

WildEndurance Participant Briefing 2015

PLEASE READ CAREFULLY

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1. Event Schedule

PRE-EVENT REGISTRATION - Friday 1st May 2015

Registration 5pm – 8pm The Palais Royale, Katoomba

There is a Carb-Loading Dinner available at the Palais Royale on the night before the event. If you would like to take part, you must pre-book with the Palais Royale. Call 4782 1111, it is \$35 per head and payment is due on the night.

START - Saturday 2nd May 2015

Competitor Check-in 6.45am – 7.30am Event Briefing 7.30 am

Event Start 8.00 am and 8:30am.

FINISH - Sunday 3rd May 2015

Finish Cut-off 8.30 pm

There is a 36 hour limit to complete the full 100km course and 21 hour limit for the 50km course. Please note that each checkpoint has a strict closing time. The times listed below are the times that your team must depart each checkpoint by. If you miss a cut-off time you will not be allowed to continue on the course.

Checkpoint 1: 5:30pm Saturday

Checkpoint 2: 3:15am Sunday for 100km teams

5:30am Sunday for 50km teams

Checkpoint 3: 2:30pm Sunday

Finish: 8:30pm Sunday

2. Registration

Pre-event registration and spot 'team gear' check is Friday evening 1st May at:

The Palais Royale, Katoomba from 5pm – 8pm.
Palais Royale, 230 Katoomba St, Katoomba NSW 2780

At least one team member must attend.

There is quite a bit to do at registration so please allow sufficient time. You will receive your Individual Event Bibs / Numbers and safety pins: This event bib must be visible on your front at all times. You will be provided with 4 safety pins for each competitor. Your BIBs will indicate the number of members in your team.

You must provide / update:

1. The phone number and carrier for the **2 mobile phones** you will have with you in the event.
2. **Support crew** name, mobile phone number and carrier.
3. You will also be asked to check your **emergency contact's** name and phone number. This person should be aware that you are in the event. They should also be contactable via the provided phone number during the event weekend. Please note that if the whole team are not attending pre-event registration, the team member/s that attend must be able to confirm details for the whole team.
4. You may also have all of your team's **compulsory gear** checked so you must bring this to the gear check area of registration as we will be doing spot checks. All of your compulsory gear must be carried with you for the full duration of the event.

Course Map & Info Booklet

Please bring this with you. The Fundraising and Map Booklet includes all of the details you will need regarding the course including detailed Leg maps and descriptions. Emergency Procedures are included and you must carry this with you. The Fundraising and Map booklet is A4 with a coated cover, but is not waterproofed. It is your responsibility to keep your maps dry either with a waterproof map case or map contact.

Merchandise

T Shirts, Sports Tops, Caps, and Beanies will be available for purchase on the night of pre-registration and at the finish. If you would like to purchase any of the items please go to the merchandise table or order from the website.

3. Support Crew - Checkpoint Maps & Directions

A handbook for Support Crews with maps how to get to checkpoints are available to download at wildendurance.org.au. Make sure your Support Crew has a copy and is well prepared. Please also ensure you share these briefing notes with your support crew.

Driving

Please ask your support crew to drive conservatively and observe speed limits. Roads are not closed to traffic and the teams may share the road with both support vehicles and regular traffic at some points.

4. Event HQ, Start and Finish

Event Headquarters Location

The event headquarters is located at Katoomba Oval, Cliff Drive, Katoomba (very close to Scenic World). It is the same location as Checkpoint One & the Finish Point. All support crew, friends and family are welcome to come and hang out beside the finish line!

The Start

Dunphy's Camp, Megalong Valley Road (access via Blackheath)
WildEndurance starts at 8am Saturday 2nd May at Dunphy's Camp at the end of the Megalong Valley Road, over an hour's drive from Katoomba.

The Megalong Valley road is accessed from Blackheath which is about 10kms beyond Katoomba on the Great Western Highway. At the traffic lights in the centre of Blackheath turn west (that is left if you are travelling from Katoomba) across the railway tracks and then immediately left again. After 500m the road turns sharp right and you need to turn left at the junction after another 900m. The Megalong Valley Road is tar sealed for about 11 km. When the tar seal ends you have 8km to go to get to Dunphy's. After passing through the second gate, drive directly up the hill to the junction where traffic marshals will direct you to 'Team drop off'. Cars will then be directed to park out of the Start area.

Participants Check-in

All participants will be required to check-in before the start of the event. Check-in will take place at Dunphy's Camp from 6.45 – 7.30am.

