

# Sunshine Coastrek 2017 Event Day Info Pack

Thank You for Trekking To Transform Lives

**IMPORTANT EVENT DAY INFORMATION – Please read carefully**

## Top Tips

1. **MEDICAL INFO:** All Team Members please login to your account at [www.sunshine.coastrek.com.au](http://www.sunshine.coastrek.com.au) and make sure your medical details and emergency contacts are up-to-date. *You cannot take part in the event without completing this important information.*
2. **GEAR:** Be prepared! Organise your Compulsory Gear prior to the event day (see below).
3. **MAPS:** Make sure you have downloaded the **MAPS.ME** app and the Coastrek route as per the instructions at [www.sunshine.coastrek.com.au/map](http://www.sunshine.coastrek.com.au/map).
4. **START TIME:** Check your start time on **Friday 28 July**, listed under Event Details on your dashboard when logged in via the website.
5. **WEATHER:** Be prepared for all possibilities!
6. **HYDRATION:** Include a 600ml bottle in your hydration equipment so that you can mix up your Hydralyte Sports sachet if you want to use it. Nature has lent us its gorgeous views for the day, so it is only fair we clean up after ourselves. For that reason, there will be **NO Cups** available at the event.
7. **SUPPORT CREW:** Finalise your event plan with your Support Crew and tell them about the MAPS.ME app so they know the route too.

## Safety on Event Day

- ♥ Stay together as a team and look after, and out, for each other!
- ♥ Follow the emergency instructions on your bib should you require any assistance along your Coastrek walk.
- ♥ Hydrate, eat and be prepared for all weather conditions - cold, wind, rain, heat.
- ♥ Adjust your pace/speed according to weather conditions.
- ♥ Gaiters/cuffs are highly recommended and all trekkers should carry a heavy weight compression bandage (just in case!)
- ♥ Be Road Safe! Always keep your eyes and ears peeled for vehicles.

Sunrise = 06:30  
Sunset = 17:19  
High Tide = 11:43

## Emergency Procedure

### FOR NON LIFE-THREATENING ISSUES (to get **FIRST AIDERS**)

- First Aiders will be at each Luv ♥ Stop and the Finish - for minor issues come to the First Aid area.
- If you need help on the course follow these steps:

**STEP 1:** Call or text the **Emergency Phone 0447 447 157** who will arrange help.

**STEP 2:** If you can't get through and you're in doubt of severity **call 000**.

**STEP 3:** Call your support crew to see if they can assist.

**STEP 4:** If you do leave the course you/your team mates **must** advise HQ 0411 344 138.

### LIFE-THREATENING ISSUES – Call Emergency Services

**STEP 1:** **Call 000** (you must tell them that you are part of the Coastrek event).

**STEP 2:** Call the **Emergency Phone 0447 447 157** and advise what has happened.

Phone numbers  
will be printed  
on your bib

## Compulsory Gear You Must Carry

✓**Hi-Vis Vest:** with reflective strips for each team member to be worn on roadways and at night/in the dark for both 30km and 60km events. There will be spot checks.

✓**Bibs:** Event bibs worn on front.

✓**Water:** Minimum 2 litre water carrying capacity – bladder or bottles. **AND Food!**

✓**First Aid:** basic kit (e.g. blister pads, band aids,

sunscreen, tape, bandage) & 1 space blanket per team.

✓**Light:** good quality head torch / torch for start & night walking + spare batteries. Even if you think you'll finish in daylight it is best to always be prepared and 'expect the unexpected'.

✓**Recommended: Phones** on at least 2 different networks, and spare toilet paper (for just in case).

## Registration Procedure

1. Register by Team/Bib number. The number will be emailed to you **Tuesday 18 July**.
2. If needed, register any team changes at the 'Team Change Desk' before proceeding to registration.
3. **Each team member** will have a **unique** bib and timing chip so it is essential that you put the correct bib on, as per the label on the envelope containing all 4 bibs + safety pins.
4. **WHO:** You can **nominate a team member to register on behalf of the team** & pick up your event bibs.
5. **WHEN: Registration by EVENT**

### 60km TEAMS

1) Thursday 27 July, 4.00 to 7.00pm; Peregian Beach Surf Lifesaving Club, 5-11 Kingfisher Drive  
OR

2) Friday 28 July, as outlined in the table below

### 30km TEAMS

1) Thursday 27 July, 4.00 to 7.00pm; Peregian Beach Surf Lifesaving Club, 5-11 Kingfisher Drive  
OR

