

KOKODA CHALLENGE

SUPPORT CREW INFORMATION

PRESENTED BY SHARYN SUTTON



OVERVIEW

SUPPORT CREW ARE VITAL TO A TEAM'S SUCCESS AND ARE AN INTEGRAL PART OF ANY SUCCESSFUL TEAM.

As support crew you are needed and required for multiple checkpoints throughout the course. Ideally you give food, changes of clothes, medical attention, much needed encouragement and possibly some hugs. The checkpoints that you will be visiting to assist your team through the challenge will be their bright points through their event experience. However, it is a big commitment so it is important to make sure you not only have the time to be available on the weekend, but also the enthusiasm to keep your team motivated and will encourage them through the tough times.

CHECKPOINT 4 - POLLYS

There is limited parking here and we need to minimise the time spent at Checkpoint 4 to NO MORE THAN 2 HOURS. This will be policed and cars will be asked to leave that exceed this time limit. Please DO NOT go straight from the start of the event to set up at Polly's (CP4). Team members should call their support crews from the top of Mt Fairview (Top of hill climb after Checkpoint 3) through to Mount Nimmel Road (Mt Fairview end). When they reach this point a sign will be in place as a reminder for them to call you. This is approximately 1 hours walk from CP4 so support crews should await this call before making their way to CP4.

Check them for signs of dehydration, blisters and low morale, doing what you can to perk them up for the steep incline around the corner. Within 1km of leaving this CP competitors will be walking up one of the biggest hills on the course so beware of over eating here. Send them off with snack packs for them to eat later on.

CHECKPOINT 6 & 8

- **NUMINBAH HALL**

- THIS LOCATION IS ALSO THE START LINE FOR OUR 48KM TEAMS, SO IT IS A BUSY SPOT WITH LOTS HAPPENING. PLEASE FOLLOW THE INSTRUCTIONS OF OUR EVENT VOLUNTEERS AND OFFICIALS.

- **ARMY LAND**

- YOU ARE NOW ON PRIVATE DEFENCE PROPERTY. NO SUPPORT CREW ARE TO PROGRESS ALONG THE COURSE PAST THE CHECKPOINT. CONSIDER GIVING YOUR TEAM SUPPORT HERE BY PROVIDING A WARM AND SHELTERED POSITION AND SOME HOT SOUP. NIGHT TIME TEMPERATURES HERE CAN FALL TO CLOSE TO FREEZING AND THE WIND CHILL CAN BE BRUTAL. PLEASE DRESS ACCORDINGLY AND HAVE WARM CLOTHES READY FOR WHEN YOUR TEAM ARRIVES.

It is cold at these checkpoints, heated face clothes is a real life saver!!!

CHECKPOINT 11 – CLAGIRABA RESERVE

The FINAL Check Point has AMPLE parking and Support Crews are welcome to spend as much time as they wish relaxing and waiting for their teams at this Checkpoint. The leading teams will be here during the night whilst other teams will be spread out and therefore checking in all the way through Sunday.

Clagiraba Rural Fire Brigade will be serving hot food and drinks available for purchase. Please ensure you bring along cash as EFTPOS may not be available.

There are local residents in this area and we rely on their support for the ongoing success of our event. Please keep noise to a minimum and respect their privacy - this means no generators or music.



Feel free to email me on suttonsharyn@bigpond.com if you have any questions.