

SERRA TERROR X

A TEAM EVENT

Dunkeld Victoria

8 & 9 June 2019

INFORMATION BOOKLET



Serra Terror 2019

THIS IS US

Thank you for registering for our 2019 Serra Terror! We are thrilled that you have decided to take the plunge and either return to the mountains or join us for the first time. We hope it will be a positive and enjoyable experience. With not long to go until we hit the mountains, it's time to get down to the details so we can make sure you're well prepared. 2019 marks the 10 year anniversary of Serra Terror being run in the Grampians and we are once again proud to offer you a challenging course that will showcase the beauty of this spectacular region.

OUR WORK

Serra Terror was the brainchild of Maree Willey, who started the event in 2010 as a fundraiser for the Dunkeld Community Centre. Ten years on, funds from the Serra Terror event have contributed over \$250,000 to the Dunkeld Community Centre.

In 2014 construction of the Dunkeld Community Centre was undertaken at a cost of \$1.6 million. This consisted of state and local government contributions of \$1 million and \$600,000 from the Dunkeld community. These funds enabled the construction of a new multi-purpose function space [the John Myers Room], consulting rooms and administration area, the RSL Room, the Green Room, toilets and significant remodeling of the kitchen and supper room, with some restoration of the Memorial Hall.

In 2015, the first full year of operation since the completion of the construction work, the Centre hosted over 150 events which were attended by approximately 7,000 people. These events included community meetings and fundraising events, state and local government meetings and seminars, performances, school concert, weddings and funerals, birthday parties, sculpture exhibition and a cross-section of business events. In addition the Hamilton Medical Group provides a visiting doctor weekly and annual vaccination clinics for flu and the shingles. Many of the events use local caterers and participants also stayed at accommodation in Dunkeld. So the Dunkeld Community Centre not only provides an attractive, modern facility for the Dunkeld community but also provides an economic benefit to the Dunkeld community. The centre is at the heart of the Dunkeld community and is used on average for 20 events a month with estimated monthly attendance of over 500 people.

WHY ARE WE STILL RAISING FUNDS FOR THE DUNKELD COMMUNITY CENTRE?

Funds raised by Serra Terror have contributed to the fit out of the centre, including the purchase of furniture and equipment. Recently Serra Terror funds have been used for the renovation of the Memorial Hall, including installation of windows, blinds, heating, cooling and lighting. There is still work to be done on the facility, particularly the landscaping.

As in previous years, the catering for the Serra Terror is provided by the Dunkeld Consolidated School and the Dunkeld Kindergarten. In 2018 over \$12,000 were paid to these groups.

As well as the direct benefit of the funds raised by the event, the Serra Terror also showcases Dunkeld and the Grampians region. Many of the participants stay in Dunkeld and its surrounds which supports the local economy. Serra Terror is also a good opportunity to road test the Grampians Peaks Trail.

The Serra Terror would not happen without the contribution of many volunteers, including the committee which organizes the event, the community members who cook and serve the meal on Friday night, those who cook the slices, and man the checkpoints. This strong volunteering ethos is a critical part of the Dunkeld community. Thanks must also go to Parks Victoria for their ongoing support of our Serra Terror event.

EVENT BASICS

***THE SERRA TERROR IS A TEAM EVENT.**

***A MINIMUM OF 4 MEMBERS OF EACH TEAM MUST BE WALKING AT ALL TIMES**

***YOUR TEAM MEMBERS MUST BE VISIBLE TO EACH OTHER AT ALL TIMES**

***NUMBERED YELLOW SERRA TERROR TAGS MUST BE WORN AND DISPLAYED AT ALL TIMES**

***FAILURE TO FOLLOW RULES OR CARRY COMPULSORY GEAR WILL RESULT IN INSTANT DISQUALIFICATION. SPOT CHECKS WILL BE CONDUCTED THIS YEAR.**