Dunphy's Camp

Dunphy's Camp is a wide open space with comfy grass for camping on. There are also picnic benches, a compost toilet as well as the event portaloos and a 300 litre rainwater tank. If you want to camp on the Friday night then Dunphy's is an excellent spot for you and your support crew to set up your tents, kick back and rest before the start. If you're planning to camp there please let us know in advance. Be prepared, however, for an early start as the checkpoint will be set up and staffed from 5.30am.

Please bring all your water requirements to the start and do not rely on the rainwater tank. So before leaving Katoomba, your team should have their water containers that they are carrying in the event completely filled and have extra water that they can drink in the few hours before the start.

The closest shops and petrol station are in Blackheath itself (about 20km from Dunphy's Camp). Very early on Saturday morning the only thing open will be the 24 hour service station at Medlow Bath. There will be a coffee cart on site from 6:30am.

Transport and Parking

WildEndurance will start at 8am on Saturday morning. Check-in runs from 6.45am – 7.30am. You will need to be at Dunphy's camp by 7am at the very latest.

Parking is limited and is at least a 10 minute walk from the Start area. Car pooling is advised or alternatively book your team onto the 'participant bus', details below.

If you are staying at The Palais Royale in Katoomba, where we will be holding the pre-event registration on the Friday evening, please allow 90 minutes for the drive to Dunphy's Camp on Saturday morning. This is due to expected delays from congestion of traffic on the road and the time taken to organise parking.

Bus to the Start

We have organised a bus to transfer participants from Katoomba to Dunphy's Camp at a cost of \$20 per head which will be leaving at 6am with a pick up at Katoomba YHA/Palais Royale, Katoomba station and Blackheath station. There are limited places on this bus which can be booked online on our website or by contacting The Wilderness Society office on 9282 9553 before the event. Anyone using the bus service can leave a bag with your spare clothes, drink bottles etc clearly labelled which will be taken to Checkpoint 1 and may be collected by your support crew. Please do not leave any valuables in your bag. Please label your bag clearly with your full name and your team number.

The Finish

Katoomba Oval, Cliff Drive, Katoomba

The finish line at the end of the WildEndurance course will be at Katoomba Oval on Cliff Drive in Katoomba (very close to Scenic World). This is the same location as Checkpoint One.

Car parking is available at the Oval and at a number of places close by on Cliff Drive. Public toilet facilities will be available beside the Oval and the small cafe opposite will be open from 9am until 5pm on Saturday and Sunday.

5. Checkpoints & Logistics

Food at Checkpoints

Ensure you cater for yourselves. There will be minimal supplies at checkpoints with such things as fruit, muesli bars and isotonic sports drink available.

Water

There is mains water at Checkpoint 1 and Checkpoint 3. Please make sure you have extra water for the start and that your support crew have brought in plenty of water for you at Checkpoint 3. A 25 litre water drum would be very handy for your support crew to have.

Toilets

There are toilets at all checkpoints.

Checking in and out of checkpoints

We need to keep a manual record of your times in and out of each checkpoint. It is ESSENTIAL that your whole team check in and check out together. You will not be allowed to check in or out until all team members [currently walking] are present. The check in & out process is a critical and central safety mechanism of the event, ensuring we can track and predict the location of all participants.

At every checkpoint it is important that you do the following:

1. Check in: Follow the bunting directly to the checkpoint tent and have your team's bib numbers recorded by the timing staff. You must check in with timing staff first before going to your support crew.
2. Check out: You must check out of every checkpoint. When you are ready to continue you must return to the checkpoint tent to check out before you leave the checkpoint. Note: Do NOT check out until you are actually leaving the checkpoint.

CHECKPOINT ONE - Katoomba Oval, Cliff Drive, Katoomba

Checkpoint 1 is at Katoomba Oval, Cliff Drive, Katoomba (close to Scenic World).

There is plenty of car parking available at the Oval and overflow parking at Katoomba Falls which is a few hundred metres from the Oval on Cliff Drive.

Public toilet facilities and mains water are available beside the Oval. There is a cafe across the road which is open from 9am until 5pm - but the café is small, so your support crew should plan to provide you with all your food and other supplies.

Competitors **must** checkout from Checkpoint One no later than **5:30pm Saturday**

CHECKPOINT TWO - Queen Victoria Hospital, Wentworth Falls

Checkpoint 2 is at the old Queen Victoria Hospital, Tableland Road, Wentworth Falls.

When driving up and down Tableland Road advise support crews that they must exercise extreme caution as there could be competitors crossing the road.

There are plenty of car parking spaces at the Queen Victoria Hospital as well as open ground where you and your support crew can set up a camp kitchen for hot food and warm drinks. This is also a great place for Support Crews to camp overnight. It is the halfway point in the event, and the 50km team finish.