2) Friday 28 July, as outlined in the table below. *If you have already collected your bibs please arrive 30 minutes prior to your start time – you do not have to go to registration.*

### EVENT DAY (Fri 28 Jul) Registration by Event, Start Waves

60km Starts	Rego Period
Wave 1 - 6.00am	5.30 - 5.50am
Wave 2 - 6.30am	6.00 - 6.20am

30km Starts	Rego Period
Wave 1 - 8.00am	7.00 - 7.45am
Wave 2 - 8.30am	7.30 - 8.15am
Wave 3 - 9.00am	8.00 - 8.45am

## At the Starts

- ♥ **60km Dicky Beach** – we do ask that you do not leave your car in the SLSC car park. Please keep this for club patrons later in the day. Plenty of parking exists in the surrounding area. Take advantage of the drop and go system that will be in place. Get your support crew to drop you off. Please follow all directions given by marshals.
- ♥ **30km Mudjimba** – a drop and go system will be in place on Mudjimba Esplanade. Please follow all directions given by marshals.

Check out the [FAQ page](#) for event day transport options.

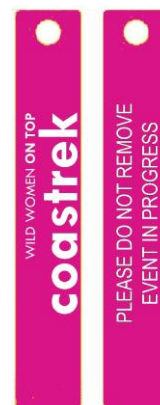
## Bag Drop

Teams may leave **one small bag per team** during Registration containing e.g. a change of clothes/warm layers to be taken to the finish. PLEASE DO NOT leave any valuables in this bag. Bags will be tagged with your team/bib number, contact name and phone number. Event organisers cannot take any responsibility for loss or damage to personal property. The bags will be available at the finish line from approximately 1pm on event day.

## During the Event

1. At the Start – if you want to be speedy please place yourselves near / at the front, i.e. self-seed.
2. No substitutions will be allowed during the event.
3. **THE ROUTE WILL BE MARKED as best as possible** with **pink** reflective Coastrek trail markers (see right) to help you find your way. Some markers will be closer together where needed and further apart on long 'obvious' sections of the Coastrek route. If you decide to go 'off track' you accept there will be no markers to guide you. **PLEASE DO NOT TAKE THE MARKERS AS A SOUVENIR.**

Where necessary there will also be Arrows → to indicate the correct way, and alternatively crosses X indicate not to follow a certain route or path.



4. There may be 'bottle necks' at some narrow sections or at Luv ♥ Stops (aka checkpoints). Please be patient. If you are enjoying a slower pace stay Left where possible and allow other teams to pass. Be mindful of other 'non-event' walkers too. Thank you!
5. We remind you that **this is an endurance event and you MUST be prepared** with appropriate gear and nutrition. Your support crew can meet you along the route (as long as it's within 200m of the course and SAFE to do so) and give you supplies, etc. if you are in need. You must remember however that **nutrition is your own responsibility!**
6. To be eligible for an official placing you must:
  - a. Start at the correct time with all 4 team members registered;
  - b. **Cross the Timing Strips at the Luv ♥ Stops and the Sunshine Beach Kiss Stop as a team of 4;**
  - c. Follow the specified route –as shown on the digital map (MAPS.ME);
  - d. **Finish with the same 4 team members you started with – all together!!**

[If you finish with less than 4 people in your team, you can still receive a finish time, medal and online certificate but you are not eligible for a line honours placing.]
7. We rely on the integrity of each team to participate in the true spirit of Coastrek and complete the route as marked on the day. Coastrek is not a race, it is a Team Trekking Challenge.
8. **High Tide:** if at any point you are beach walking and the tide height is affecting the amount of sand you can walk on (and remembering to please stay off the fragile dunes) then there is the option of the coastal pathway behind the beach. Follow this until you can rejoin the beach further up the coast. Use MAPS.ME to help you get back on course if needed.

## Luv ♥ Stops Closing Times

Hours of operation for the staffed Stops will be as follows. Should your team not reach a stop within the allotted time you **will unfortunately be required to withdraw from the event.**

60km Event		
Site	Cumulative Distance	Closes
Kawana	12.5km	3hrs 45mins from start time
La Balsa	17.5km	5hrs from start time
Mudjimba	30km	9hrs from start time
Peregian	46km	13hrs 30mins from start time
Sunshine Beach	55km	16hrs 30mins from start time
Finish	60km	18hrs from start time
30km Event		
Peregian	16km	5hrs 20mins from start time
Sunshine Beach	25km	8hrs 20mins from start time
Finish	30km	10hrs from start time

## The Coastrek Luv Boat (60kers only)

*Sorry 30kers this is just for the 60kers!!!*

In order to keep you heading north in the most scenic way possible a Luv Boat has been organised to get you across the Mooloolah River. The Boats will depart from La Balsa Park / Jetty roughly every 30 minutes for approximately a 15 minute journey, and have you stepping off at Parkyn Parade Jetty on the other side where you will head into Mooloolaba.