***THE COMMITTEE RESERVES THE RIGHT TO ALTER THE COURSE AT THEIR DISCRETION IF ADVERSE WEATHER CONDITIONS DICTATE.**

****YOUR SAFETY IS OUR PARAMOUNT CONCERN****

*Please note: By registering for the Serra Terror 2019, you have accepted responsibility for your own conduct and for the risk inherent in such a demanding endurance event. You acknowledged that the Serra Terror may have:

1. difficult and dangerous terrain that is, at times, off any formed track and at high altitude, and may include rock, slippery surfaces and scrub;
2. extremes of weather, including sudden and unexpected changes in temperature, wind and rainfall, and may include hail, snow and fog;
3. remoteness from normal medical, hospital and emergency services;
4. difficulties of evacuation in the event of illness or injury, evacuation times being prolonged and capable of taking over 24 hours;
5. unsealed roads in the Grampians National Park;
6. areas and conditions that may make navigation difficult;
7. communication problems associated with isolated mountainous areas that have little or no mobile phone coverage;
8. sporadic satellite phone coverage and unreliable radio reception.



WHAT TO PACK

Due to the nature of this year's route and the remoteness of the track, we are stressing the importance of **all** teams carrying the compulsory items. Throughout the event we will be conducting spot checks to ensure teams are carrying the required safety gear. Teams will not be permitted on the course without the required gear.

Compulsory items

- Backpack
- Thermal blanket
- Waterproof matches/firelighter
- Torch
- Windproof/waterproof jacket
- Well worn-in footwear
- Mobile phone
- Identification
- Plenty of water – 2-3L
- Personal first aid kit
- High energy snacks (chocolate, glucose, dried fruit etc)
- Warm clothing
- Beanie and gloves
- Any personal medication Epipen, Ventolin etc.
- Serra Terror map and course notes. (detailed map provided for each team at the Friday night briefing).

Extra suggestions and notes:

- Hiking shoes or supportive trainers. If you are buying new shoes, make sure they are well broken in. We recommend you bring a backup pair for wet weather. These can be either be carried or left with the support crew at check points. Smooth-soled sneakers are not appropriate due to the rugged terrain.
- Comfortable hiking gear, such as short or loose wool or synthetic pants, sports leggings or skins. A t-shirt or tank top and a warm jumper of wool or polyester fleece. Cotton is not suitable as it has minimal insulation when wet and retains water. Parts of this year's course will be through thick ti-tree scrub that can snag and tear clothing. Bare legs will not be appropriate in this terrain.
- A backpack and two water bottles, or a camel pack and bum bag are good alternatives. (2-3 litres of water in total)
- First aid supplies such as assorted adhesive dressings (like blister band aids and adhesive tape), Blistop ,inflammatory gel, sunscreen, paracetamol, lip salve, insect repellent, Stingose and perhaps a wide elastic bandage and triangular bandage with safety pins.
- Plastic bags are a good idea to keep things dry, and its also not a bad idea to keep spare clothing with support crew in case of wet weather.
- Thermals, extra pairs of thick socks and wet weather gear - a knee length waterproof jacket is ideal (spray jackets and quilted parkas are not waterproof and create a danger of hypothermia).
- Toilet paper or wipes. (There are also portaloos at each checkpoint).

PLEASE TAKE YOUR RUBBISH

COURSE AND SAFETY INFORMATION TO NOTE

A LEADER- Choose a team leader who is one of your most experienced walkers. They need to:

1. Do a gear check of the whole team on Saturday and Sunday morning.
2. Make sure the whole team knows each other's medical conditions.
3. Make sure they have the apps on their phone.
4. Keep an eye out that the team is not getting separated.

CHECK POINTS

Check points will be stationed along the trail, but this year it is very hard to have checkpoints evenly spaced. The first is only around 4km but other sections are three times that. It does make for a more spectacular course in wilder areas, but will present some challenges with distances covered between checkpoints. Please refer to maps and plan accordingly.