Temporary toilet facilities will be available. There will also be limited water available in drums so you can top-up your bottles or camel pack if you need to - but support crews should bring enough water (and food) for themselves and their team.

The closest shops, accommodation, mains water taps and petrol station are in Wentworth Falls itself (about 6km from Queen Victoria Hospital).

100km teams must checkout from Checkpoint Two no later than **3:15 am on Sunday**. The **50km team's** checkout time is extended to **5:30am Sunday**. 100km Teams must still exit CP2 by 3:15am to ensure there is adequate time to complete the course within the 36 hour time limit. Note: CP3 closing times remain the same.

CHECKPOINT THREE - Wentworth Falls Public School, Falls Road,

Checkpoint 3 is at Wentworth Falls Public School, Falls Road, Wentworth Falls. Follow the signs to the school hall to check in and out.

Street parking is available. There is no camping available at this checkpoint. In order to manage access for all support crews to CP3 we ask all support crews to not arrive at CP3 until after their team has crossed Tableland Rd at 79km (see map below). At the Tableland Rd crossing, there is good mobile phone coverage and from there it will take teams between 25 minutes to 1 hour to get to CP3. This should allow enough time for the support crew to drive there from CP2, Katoomba or Leura. We also ask you to only use one carpark space per crew at CP3. You can set up all your equipment directly behind your car.

The fastest team will take at least 3.5 hours to complete the leg from Checkpoint Two to Checkpoint Three. The slowest teams may take around 9.5 hours.

Public toilet facilities and mains water are available at the school. There are no shops in the vicinity so support crews need to bring in all of their team's food. The closest shops, accommodation and petrol station are in Wentworth Falls itself (2.5km from the school).

Competitors **must** checkout from Checkpoint Three no later than **2:30pm Sunday**

6. The Course

Waste

It should go without saying – there is a NO LITTERING rule. This is a World Heritage area that we are very lucky to have permission to use. Please do not jeopardise any future events. Ensure you do not inadvertently drop any rubbish on the course. If you see rubbish that is obviously from another participant please pick it up.

We also ask your support crew to take all rubbish with them when leaving the checkpoints and put the rubbish in the correct bin provided. Read more about our waste policy in chapter 20.

Responsible Toileting

Please do not go to the toilet on or beside the track and leave your evidence and piles of toilet paper. Either use a Wag Bag or similar (ziplock waste gelling system you carry out with you, fully hygienic!) or go at least 15m off trail, well away from gullies and watercourses as well as cliff edges!, dig a 15-20cm hole and cover afterwards. Avoid toilet paper, but if used put in a ziplock bag & take with you. It's better to clean with water only.

Course Safety

This is a long event and contains walking track as well as fire trails. You will be going out to remote areas that are not easily accessible. The temperature in early May in the Blue Mountains can vary widely from below zero, snow and rain to pleasant sunny days. The nights are always cold and expect a night maximum of 5 degrees Celsius. The wind chill can lower this substantially. The compulsory gear requirements are for your safety and are the bare minimum that you will need. If the forecast is for bad weather you should consider carrying, or having accessible, extra gear such as a fleece and warmer Goretex jacket and pants. If you are injured, tired or lost you may have to wait out in the open for up to several hours during the night in wet, freezing conditions. Please check forecasts and be prepared for all conditions – they can change quickly.

Course officials will try to reach any injured participants as soon as possible but depending on the location this may still take a number of hours. You should familiarise yourself with the correct use of a space blanket. If using a space blanket wrap it fully around your body. It will not work if you drape it over the top of you. If you need to stop, seek shelter from the elements, use your back pack for insulation from the ground, put on all your gear and wrap the space blanket as tightly as possible around your whole body. In emergency only light a small fire for warmth using your matches and firelighter. Do not create a bush fire.

Each participant is ultimately responsible for their own wellbeing. Please be aware of the symptoms of dehydration, hypothermia, and extreme fatigue. If you are not fit to continue please pull out at the next checkpoint.

Remember that Support Crews are not allowed onto the course – if a team needs help you must call the event organisers on the HQ Emergency Mobile and a first aid team will be sent straight away.

Some roads and tracks are not closed to traffic, vehicles and other users. Please be aware of other walkers on the walking trails and give way to vehicles on the public roads. Be particularly careful at road crossings. You must walk on the footpath or road verge of all bitumen roads unless told otherwise.

Safety Vests

You must wear a High Visibility Safety Vest as the outer most layer when travelling on all sections of the trail at night and whenever you are on a public road (day and night). The High Visibility Safety Vest with reflective strips must comply with "Australian Standard AS/NZS 4602:1999 – N Class for night-time use". If you like to pre-order this item we can supply the vest at a cost of \$20 each.

