 8yrs and older. It is recommended they be accompanied by an adult participant.

Due to insurance restrictions, only registered participants are allowed on the course during the event and we appreciate your respect and support. Supporters and other family members can cheer you on from the sidelines.

Storage of belongings whilst participating in the event: The Participant set up area is available for you to store your equipment whilst you are running/walking. Any items will be stored at your own risk. Please do not place valuable items in your bag.

Event Seating: During the event if you wish to sit and rest, please bring a camp chair so that it can be set up. There is limited shady trees to sit under and we will have Sponsors Marquees set up for participants to utilise. We ask that if you rest under a Marquee, you fold your chair



up when you head out on the course again. If you see someone come into the Aid Station that looks a bit worse for wear, please consider offering them some space. **If you have a support team you are welcome to set up your own area, just remember to ensure it is spotless when packing up.**

Amenities: Between 4pm on the Friday and 8pm on the Saturday we will have access to toilets and shower facilities. These are basic facilities, and we ask all participants to respect the generosity of the Tannum Sands Seagulls for sharing these grounds with us.

First Aid: A first aid station will be set up at the Aid stations during the event and we will have first aid officers present to treat any medical issues. Please take responsibility for your health and safety and that of your fellow participants during and after the event. **Hydration, nutrition and foot care are basic things that you should be able to monitor and control** however if you need medical assistance please ask.

Hydration: Fresh water is available from the hydration trailer set up near the start line as well as other fluids will be available at the aid station it will help with wastage if you can bring a water bottle or cup. ASN have kindly joined our team and will provide Endura performance hydration at the Aid station. It is recommended that you carry water with you while out on course.

Coffee: Australian Warfighter Coffee and Deja Brew to Go Coffee have generously sponsored the event and have supplied us with a quantity of instant coffee as well as coffee beans which will be brewed up by a local Barrister during the event. Participants will have as much access to the instant coffee as required to keep them motivated and on course. We will also have bags of instant coffee available for purchase at the event with all proceeds going towards our fundraiser. If you would like to purchase your own coffee, please check out. <https://australianwarfighters.com>

Food and Hydration: Young Veterans CQ will be onsite cooking a BBQ during the event and will have breakfast, lunch and dinner catered for a small cost. Menu will be posted on Facebook prior to the event.

Our Hydration Station for participants only provides a variety of hydration drinks and a selection of snacks and fruit available to help keep sugar and carbohydrate levels up.

It is recommended that you cater for your specific nutritional needs during this challenge and view the food provided as an emergency option.

Alcohol: Please pay special attention to the fact that this is a licenced venue so absolutely **no alcohol is permitted** to be brought onsite. It is also not recommended to drink alcohol whilst undertaking the challenge. We do have Tannum Sands Seagulls operating their bar at various



times, should your supporters or upon completion of your challenge, you wish to have an alcoholic beverage.

End of Event: We realise that most participants are fatigued after completing their chosen challenge so we try to ensure the medal presentations are promptly done upon the completion of each time slot (2100hrs on Friday or 1800hrs on Saturday) so that you are able to sit back and relax and watch other participants finish their challenge and enjoy the evening entertainment on Friday night or pack up and go home at the conclusion of the 24 hour challenge on Saturday night.

It is preferred that no items be left overnight after the challenge, if for some reason you need to pack up on Sunday, please contact our organisation team to discuss.

Finisher's Medal: All participants that complete their nominated time period will be presented with a unique finishers medal.

Command & Control:

Emergency Contacts during the Event: It is requested all participants save these mobile phone number in case of emergency on the day:

0467 977 766 Craig

0437 720 012 Sianne 0421 973 510 Justin

Registration changes: Any registration changes need to be made in email to walking4warriorscq@gmail.com with clear explanation of required changes. Keep in mind that after April 15th your bib and finishers medal may not be able to be changed due to orders being placed. We encourage you to take on the challenge you have committed to and utilise the team for support to get you to your goal.

Unable to attend the Event: If you know in advance that you will not be attending the event, please notify event organisers via email walking4warriorscq@gmail.com in advance to ensure we can offer people on the waitlist an opportunity to participate as well as update our manifest of all people attending the event.

A huge thank you to all our event sponsors and supporting groups:

- Gladstone Regional Council
- Bendigo Community Bank
- Stage and Audio
- Fuse Pyrotechnics
- High Risk Solutions
- Walz
- Alpha HPA
- Cosmos Art for Health
- The Outpost
- Evolve HR Solutions
- Gladstone Road Runners
- Tannum Seagulls
- ASN
- Warfighter Coffee
- Deju Brew