- You must check in at these points before you grab a snack, refill your water bottle and attend to basic first aid needs as required. Please note, you must also check out of each checkpoint before continuing on.
- If you are a relay team and are substituting other participants you **MUST** advise the checkpoint staff of ANY changes. If you completely run out of puff or are injured, your support crews will be able to transport you to the next checkpoint or back to Dunkeld.
- To make sure everyone has the opportunity to complete the trail safely and in daylight you are required to make it through the checkpoints by pre-determined times. These times will be weather dependant, so you will be advised of the confirmed cutoff times at the Friday night briefing. If you cannot achieve these times, you will not be able to continue hiking. Your safety is our paramount concern.

SATURDAY & SUNDAY & SUPPORT CREWS

Walking start times will be 7am sharp on Saturday, and 7.30am on Sunday morning. It's vital we get away on time each morning. Please allow plenty of time to drive/walk from your accommodation, to park and make your way to the checkpoint where the event will commence. Saturday morning buses will depart at 6am from Dunkeld Info Centre. Please ensure that you have had breakfast or brought it with you. Please also note that buses are only available on Saturday morning – your support crew will need to transport you back to your accommodation on Saturday evening, and again to the start point on Sunday morning.

Please note that support crews will need to be self-sufficient for themselves and their teams as there are only limited food/drinks on course. Support crew are expected to carry water for teams, as only emergency supplies will be provided on course. As the weather can be cold and unpredictable at this time of year, support crew should carry extra dry footwear, clothing and seating for the participants. Support crews should also familiarise themselves with the course and checkpoints prior to the event - detailed maps and support crew info will be distributed at the Friday night briefing.

Remember that behind every team is a great support team and they will provide your walking team with all the motivation and support that you will need to complete the event. Encourage your support crew members to join in on your training walks so that they can see firsthand what kind of challenge you are undertaking.



TEAMWORK

Serra Terror is an event that provides a memorable if sometimes downright stressful experience. The importance of a strong functional team cannot be overstated as it may mean the difference between a trail well-travelled and a journey merely endured. Remember to start as a team and to finish as a team.

You are only as fast as your slowest team member.

There are three really critical factors involved in building a strong cohesive team:

1. There must be recognition by all team members that the event is a strenuous physical activity and adequate training is essential.
2. All team members must have similar goals and motivations for entering the event – this can be as simple as everyone finishing!
3. The last factor is to utilise the different skills and personalities of your team and to harness everyone's abilities to build a better stronger team. It's a wonderful challenge but you want to enjoy the experience too.



TRAINING AND BLISTER PREVENTION

We are hiking across approximately 70km of stunning and rugged countryside. Considering the extremely rough terrain in parts, and the up and downs.. the actual mileage walked will be longer. The course is challenging and to ensure the best experience for everyone we ask that you are well prepared. The trail does require at least an average level of fitness. We recommend your training should include various terrains, not just flat walking. There will be an element of clambering over rocks and 'bush bashing" but you will be rewarded with stunning views at every turn.

There are also some great tips, available from the podiatrists at GEN HEALTH in Hamilton on how to prevent blistering, on our website. Remember the golden rule –moisture plus movement = blister. If you control these two factors then the risks of blistering is significantly reduced. Everyone has a personal way of dealing with blisters. The course designer treats them as a burn. Remember that they start with a hotspot. He uses FIXOMULL, with rigid sports tape over the top, and then leaves the fixomull on until the blister heals. Stop the team to tighten bootlaces before a descent. This prevents toe blisters.

PRE EVENT BRIEFING AND DINNER

Where: Dunkeld Community Centre, Sterling St, Dunkeld

When: Friday 7th June 6:00pm – 7:30pm

It is vital that all participants and at least one member of each team's support crew attend this briefing session so we can inform you of final details and important safety aspects of the event.

This year's event has some particularly rugged sections. For your own safety it is in your best interests to attend. We will provide a nutritious dinner to get you well prepared for the weekend ahead. Hard copies of maps as well as detailed course information will be provided at this briefing.

If you CANNOT attend the briefing please let us know as soon as possible, as we will be catering for **everybody**.