Phone Coverage

Please see the Map and Event Info Booklet or our website for detailed mobile phone coverage by network and trail section. We highly recommend to carry one mobile per team on the Telstra NextG network.

First Aid

You, your team and your support crew are responsible for administering your own First Aid for minor issues. You must carry your own blister pads/ bandaids, Vaseline, sunscreen, strapping tape, pain killers etc. The roaming First Aid vehicles are available if you need additional first aid help or evacuation.

Prevention is the best strategy. The main reasons cited for withdrawing from the event are largely preventable:

- Blisters - A blister could take you out of the event and you can prevent them.
- Dehydration - Stay hydrated!
- Fatigue – (a key symptom of dehydration)
- Knee problems - if you have any take measures to support your knees.

If you pass an injured participant on the course please stop to help them and follow the Emergency Procedures.

Withdrawing during the Event

If you intend to withdraw from the event you must do so at a checkpoint unless you are assisted from the course between checkpoints due to injury or emergency. To withdraw at a checkpoint you must go to the Checkpoint tent at the checkpoint and do the following:

1. Notify the timing staff that you are withdrawing from the event.
2. Complete and sign the checkpoint withdrawal form.
3. If you are carrying the Map & Event Info Booklet, make sure you hand it over to your team mates as it contains important information including the Emergency Procedures.
4. Hand over any Compulsory Team Gear you are carrying to your team mates.
5. Your team mates will have the 'No. of team members' altered on their BIB.

If you can't continue to the next checkpoint and need first aid help on the course you must use the phone numbers on your Emergency Procedures on the back on the Map & Event Info Booklet to contact event organisers who will arrange to retrieve you. If you are evacuated from the course, first aid teams will have a withdrawal forms that must be completed. Support crews are not allowed to enter the event course to collect participants. You may contact your support crew to collect you from the relevant checkpoint.

Withdrawing prior to the event

The first thing to do is email us (wildendurance@wilderness.org.au) and let us know. Donated sponsorship funds are non-refundable.

7. Cut-Off Times

There is a 36 hour limit to complete the full 100km course and a 21 hour limit for the 50km course, respectively. Please note that each Checkpoint has a strict closing time. The times listed below are the times that your team must depart each checkpoint by. If you miss a cut-off time you will not be allowed to continue on the course.

Checkpoint 1:	5:30pm Saturday
Checkpoint 2:	3:15am Sunday for 100km teams, 5:30am for 50km teams
Checkpoint 3:	2:30pm Sunday
Finish:	8:30pm Sunday

8. Estimated times taken to complete each leg

These times are shown in hours:mins. The fastest is calculated on what is deemed 'the realistically fasted possible' time. The average and slowest team times are based on times from previous events.

	Fastest time	Average (mean)	Slowest time
Leg1 Start – CP1	3:07	5:41	8:00
Leg 2 CP1 – CP2	2:59	4:55	6:55
Leg 3 CP2 – CP3	3:30	7:48	10:45
Leg 4 CP3 - Finish	2:21	4:14	5:50

9. Compulsory Gear

WildEndurance is a serious undertaking and it is important for your safety and the safety of others that you have the right gear with you to keep you safe and warm. The weather in the Blue Mountains may be warm during the day but it will definitely be cold at night. It could be freezing cold and wet for the whole weekend and it could even snow.

The following list is a summary of the compulsory gear that you must carry at all times during the event. There will be spot checks at pre-event registration and during the event. This list is the minimum required to ensure your safety on the course. You should think about taking some extra warm and wet weather gear with you or having some extra clothing options with your support crew.

It is critical that you carry this gear. There will be spot-checks at Pre-event Registration and also at checkpoints.

Per individual

- Long sleeve thermal top (polypropylene, wool or similar).
Cotton, coolmax, lycra and any compression garment will NOT be sufficient even if the compression garment is called a "thermal compression garment".
- Waterproof jacket with hood (a plastic rain poncho is not sufficient)
- Warm fleece top (can be left with support crew; the organiser may ask you to carry this item with you, if weather conditions are bad).

- Beanie or balaclava or equivalent
- Full-fingered lightweight thermal gloves
- Emergency space blanket, light bivvy sack or equivalent
- High Visibility Safety Vest with reflective strips that complies with "Australian Standard AS / NZS 4602:1999 –N Class for night-time use". The vest must be clearly visible from both the front and the back, even when wearing your backpack so you must have an oversized vest that covers your whole torso and your backpack. If you like to pre-order this item we can supply vests at a cost of \$20 each - click [here](#)
- Headlamp
- Whistle
- Lightweight Dry Sack or plastic bag to keep your clothing dry (plastic bags, zip lock bags or dry sack)
- Capacity to carry a minimum of 2 litres of water: water bladder or bottles (the longest stretch between water stops on the course is approx 35km)
- Minimum 2,100 kJ (500 calories) of food (equivalent to about three muesli bars or two sandwiches)
- Zip lock bag for your personal rubbish
- Team bibs (provided by the organiser) to be worn on your front and visible at all times. A recommended method of securing your race number is to use an elastic waist strap like a triathlon band which allows you to easily have your number visible over the top of your outermost item of clothing. You will need to provide your own elastic waist strap if you choose to do this.

