



### Participant Information

Thank you for choosing to support the Flinders Medical Centre by taking part in Footing it for Flinders – Great Ocean Road Trek 2010. By doing so you are helping raise funds for ovarian and gynaecological cancer treatment, research and patient care at Flinders Medical Centre.

You will be part of a group of motivated, passionate and like-minded individuals all with one goal – to make a difference to the lives of women affected by cancer and their families. This is a very special event and we are happy to have you on board!

### Trek Details

Footing it for Flinders will take place 8-12 November, 2010 along the Great Ocean Road. The total distance of hiking is 39.9km with a detailed itinerary on the following page. The trek is considered moderate so a reasonable fitness level is required.

The trip cost is all inclusive with main meals, accommodation and National Park fees. Accommodation is dormitory style.

Groovy Grape Getaways have designed the itinerary specifically for the Footing it for Flinders team. The Groovy Grape buses are comfortable 21 seaters and are equipped with radio communications. First-aid kits are carried on-board and all guides have current first-aid certificates.

### Registration & Trip Cost

Registration fee: \$100 (non-refundable). This will secure your place in the event (limited to 30 participants). Registration is payable by 30 June, 2010.

Trip cost: \$475 which includes transfers, main meals and accommodation for the duration of the event. Total trip cost is payable by 30 July, 2010.

### Participant Incentives



All participants will receive a Flinders Medical Centre Foundation event t-shirt and a 1 month free membership\* to an EFM Health Club to help in preparation for the trek.

EFM Health Clubs are a great alternative to a 'big fitness gym' and will give you all the support you need to achieve a fitter you!

Log onto [www.efm.net.au](http://www.efm.net.au) or call 1300 336 348 for your nearest club.

\*Valid for new members only. Not valid with any other offer. Discounted memberships for all Footing it for Flinders participants are available. Participating clubs only.



## **Footing it for Flinders Itinerary**

### **Monday 8 November – Adelaide to Lorne – Depart 7am**

7am: Departing Adelaide we cruise through the Adelaide Hills with a mid-morning stop to grab a coffee and a bite to eat. We have lunch at Frances and then continue on our way to the beachside town of Lorne where we will spend the night surrounded by a lush bush setting.

### **Tuesday 9 November – Lorne to Apollo Bay**

6.30am: After breakfast we travel to the Sheoak picnic area where we begin our first loop hike (8.6km - Hard). It takes in Won Wondah and Henderson Falls and includes a walk between the eight metre walls of The Canyon. We continue along Henderson Track to the spectacular Phantom Falls, then along the St George River and back to the Sheoak picnic area for lunch.

We take a 40 minute drive along the Great Ocean Road to Apollo Bay, where we take a walk (1km - Moderate) to take in the views of the Marriners Lookout. This walk follows a track that allows spectacular views of Apollo Bay and Cape Patton.

### **Wednesday 10 November – Apollo Bay to Cape Otway**

6.30am: The morning is spent hiking the Shelly Beach to Blanket Bay section (13km - Hard) of the Great Ocean Walk which heads downhill to the mouth of the Elliot River and over a crossing to explore the rugged coastline. We'll have the opportunity to cool off at the beautiful Blanket Bay swimming beach and enjoy lunch at the Blanket Bay picnic area.

We then take a drive to the Otway Fly Treetop Walk (0.6km - Easy), a 25 metre high elevated walk through a temperate rainforest featuring Myrtle Beech, Blackwood and Mountain Ash. For the thrill-seeker a 45 metre high lookout provides magnificent views of picturesque Young's Creek. We stop at Cape Otway for a pleasant walk (1.6km - Easy) with a lookout across to the Lightstation.

### **Thursday 11 November – Cape Otway to Princetown**

6.30am: We begin our day with a return walk (4km - Moderate) to discover the peaceful waters of the Aire River, Hordenvale Wetlands and the impressive view from the Escarpment lookout.

We then take a drive along the Great Ocean Road toward Princetown for a rewarding loop walk (2km - Moderate). Descending over 350 steps to Wreck Beach the walk takes you to the anchors of the Marie Gabrielle and Fiji, reminders of the treacherous nature of the sea. We stop for lunch at the Gellibrant River picnic area.

The grand finale of our hiking experience is a walk from Princetown to Glenample (5.5km - Easy) which follows the Old Coach Road joining the walking track along cliff tops with impressive views of the iconic Twelve Apostles.

### **Friday 12 November – Princetown to Adelaide – Return 5pm**

6.30am: We depart Princetown for our big day of driving back to Adelaide, cruising along the remaining 72 spectacular kilometres along the Great Ocean Road at sunrise.

We arrive at Mount Gambier for a short walk (3.6km – Easy) around the perimeter of the Blue Lake, the creation of an extinct volcano. We enjoy lunch in the unique sunken garden at the Umpherton Sinkhole.

We continue our drive towards Adelaide with return scheduled for 5pm.



## Fundraising Requirements

The fundraising target for each individual is \$4,500. Or, there is the option to partner with a friend, colleague or family member and raise \$4,500 between you. Participants must achieve this fundraising target by the event start date of Monday 8 November, 2010.

We will help you establish a fundraising plan to ensure you're on target to achieve the \$4,500 required. You can even make your own contribution to your total to help raise the funds quicker!

When you register, a fundraising pack will be sent to you with a list of ideas and tips for successful fundraising. The Flinders Medical Centre Foundation will support you in your fundraising endeavours.

An event homepage will be setup on Everyday Hero which will include a profile page for each participant. This will provide you with the opportunity to share your story and the reason why you are taking part in Footing it for Flinders. Your supporters can donate via this page and leave messages of encouragement. The Flinders Medical Centre Foundation will assist you in the setup of your profile page.

Those who do not raise the funds before commencement of the trip will forfeit their right to participate in the event.

## Cancellation Policy

Cancel within 31 - 60 days of the event you will receive a full refund of your trip cost.

Cancel within 30 days of the event you will forfeit the trip cost.

All funds raised as a result of the event will be remitted to the Flinders Medical Centre Foundation.

## Yes, I would love to participate in Footing it for Flinders – Great Ocean Road Trek 2010!

Full Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ DOB: \_\_\_\_\_

Mobile: \_\_\_\_\_ Phone (W) \_\_\_\_\_ Phone (H) \_\_\_\_\_

Do you have any special dietary requirements? If so please specify:

\_\_\_\_\_  
\_\_\_\_\_

## Acknowledgement

I have read and understand the participant information, including fundraising requirements and cancellation policy.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**Please sign and return this form to the Flinders Medical Centre Foundation by fax on (08) 8204 5596 or email [foundation@health.sa.gov.au](mailto:foundation@health.sa.gov.au) to secure your place in the event.**