END OF EVENT CELEBRATION - SUNDAY 9th JUNE

We're excited to announce that this year our spectacular Serra Terror course will be finishing at the beautiful Moora Moora Reservoir. Teams will be able to enjoy a well deserved drink while watching teams arrive, and we will then move onto the Mirranatwa Hall for our end of event celebrations and dinner.

All registered participants will be catered for plus two support crew per team. A free sausage sizzle will be available for extra supporters and family. Wine will be available to buy here and you can also BYO beers. ****Please note that there will be no formal seating at the Sunday night venue, please bring your deckchairs to rest your weary feet!****

Fruit, slice and water will be provided during the hike, but you will be responsible for supplying your own breakfasts, lunches and dinner on Saturday night of course. Being such a large group of people, we recommend you make a booking for dinner on Saturday night. Dunkeld has a number of evening dining options including the Royal Mail Hotel, Café 109 and the Mountain View Café. The Dunkeld General Store and The Dunkeld Olde Bakery will also be open during the day and do great coffee if any of your support crew are waiting around.

PHOTOGRAPHY COMPETITION:

We would love to see your Serra Terror photos so please get involved on Facebook (**Dunkeld Adventure**) and Instagram. **We will be offering free entry for Serra Terror 2020 for the best photo of this years event.. so please enter as many times as you like by using #serraterror2019.**

We look forward to seeing you all very soon! Happy training!

THE SERRA TERROR TEAM

AVENZA APP –

important, please note!

We ask that all participants and support crew members please download the AVENZA app prior to the Serra Terror weekend.

The GPS version of this years course is now available for participants, via the link below, so please follow these directions to install on your phone.

First you will need to download both the Avenza Map app and the Dropbox app to your phone. Once you have done this, please click on the link below. Then...

- 1) click on the three dots in the top right hand corner to save map to your Dropbox.
- 2) create a Dropbox account as instructed
- 3) Open Avenza app
- 4) go to Maps
- 5) click on the + sign in top right hand corner and import the map from your Dropbox.

You should then have the GPS version of the course on your phone (in Avenza) to use over the Serra Terror event. Once you start on the course your position will be signalled on your map. This will enable you to see where you are on the course, and hopefully prevent anyone from deviating off course!! We would encourage all participants to do this but it is **essential** that at least your team leader has on his/her phone as in the case of an emergency it can be used to give an accurate GPS position.

PARTICIPANT MAP:

<https://www.dropbox.com/s/ke2vdddd33cjxgy/Track%20by%20sector%202019.pdf?dl=0>

SUPPORT CREW MAP:

<https://www.dropbox.com/s/c98a4twobue13i9/2019%20Support%20Crew%20Map.pdf?dl=0>

OTHER APPS

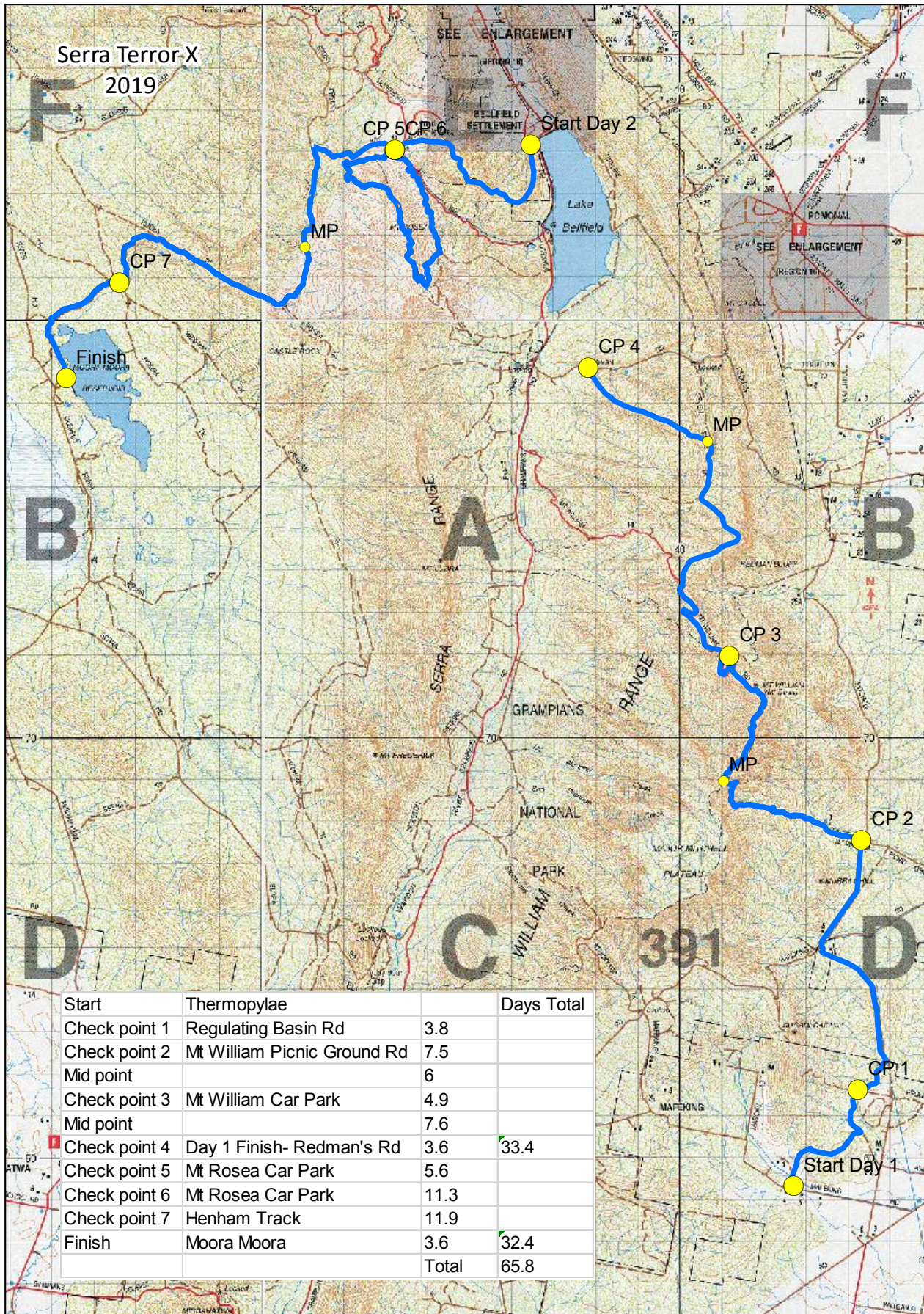
We also highly recommend the following 2 apps on your phone throughout Serra Terror. These apps may help you find your way or help us find you.

1. **EMERGENCY +** - In the event of an emergency it will enable you to give the latitude and longitude of your position.
2. A smart phone tracking app such as **Find my iPhone** or **LIFE 360**, that can link all team members and give an accurate position of where you are.