This fun boat ride saves you 8kms of walking on busy roadways and through a boring industrial area, and gives you a chance to do some foot care, change socks, stretch, have a bite to eat and enjoy the scenery.

We ask that you are patient and courteous to other Coastrekkers as there will need to be a min number of trekkers on each departure. **Please stay with the rest of your team!**

Remember Coastrek is not a race, so enjoy the journey!

*Facilities* (below and more details online [HERE](#))

- ♥ **First Aid Services: All Luv ♥ Stops and the Finish.**
- ♥ **Podiatry** (limited availability): at Mudjimba Luv Stop (60k event) and Peregrine Luv Stop.
- ♥ **Massage** (limited availability): at the Finish.
- ♥ **Toilets:** Toilet facilities or portaloos. [Check out **The National Public Toilet Map** at [toiletmap.gov.au](http://toiletmap.gov.au) which lists many of Australia's public loos. And App! Search *National Public Toilet Map*]
- ♥ **Water/Hydration: Water** and limited electrolyte drink sachets (Hydralyte Sports) that you can mix in your 600ml drink bottle. **IMPORTANT! COASTREK IS A CUP FREE EVENT = CUPS WILL NOT BE PROVIDED.** You can also refill your CamelBak / water bladder or bottles along the route at parks/reserves, Surf Life Saving Clubs, bathrooms, etc.
- ♥ **Food:** Fruit and **minimal** snacks will be available for **trekkers use only**. Please don't rely on there being something you like or that suits your dietary requirements. See [HERE](#) for further details.
- ♥ **Coffee:** Coffee cart at Dicky Beach (60k start), and coffee shops at Mudjimba (30k start). There are also many cafes / kiosks along the route during normal trading hours.
- ♥ **Remember use ONLY food and hydration products you have practiced with during training!!!**
- ♥ **At the Finish:** Woohoo tent! Coffee cart. Your family and friends are more than welcome to cheer you across the finish line and help you celebrate.

**TIP: MEET YOUR SUPPORT CREW AWAY FROM A LUV STOP. IT CAN BE AT ANY OTHER POINT ALONG THE ROUTE THAT IS SAFE AND EASILY ACCESSIBLE AND LESS THAN 200M AWAY FROM THE ROUTE.**

## Timing System

Your bib (collected at registration) displays your team number and must be worn on your **front** and be visible at all times. Each bib has a timing chip on the back which is specifically allocated to a registered individual team member. This will register and record your time when you cross the start and finish lines. In between the start and finish there are Stops where the whole team will need to 'Check-In' simultaneously and cross a timing strip. Team time is taken from the **last** team member to cross the timing strip, so keep an eye on your team members because there is no I in Coastrek!

**What happens at a Luv ♥ Stop?** - Present as a complete team and cross the Timing Strip. This records your progress and sends a live result to the Timing team (based at the finish line). You can **ONLY** check-in when your whole team is there. There may be some queuing early in the event so we do ask for your patience. Thank you!

**What if there are team member/s missing /withdrawn?** - Report any withdrawals to the **Withdrawal Desk**.

## Withdrawals

**Individual:** In the event of a **team member withdrawal**, the remaining team members **MUST** report the details at the next Luv ♥ Stop.

**Team:** If the **Whole Team** is withdrawing, you **MUST** call Coastrek HQ on 0411 344 138 with the details or go to the nearest Luv Stop.

To ensure the safety of our Coastrekkers, if a team is reduced to one member during the day, they **MUST** link up with another team and walk with at least two trekkers for safety purposes. If a team is reduced to two members during the night they must link up with another team and walk with at least three trekkers.

**Tip:** Please withdraw at a Luv ♥ Stop unless it is an Emergency. Ask your support crew to collect you from the Luv ♥ Stop or nearby if there is no vehicle access. If you don't have a support crew you will need to call a taxi or aim to access a bus route.

If you aren't able to make it to the nearest Luv ♥ Stop - **your team members must stay with you** until your support crew collect you, or your taxi arrives if you have called one. You will need to be able to provide the nearest cross roads or reference points. The 'Emergency Plus' App is a great tool for this – click [HERE](#) for more information.