Per team

- First aid equipment - minimum of 3 x compression bandages, 1x triangular bandage, 2 x sterile dressings, roll of strapping tape, blister care kit (eg blister block patches, Compeed®, Fixomull®, OpSite®, scissors & band aids), antiseptic wipes, painkillers, sunscreen & any relevant personal medications.
- 1 copy of the map & infobook
- Waterproof map case
- Emergency Procedures (on the back of the Map & Event Info book)
- A compass
- Two mobile phones in sealed waterproof bags - Telstra NextG is strongly recommended as it has the best coverage. It is ideal to have the two phones on different networks. See map & info book for coverage for each network.
- Full box of waterproof safety matches, preferably with long head
- Firelighter block (eg: Jiffy or Little Lucifer) and some paper in a zip lock bag (this is for emergency use only)
- Spare headlamp or torch

Recommended are:

- Long leg thermal pants (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will NOT be sufficient even if the compression garment is called a "thermal compression garment".
- Petroleum jelly or other body lubricant
- Cap or sun hat
- Spare socks
- Waterproof pants
- Spare jackets and clothing (with support crew)
- Spare headlamp and torch batteries (with support crew)

10. Results

Event timing will be done at each checkpoint and at the finish. Results from each checkpoint will be posted to a live website and will be updated regularly. Time at each checkpoint will NOT be subtracted from your overall time.

11. Event Rules

The Basics

1. All team members must be aged 18 or above on the day of the event.
2. At the start of the event each 100km team must be made up of three to seven members, 50km teams of two to seven.
3. 100km teams must complete the course within 36 hours and 50km teams within 21 hours, respectively, on foot under their own power (trekking poles permitted).
4. The whole team must stay together, within 100m of each other while on the course.
5. Teams must stay on the marked course. Shortcuts are not permitted.
6. At least one member of each team must check-in at the Pre-Event Registration centre between 5pm and 8pm on the Friday before the event.

Awards and Prizes

7. To qualify for line honour prizes a team must complete the course with all of the same members that the team started with.
8. All teams that raise the minimum sponsorship amount qualify for fundraising prizes, whether they complete the full 100km or not.

Fundraising

9. In order to compete in the event, individuals must have raised the mandatory minimum of \$400. This is in addition to the non-tax deductible registration fee.
10. All fundraising activities undertaken by participants must adhere to [NSW State Government](#) regulations.

Checkpoints and Team Tracking

11. The whole team must check in and check out together at each checkpoint. On arrival at each checkpoint the whole team must go directly to the 'timing table' to check in. The whole team must be together to check in. When leaving each checkpoint the whole team needs to return to the 'timing table' together to check out. Teams must not check out until they are actually leaving the checkpoint.
12. If a team decides to leave the course temporarily for any reason, it must do so from a designated checkpoint. The entire team must notify checkpoint staff of their intention and an estimated return time. The team must resume the event at the same checkpoint it left from.
13. If a team has not departed a checkpoint by the checkpoint closing time, the team will not be allowed to continue.

Withdrawals, Emergency and Safety Procedure

14. If a team member needs to withdraw at a checkpoint, the withdrawing member must sign the withdrawal form at the checkpoint. Remaining team members may continue on the course once this process has been completed and checkpoint staff have given approval for the team to continue.
15. If any team member is injured the team should try and bring the injured person to the nearest checkpoint and follow rule 15. If the team member

cannot make it to the nearest checkpoint, the team must follow the steps in the Emergency Procedures. Remaining team members may continue on the course once the team member is safely collected by a first aid crew. When the remaining team members get to the next checkpoint, they must sign the withdrawal form for the injured person and follow the instructions of checkpoint staff prior to continuing on the course.

16. Teams must not leave a team member unaccompanied on the course. If a team member becomes seriously injured or ill and cannot be moved, the team must follow the steps in the Emergency Procedures.
17. If a team drops to less than three members they must find another team to travel with in order to be allowed to continue. Those teams must then advise the checkpoint staff at the timing table to get this travel arrangement recorded, and must then check out together and remain together on the course. Note: this does not mean your team will be 'joining' the other team - each team will retain their identity throughout.