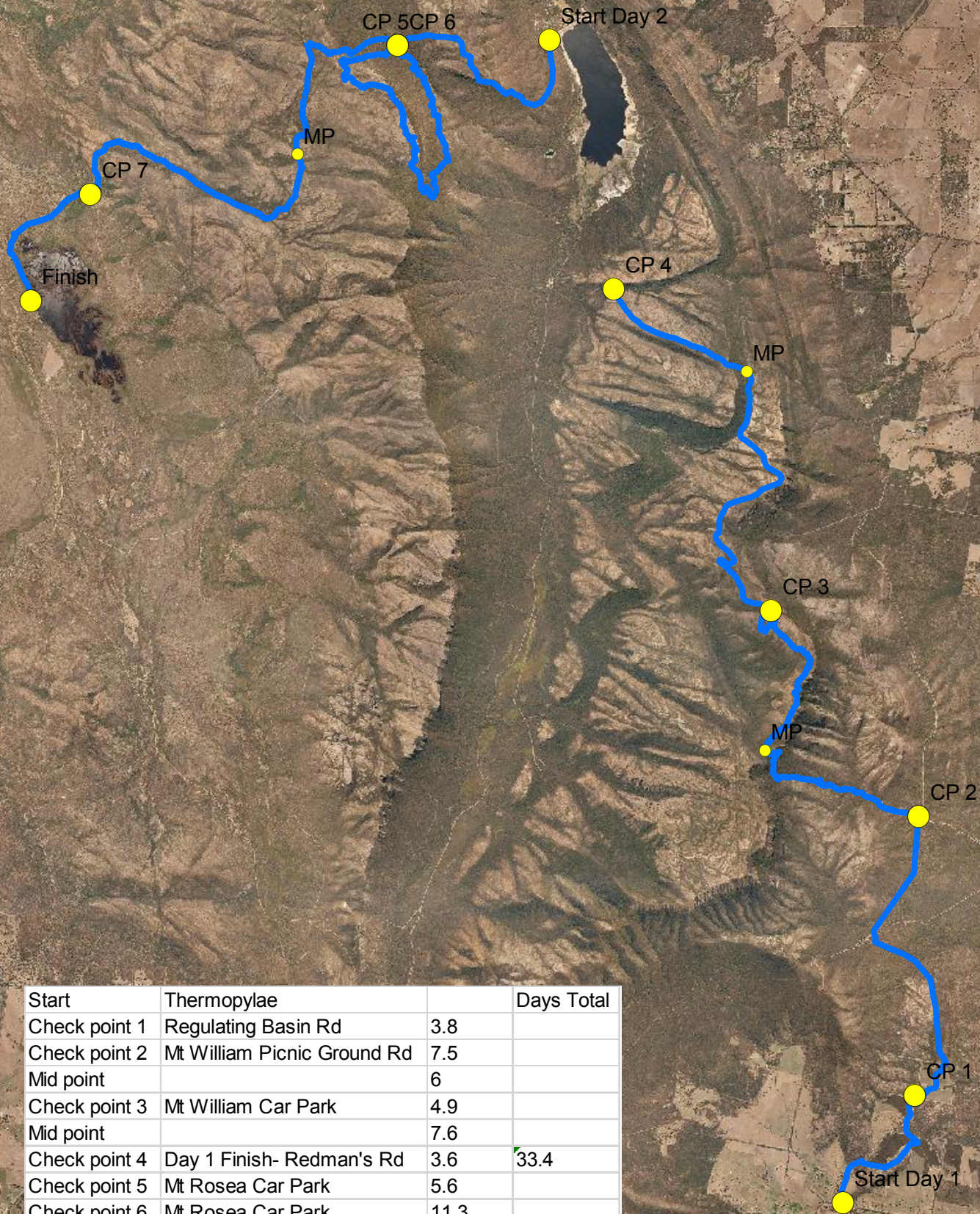
We recommend leaving on at least one mobile phone per team or if your team is lost, turn on your phone. If all of your team are linked to one of these apps, and you lose a team member, you will know where they are, and be able to tell us. If all of your team have this, and only one phone is on at a time, your support crew will know where you are.

MAPS 2019

Please note these maps are a rough guide only – detailed maps and course notes will be distributed at the Friday night briefing



Serra Terror X 2019



Start	Thermopylae		Days Total
Check point 1	Regulating Basin Rd	3.8	
Check point 2	Mt William Picnic Ground Rd	7.5	
Mid point		6	
Check point 3	Mt William Car Park	4.9	
Mid point		7.6	
Check point 4	Day 1 Finish- Redman's Rd	3.6	33.4
Check point 5	Mt Rosea Car Park	5.6	
Check point 6	Mt Rosea Car Park	11.3	
Check point 7	Henham Track	11.9	
Finish	Moora Moora	3.6	32.4
		Total	65.8

Serra Terror X
2019
Support Crew Map