~**Taxi** e.g. Suncoast Cabs, 131 008 | **Bus** Sunbus – journey planner [HERE](#) and [TIMETABLES](#)

## Emergency Evacuation

Should an emergency arise and you are required to leave the course, you will receive an SMS alert from the event organiser or be directed by route marshals. Time is of the essence. Use your digital event map, with location services turned on, on your phone, and zoom in to find the nearest trail / road to get you out into an urban area.

### *IN THE EVENT ON AN ELECTRICAL STORM / LIGHTNING*

In the event of an unexpected electrical storm you will need to try and leave the course and find shelter immediately. Keep away from lone trees or rocks.

- **Avoid Metal Items:** Set aside any metal items such as hiking poles, pack frames which can act as conductors in case you are struck.
- **Avoid Water:** Ocean, lakes, heavily soaked ground and small depressions in which water may pool quickly during a heavy downpour.
- **Avoid rock overhangs / mouths of caves.**
- **30/30 Rule:** Count the seconds between when you first spot lightning and when you hear thunder. If it is less than 30 seconds, take action immediately. Once you have heard the last rumbling of thunder, to ensure the storm has passed, wait for another 30 minutes before continuing on your way.
  - Seek shelter in a 'hard top' (metal bodied) vehicle or solid building but avoid small open structures or fabric tents.
  - Never shelter under small groups of (or single) trees.
  - If far from shelter, crouch (alone, feet together), preferably in a hollow. Remove metal objects from head/body. Don't lie down flat but avoid being the highest object in the vicinity.
  - If your hair stands on end or you hear 'buzzing' from nearby rocks, fences, etc, move immediately. At night, a blue glow may show if an object is about to be struck.

### *MORE SAFETY TIPS*

1. In the event that the course is, in the opinion of the event organisers, unsafe (for example by reason of heavy rain, high winds, bushfires, "acts of god") the event organisers may, in their sole discretion, attempt to re-route the course, find an alternative shortened course or cancel the event.
2. You are initially responsible for your own basic first aid if out on the route away from staffed Stops.
3. Download the 'Emergency Plus' App – a National app that can help you provide your location to emergency services.
4. Remember 'Leave No Trace' – take your rubbish with you & dispose of correctly in bins along the route.
5. Please be mindful on the beaches. DO NOT WALK ON THE SAND DUNES – these are very fragile ecosystems and take a long time to repair.
6. You need to have rubber tips on the end of your trekking poles if using them.
7. Please **be quiet** when walking **near residential** areas early morning and at night.



8. A HEAD TORCH / TORCH IS ESSENTIAL (+ spare batteries). For some it will be used for the morning start and then at sunset and beyond. Although there is ambient light from the surrounding suburbs it **can be very dark on the bush trails**.

## Volunteers

Coastrek would not be possible without the support and hard work of a dedicated team of people who volunteer their time and talents on Event Day. Please listen to the event crew and show your support to the vollies that spend many hours preparing the route and cheering you along the way.

## Traditional Owners

Coastrek respectfully acknowledges the traditional owners of the land the Gubbi Gubbi people.

## At the Finish

All Team Members must cross the timing strip at the Finish Arch at Noosa Woods. Collect your medal and celebrate! There will be music, massage available at certain times, and the Wild Women On Top / Fred Hollows Woohoo tent. Please stay and enjoy the atmosphere with family and friends.

Note about parking – Please abide by all parking signage. Only park in designated bays and keep an eye on any time limits. Noosa is busy at the best of times so patience will be needed when navigating Hastings Street either coming or going.

NOOSA alive! is on. And after your Coastrek day ends you may like to check out all that is on offer from NOOSA alive! [www.noosaalive.com.au](http://www.noosaalive.com.au) 21-30 July - *10 days and nights of music, theatre, food and thought!*

## Results, Certificates & Awards

Official results will be available on the website within 24 hours. All participants who **successfully** complete their event will receive a Coastrek medal! A digital **Team Certificate** will be available **online after the event**. As an Eco Friendly Event we will not be distributing paper certificates on the day.

Prizes for the top finishers in each category/event will be awarded. Teams will be notified once the results have been confirmed.