Compulsory Gear

18. Each team must carry the compulsory gear as listed on the website and in the map & info book.
19. The team bibs provided must be worn visibly at the front on the outermost layer at all times.
20. At night each participant must wear a High Visibility Safety Vest that complies with "Australian Standard AS / NZS 4602:1999 –N Class for night-time use". The vest must be clearly visible from both the front and the back, even when wearing your backpack so you must have an oversized vest that covers your whole torso and your backpack.
21. During the day each participant must wear the High Visibility Safety Vest on all road sections.
22. Teams must brief their support crew and must make sure that they obey the support crew regulations which can be found on the website.

Support Crews

23. Teams must brief their support crew and must make sure that they obey the support crew regulations which can be found on the website.

Care for the Environment

24. Littering is prohibited. Participants and crews are requested to respect the environment and neighbourhood by using the litter bins and recycling bins at the checkpoints.
25. Gates must be left as found. If closed, a gate may be opened to pass through and closed again immediately.
26. Teams and support crews must obey all road rules, and respect residential and local parking regulations.
27. Participants and support crews are requested to keep noise levels to a minimum when walking in or near residential areas during training and the event.
28. Teams and support crews must obey all National Parks regulations.
29. Dogs are not permitted on the course or at checkpoints.
30. Smoking is not permitted on the course or at checkpoints.
31. Fires are only permitted in official fire places. Do not light a fire on grass areas or in contravention of National Park or Council rules.

12. Insurance

The Wilderness Society and Mountain Sports (our contractors for Operations & Logistics) have the required Public Liability Insurance. This does NOT, however, include personal accident insurance for participants. We recommend that you have your own personal accident and ambulance cover.

13. Cancellation

In the event that the event course is, in the opinion of the event organisers, unsafe (for example by reason of heavy rain, high winds, bushfires, "acts of god"), organisers may, in their sole discretion, attempt to re-route the course, find an alternative shortened course or cancel the event. Organisers also reserve the right to cancel the event for any other reason which may include but is not limited to terrorism and war. If the event is cancelled, re-routed or shortened, no refund or transfer to another event will be made. Due to the scale of the event and travel & commitment involved by competitors, it is not practical or preferable to re-schedule the event to any other weekend.

14. BLOG & Live Results

Each year there is a live BLOG for support crews, teams, friends, staff and volunteers to keep up to date with how the event is progressing. This is accessible via the homepage of WildEndurance. This year we are using Facebook at the event BLOG as this has been popular with participants during the training season. Please let your friends and supporters know they can follow your progress on Facebook, obviously anyone wanting to check it out needs a Facebook account. There will also be 'live results' posted on the website so crews and friends can check out where you are up to over the weekend.

Importantly, while you are out on the course feel free to post updates and pics to keep us all up to date!

15. Prizes

By competing in WildEndurance you will have the opportunity to win some really cool prizes from our sponsors who include Trek&Travel, Smartwool, Salomon, Silva, The Palais Royale, CamelBak, Adventure Training, Go Natural and Sold Out.

WildEndurance prizes will be awarded for achievement in fundraising as well as in athletic performance during the event. The prizes will be presented at the WildEndurance Awards Night on the 4th of June, 2015, Sydney. A member of the team should be present to accept the prize (alternative arrangements can be made for interstate competitors).

Line Honours

Awarded to teams who cross the finish line as a complete team i.e. no team members have withdrawn during the event. The 100km and 50km categories are:

- First male team Second male team Third male team
- First female team Second female team Third female team
- First mixed team Second mixed team Third mixed team.

Fundraising

Based on the average raised per team member. All teams that raise the minimum sponsorship amount qualify for fundraising prizes, whether they make it to the finish or not. The cut-off date to be eligible for fundraising prizes is COB on 30th May 2015. Prizes are for the Best, Second and Third best fundraising teams.

The Excellence League:

Each team that makes it into the Excellence League will receive a prize (to be announced later) awarded for:

- BRONZE when \$1000 is raised per team member
- SILVER when \$2000 is raised per team member
- GOLD when \$4000 is raised per team member

Masters League:

Awarded to teams where each member is over the age of 50.
Male, Female and Mixed

Veterans League:

Awarded to participants once they have completed WildEndurance 5 times.

Certificate of Achievement

Everyone who completes the course within the time limit will receive a certificate acknowledging their achievement.

16. Fundraising

The week before the event is the best week for fundraising. Any friends or colleagues that have been meaning to sponsor you are likely to do so now if you remind them. Your team is walking 50kms or even 100kms, it's a significant commitment and well worth sponsoring! Send out emails to your networks, put your request for sponsorship up on Facebook, do all you can this week.

