

Kosciuszko Wheelchair Summit Challenge

for

SpinalCure

Saturday 3rd March 2018



Information Pack



The Rotary Clubs of Turramurra and Cooma are giving children in wheelchairs the opportunity to go all the way to the top of Australia's tallest mountain – Mt Kosciuszko. Participants in the Summit Challenge will be accompanied by spinal injury survivor, Steve Plain, who is currently attempting the world-speed-record for climbing the planet's 'Seven Summits'

Register at: turramurrarotaryproject7in4.com or email project7in4@turramurrarotary.org.au



Project 7_{in}4

7 Summits. 4 Months. 1 Dream.

Saturday December 13th, 2014, Steve Plain's life was turned on its head, quite literally. Body surfing at Cottesloe Beach, Western Australia he was dumped in a wave and driven head first into the sand. Paralysed with a broken neck and unconscious, his life was saved by two volunteer Surf Life Savers.

Fast forward a couple of years. Steve is not only back on his feet, but has already completed a number of significant mountaineering expeditions and is now embarking on the most ambitious challenge of his life. A world record attempt to climb the world's 7 Summits, the highest mountain on each of the seven continents, in under 4 months. Or what he calls, 'Project 7in4'.



"Through Project 7in4 I aim to give back to those who helped me. Join me for part of this amazing adventure, experience the trip of a life time trekking the famous Everest Valley and help raise awareness and funds for SpinalCure and Surf Life Saving."

Steven Plain

Steve Plain



www.project7in4.com



www.facebook.com/Project7in4/



www.instagram.com/project7in4/

Fundraising

Help to Prevent and Cure Spinal Cord Injuries!

By joining the Kosciuszko Wheelchair Summit Challenge, not only will you have the adventure of a lifetime, you'll also be helping Steve raise awareness and funds for our primary beneficiary SpinalCure.



SpinalCure

Spinal Cord Injuries are one of the most debilitating injuries imaginable and currently incurable. Effects extend far beyond paralysis and loss of movement. It robs people of their independence and freedom.

SpinalCure funds medical research that aims to take us closer to a day when a spinal cord injury is no longer a life sentence. Through Project Edge they are giving people renewed hope for recovery after spinal cord injury.

We now have the opportunity to profoundly change the lives of over 15,000 Australians - and more than 2.5 million people globally - who are living with spinal cord injuries, redefining the outcomes and changing the course of history.

SpinalCure: www.spinalcure.org.au

Project Edge: www.projectedge.org.au

SpinalCure Registered Charity No. ABN: 66 064 327 448

Quick Facts

Summit Date:

Saturday 3rd March 2018.

Where:

From Charlotte Pass to the summit of Mount Kosciuszko, through the high peaks of Kosciuszko National Park.

Travel:

If travelling by car, allow time for your trip to Jindabyne on Friday 2nd, returning to your home Sunday 4th.

Accommodation:

Make your own booking. A holding reservation for the event has been made at the Jindabyne Sport and Recreation Centre. For bookings phone 02 6450 0200 or go to their website

<https://sportandrecreation.nsw.gov.au/facilities/jindabyne/accommodation/selfcontained>

The Sport & rec dining room will be open for dinner (Friday) and breakfast (Saturday and Sunday).

Distance and Time:

18.6km return, 6-8 hours suggested time

Who can join in:

Anyone who is keen to support Steve raise awareness and funds for SpinalCure and who is up for an 18.6km round trip walk to the Kosciuszko Summit, individually or in a team of 4 or 5 assisting a person in a wheelchair. Others may plan to walk part way, turning around before the summit.

If you are having difficulty organising a full support team, feel free to provide us with your details by email project7in4@turramurrarotary.org.au and we will assist where possible to match individual participants with those in wheelchairs.

Secure your spot:

Register on www.turramurrarotaryproject7in4.com. The registration fee is \$60 per participant. This covers entry in the Mt Kosciuszko trek and the Saturday evening celebration dinner at the Jindabyne Sport and Recreation Centre.

Fundraising:

Set your target early. This event is being run to raise awareness and funds for SpinalCure, Wheelchairs for Kids and Surf Life Saving. We would encourage all participants to use the fundraising facility on the www.turramurrarotaryproject7in4.com website for fundraising, individually or in support of your team.

Your Itinerary

Welcome to Kosciuszko National Park

This summer track is popular with nature loving hikers and mountain bikers keen for an outdoor adventure. Set out along the old road to Mount Kosciuszko, and have your camera ready for the glorious views of Australia's highest mountains, historic huts, weathered snow gums and rock formations on the way. Admire amazing displays of wildflowers including marsh marigolds, silver snow daisies, mountain roses, and buttercups in early summer.