## Fundraising

### Reach Your Fundraising Goal!!!



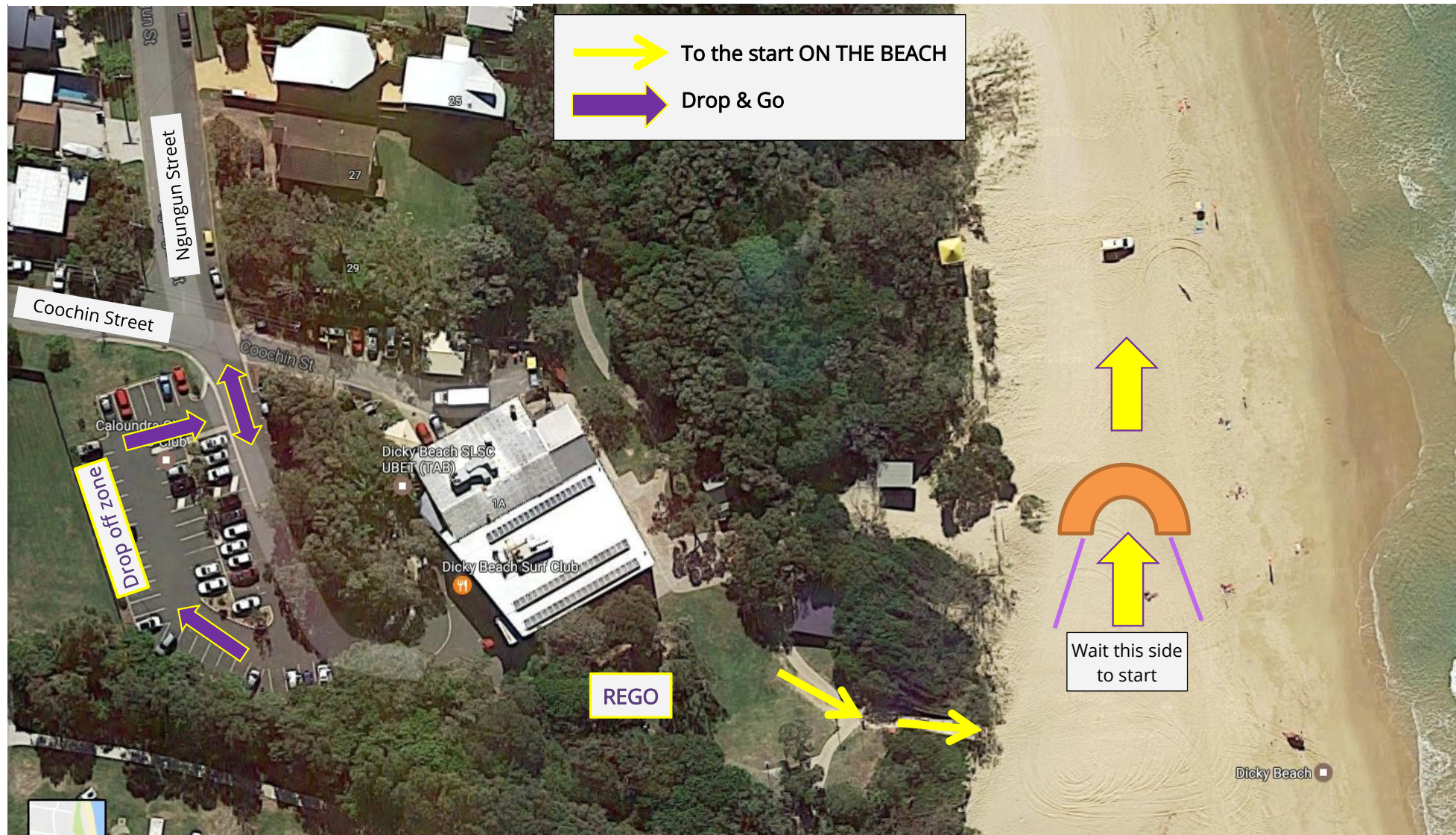
1. Send an email to your friends and family asking them to support your *Trek To Restore Sight*. Remind them that the event is just around the corner and tell them how close you are to reaching your fundraising target to restore sight to the needlessly blind.
2. Share your Coastrek Fundraising Page on your personal Facebook page and invite friends to donate and share with their network. That will spread the 'news' that you are about to start a challenging trek to restore sight to the needlessly blind.
3. Check out our range of posters and downloads to spread the word about your trek and promote your efforts. Visit here: <http://sunshine.coastrek.com.au/fundraising-tips>.
4. Talk to your company about matching the amount you raise or making a company donation to help you reach your goal – they'll be on your page as a sponsor which will be great to show they are supporting a fantastic cause!

The Team at Wild Women On Top wish you  
the best of luck for a great Coastrek!





# 60k Start | DICKY BEACH





## 30k Start | MUDJIMBA





## Finish I NOOSA WOODS