17. Awards Night

The Awards Night is a celebration of your accomplishments and participation in WildEndurance. We invite you to come along with your team, enjoy the camaraderie and celebrations as we enjoy a few drinks, award prizes, watch some event footage and have a great night! This year's event is on Thursday 4th June at the Shellbourne Hotel in Pitt Street, from 6:30pm. We hope you can make it.

18. Care for the environment

The following is based upon the Bushwalkers Code of the Confederation of Bushwalkers NSW. This applies to you as a support crew as much as your team, especially if you plan on taking any smaller walks yourselves over the weekend. Take some time to go through these points together.

- Be self reliant
- Enjoy the natural landscape as it is, on nature's terms. Carry with you the things you need for your comfort and safety. Do not camp/rest in an overhang with Indigenous rock art, as the art can be damaged by dust, smoke and fumes (See also 'Respect Indigenous Heritage')
- Tread softly
- Avoid bunching up with other teams and walkers. By spacing out you'll help minimize wear to the track. On zigzag paths, don't cut corners as this creates unsightly damage that leads to erosion. Except in really rough terrain, wear lightweight, soft-soled walking shoes or joggers rather than heavy boots. Stick to marked tracks at all times. The WildEndurance course is well-marked for the entire 100km of the race. All markers will be removed after the event.
- Watch your safety

- Know what to do in emergencies. Rescue operations often cause serious damage, so take care to avoid the need for rescue. Make sure that your team has basic First Aid knowledge so you know how to handle illness and injuries. All check-points will have first-aid kits and qualified first-aid practitioners on duty (please refer to first-aid section of the event guide for more information). Carry clothing and equipment to suit the worst possible conditions you are likely to encounter.
- Pack it in, pack it out
- Don't carry glass bottles and jars, cans, drink cartons lined with aluminium foil and excess packaging. If you can't resist carrying such things, don't leave them in the bush. Remember, if you can carry a full container in, you can easily carry the empty one out. Remove all your rubbish including food scraps, paper, plastic, aluminium foil and empty containers. Don't burn or bury rubbish. Burning creates pollution and buried rubbish may be dug up and scattered by animals. Digging also disturbs the soil, causing erosion and encouraging weeds. Carry a plastic bag for your rubbish. If you find litter left by irresponsible people along the track or around a campsite, please remove it. Show you care for the environment, even if others don't. When walking in scrubby country, do not strap items in plastic bags outside your pack or the bush will end up littered with pieces of plastic!
- All checkpoints will have a Waste Sorting Station. Please help our volunteers by correctly sorting out your recycling and compostable materials and placing them in the correct bins.
- Be hygienic
- All checkpoints on the course will have toilet facilities however we realise that nature can call anywhere along the course. If you need to go to the toilet when out in the bush, ensure you are at least 15m from the trail and 50m from creeks and lakes. Avoid sensitive areas such as caves and canyons. Bury all faeces at least 15cm deep. Make sure that your group carries a lightweight plastic trowel or a large aluminium tent peg to make digging easier. Carry out toilet paper and things that won't easily decompose, such as used sanitary items. Outdoor stores sell hygienic ziplock bags for this purpose.
- Keep water pure
- Wash hands, cooking and eating utensils well back from the edge of lakes and creeks so waste water falls on soil where it will be absorbed. Avoid the use of any soap, detergent or toothpaste in the bush. Don't let oils and food scraps get into creeks or lakes. If support crews wish to provide cleaning products at check points then only biodegradable plant-based cleaning products are permitted under the event sustainability guidelines (e.g. the easily available Earth-brand products).
- No Unofficial Fires
- The lighting of fires out on the course is strictly prohibited (unless in a medical emergency). Dunphy's Camp and Queen Victoria Hospital (CP2) will have official communal fires in self-contained metal drums. Do not dispose of any rubbish in the communal camp fires – take it to the waste sorting and collection point. Portable gas stoves are allowed at checkpoints. If lighting an emergency fire keep it small, situate it on bare earth or sand, brush away dead plant material surrounding the spot, use only fallen dead wood and douse the spot thoroughly in water when you leave.
- Only camp at official camping spots
- Camping is possible at Dunphy's Camp (start) and Queen Victoria Hospital (CP2). Please camp only within marked areas. Leave your campsite pristine. After a few days it should be impossible to see where you were camped.
- Protect Plants and Animals