Around 4.5km from Charlotte Pass the Snowy River offers a scenic spot for a rest. Cross the river and continue your walk or ride as the track winds slowly up to Seaman's Hut, which was built in 1929, before carrying on to Rawson Pass. If riding, leave your bike at Rawson Pass (bike stands are available) and walk the 1.4km to the summit of Mount Kosciuszko (2228m).

Return to Charlotte Pass along the same track.

Take a virtual tour of Mount Kosciuszko Summit walk captured with [Google Street View Trekker](#).

Day 1 - Travel to Jindabyne

Make your own way to Jindabyne. Enjoy a country drive arriving at your accommodation in time to rest for the Kosciuszko summit climb on Day 2.

Pre-event briefing

A briefing will commence at 6.00pm in the Sport & Rec dining room. The dining room will then be open for dinner from 6.30pm.



Day 2 - Kosciuszko Wheel Chair Summit

Plan to arrive at Charlotte Pass by 8.00am.

Getting there and parking

The Mount Kosciuszko Summit walk starts from Charlotte Pass, in the alpine precinct of Kosciuszko National Park. To get there:

- Drive along Kosciuszko Road from Jindabyne, following the signs to Perisher and Charlotte Pass
- Continue past the ski resorts of Smiggin Holes and Perisher Valley
- Charlotte Pass Village is around 40km from Jindabyne and will take you around 30mins to drive there
- The road between Perisher and Charlotte Pass is closed only during winter.

Parking is available near the trackhead on Kosciuszko Road. It can be a busy place on the weekend, so parking may be limited.

You may wish to unload passengers and wheelchair at the marshalling point then park.

Your Itinerary

Registration Table

Check in at the registration table located at the beginning of the Summit track from 8.00am.

Assistants will be on hand to assist in fitting pulling harnesses to wheelchairs, and confirming that all safety and personal protection requirements is on hand (sunscreen, warm clothing etc).



Kosciuszko Summit

Departure will be at 8.30am.

Take a break at Rotary rest stations positioned at the Kosciuszko river crossing and again at Rawson Pass.

If, after taking a break, you are still having difficulty, you can return to Charlotte Pass at any time.

Summit then return along the same track to Charlotte Pass.

Make your own way back to Jindabyne to prepare for the evening celebration dinner at the Sport & Rec dining room starting at 6.00pm.



Day 3 - Travel home

Visit the tourist attractions of the Snowy area and make your own way home.

What's Included?

What's included for the Kosciuszko summit:

For the Summit track

- Pulling harnesses (2 per chair)
- Rotary stations at Charlotte Pass, Kosciuszko river crossing and Rawson Pass
- Station will provide back-up
 - drinking water
 - energy bars
 - fruit
 - sunscreen
 - insect repellent.

Celebration dinner at the Sport & Rec dining room.

A few things not included:

Transport to and from the event

Accommodation and meals (other than the celebration dinner)

Park entry fee on Alpine Way and Kosciuszko Road

What you need to take:

Sunscreen

Hat

Insect repellent

Warm dry clothing for all weather conditions

Sturdy footwear

Food and drink

- Lunch
- Snacks
- Drinking water
- Fruit



Questions? We have answers!

These Q&A's will help answer some you may have.

What are the toilet facilities?

Wheel chair accessible toilets are available at Charlotte Pass and at Rawson Pass.

How fit do I need to be, is this trip for me?

Wheel chair participants have a long day in unpredictable climatic conditions. You will need to be confident that you are able to manage this environment.

Support team members will also have a long day. A team of 5 allows for 2 pullers on harness, one on the wheelchair handle and 2 in rotation.

What will the weather like?

Weather can be extreme and unpredictable, hence the need to come prepared.

Historical records at Charlotte Pass show a mean maximum temperature in March of 14.8 and mean minimum of 2.8.

What happens if I get sick?

The nearest medical facilities are at Jindabyne.

In case of emergency, the track from Charlotte Pass to Rawson Pass has vehicle access.

Kosciuszko National Park visitor information

Refer to the National Park website:

<http://www.nationalparks.nsw.gov.au/things-to-do/walking-tracks/mount-kosciuszko-summit-walk>

We love questions, the stranger the better.



What if the weather turns bad?

Should a decision be made by event management to cancel at any time, before the start or during the trek to the Summit, participants will be advised to return to Charlotte Pass.

What if I have more questions?

Please contact the Rotary Club of Turramurra on project7in4@turramurrarotary.org.au