- Try not to disturb wildlife. Remember, you are the trespasser. Give snakes a wide berth and leave them alone. They have more right to be there than you do. Watch where you put your feet. Walk around delicate plants. Never break off branches. Don't feed birds and animals or they may become pests. Unnatural food can be harmful to many species.
- Respect Indigenous heritage
- Many places have spiritual or cultural significance for our Indigenous communities. Treat such places with consideration and respect. Leave Indigenous relics as you find them. Don't touch paintings or rock engravings.
- Be courteous to others
- Keep noise to a minimum. The sound of radios, CD players, mobile phones and similar devices is out of place in the natural environment. Keep your mobile phone on silent or else switch it off unless required for an emergency. Ensure your behaviour and activities don't disturb or offend others.
- Leave gates and slip rails as you find them. When you open a gate, make sure the last person through knows it has to be closed. Respect the rights of landholders and land managers. Don't enter private property without permission.
- Offer what is required to help others in need. This could be your group leader, who may be carrying group safety items, someone in the group who has injured themselves, or another group who may not have communications to summon emergency medical aid. Recognise that some individuals may need your help but will never ask.

19. Phytophthora cinnamomi and WildEndurance 2015

An introduction to the problem.

WildEndurance 2015 will include active management of *Phytophthora cinnamomi* contamination risk: *Phytophthora* is an invasive fungal disease of native trees which causes the rapid death of large trees, effects large swathes of land and is spread rapidly. *Phytophthora* is a major concern and is on the increase in NSW. It is known to be present at various places throughout the Blue Mountains World Heritage Area and is spread through transmission of contaminated soil.

With up to 600 participants expected, plus all the support crews, we recognise the potential threat of transmission of *Phytophthora* through contaminated soil on footwear and vehicle tyres.

The *Phytophthora* protocol is based upon the Best Practice Management guidelines for *Phytophthora cinnamomi* within the Sydney Metropolitan Catchment Management Authority Area, produced by the Botanic Gardens Trust Sydney. Each checkpoint will include a *Phytophthora* Control Station, next to the Waste Sorting Station.

Key task: Prevent transmission of soil and mud at key locations and sterilise surfaces in contact with soil and mud (footwear, hiking poles, tent pegs, etc).

In order to effectively control the spread of *Phytophthora*, an event volunteers will actively ensure that all participants passing through a checkpoint have checked, cleaned and sterilised their footwear and equipment. The procedure includes:

1. Ensuring that footwear is scraped clean of soil using tools provided.
2. Checking walking poles for soil build-up and cleaning as required.
3. Using spray bottle to sterilise base of footwear plus base of walking poles/other potentially contaminated gear.

20. Waste Policy

WildEndurance 2015 includes a waste streaming policy aimed at significantly reducing waste to landfill. Our aim is to achieve zero waste to landfill in the next few years. To make this a reality we need your help!

Minimise waste: don't create it in the first place! Be mindful of the waste you create and try to reduce it as much as possible. Don't bring disposable containers like plastic bottles, cans and take-away tubs. Bring drinks in re-usable bottles and flasks, tupperware or re-usable zip-lock bags. Also, absolutely no glass on site!

Take responsibility for your waste. If you create it, you take responsibility for it! If you're generating non-recyclable or non-compostable waste then take it away with you (apart from anything else, disposing of stuff to landfill costs TWS money!). Encourage people to take their waste home!

Remember, everyone here is a guest in a fragile wilderness – respect it. Never drop litter and remind others of this. Take your rubbish away with you or place it in the correct bin provided. Know Your Waste

The start at Dunphy's Camp, the finish line and all the checkpoints will have a Waste Sorting Station. This will consist of three colour-coded bins for recycling (yellow), landfill (red) and compost (green). Each bin will include a list of what you can and can't put in it. Please pay attention, get to know your waste and help those around you to do the same. This is the first year we've tried a more sustainable approach to waste at WildEndurance. Its success depends upon you! Help us to make it work!

Recyclables (yellow bins) include:

- Paper Coffee Cups
- Glossy paper and cardboard
- Steel and aluminium cans
- Empty aerosols
- Rigid plastic from the kitchen, bathroom and laundry

Compostable items (green bins) include:

- All food waste (except meat and dairy)
- Paper food wraps (untreated paper)
- Any other untreated paper and card (it can't be laminated or glossy)

Non compostable landfill (red bins):

- Meat and dairy
- Plastic or laminated paper food wrappers

We're proud to announce that the wonderful folk at Katoomba Community Garden are kindly taking the compostable waste from the event. They will be turning it into beautiful compost for the garden. Please help them out by only putting approved items in the compost bin. If in doubt, ask a member of the sustainability crew for help.

STOP! Are you sure you can't compost or recycle it?

21. Sponsors & Partners

Thanks to Trek & Travel for hosting the info and briefing nights, to all our sponsors Smartwool, The Palais Royale, Go Natural, Silva, Salomon, Addventure Training and Sold Out for supporting WildEndurance and providing a mass of goodies and prizes for all the participants.