



ARE YOU UP FOR THE CHALLENGE?

39 hours of over 4,000 metres of elevation, walking all weekend through the day and night in whatever weather conditions are thrown your way and pushing yourself beyond what you thought you were capable of. The Kokoda Challenge is Australia's toughest team endurance event and will test your physical and mental limits, proving to yourself what you're really made of.

This raises funds for the Kokoda Youth Foundation who are changing the lives of local teens in our community. Honour the Kokoda diggers who fought for our freedom along the Kokoda Track in 1942 and achieve what you thought was impossible.

"The most physically and emotionally exhausting thing we have ever done, but also the most incredible and inspiring thing we completed. You are pushed to your absolute limit and you need every ounce of willpower to keep going. But it is worth every step" – Past competitor

The Kokoda Youth Foundation is a registered charity and non-profit organisation that runs Australia's toughest team endurance event 'The Kokoda Challenge'. The Kokoda Challenge raises funds for Aussie kids who participate in our experiential programs that engage and inspire them to reach their full potential. Not only will this event change your life, it will also change the lives of Australian youth! Established in 2004 by Doug Henderson and his wife Anna, The Kokoda Youth Foundation (KYF) supports Australians by inspiring them to do extraordinary things. Through hiking endurance events, youth programs and an outdoor education camp we challenge deeply held beliefs, allow limits and ability's to be explored, and provide opportunities for growth. Central to KYF is the Spirit of Kokoda, embodying Courage, Endurance, Mate-ship and Sacrifice. These values take their origin from Australian soldiers who fought on the Kokoda Track in Papua New Guinea during WWII. Still relevant today, KYF's central mission is to reignite these timeless values into our communities.

WHAT IS THE STUDENT'S COMMITMENT?

- To be involved students must commit to a training regime. It is suggested that weekend training be scheduled in and to include hiking/bushwalking as a sport option in Term 1 & Term 2.
- It is ideal to include training during School Holidays to keep up momentum as well as night walks.
- For Weekend group training the whole school gets together to train. Weekend training is generally Sunday from 7am until Midday or thereabouts and suggest family to come along.
- Students are expected to provide help at all fundraising events as well as fundraise some of their own funds.
- In addition to the training provided through the school students need to undertake their own training, whether it be additional walking or jogging to build some aerobic fitness. Students are suggested to walk 8-10 hours a week additional. This will not be optional and if participation drops below 85% unfortunately, the student will not be included in this event. The stamina and mental fitness of the students is paramount and is a necessity to complete these types of events.

WHAT IS THE SCHOOL'S COMMITMENT?

TIME & ENERGY To co-ordinate student involvement, time for hill training, organising fundraising initiatives, timely for required payments, communication coordinator between school and Kokoda Head Office.

WHAT IS THE PARENT/GUARDIAN'S COMMITMENT?

For your child to be able to hike the Challenge, you as a parent/guardian must be prepared to assist and support on the weekend training hikes & during the event. During the Gold Coast 48 & 96km & Brisbane 48km event there are a number of Support Crew Checkpoints where the support crew (1 car per team) can meet and provide provisions and support. Please understand the event organisers have first aid at every checkpoint along with Command Centre on standby for support from National Parks, SES, Ambulance Services and Police. With these checkpoints on the day of the event it is recommended that stops be short, this is due to the decrease in momentum. A resupply of water, toilet breaks, clothing and shoe change, any first aid and food to walk with (over eating can create issues such as cramping and stitches).

FUNDRAISING

WHAT IS MY FUNDRAISING MINIMUM?

- 96km - \$850 per team 48km - \$500 per team 30km - \$350 per team

WHY DO WE FUNDRAISE?

- Being a not-for-profit charity, the Kokoda Youth Foundation relies on the generous donations from the public and **our sponsors** to run our life-changing youth programs. Fundraising often becomes one of the most enjoyable parts about participating in The Kokoda Challenge by giving our participants the opportunity to get involved and give back to their local community.
- With support from the community and school will aim to raise the funds to support our students
- (IDEAS car wash – free dress day – crazy hat/hair day -principal's car park for a week)

TIME TO HIT THE HILLS

All students are recommended to participate, no matter their fitness levels. The Kokoda Challenge values are to work together as a team to finish as a team, we do not place concern on being a place winning team. Students may participate in regular activity and be fit and healthy but we recommend that students and teachers concentrate training on bush tracks and a variety of hill incline & declines. It's hard going up hills but sometimes it's even harder coming down. We recommend students commit to training a minimum of 2 x per fortnight to do the longer distances comfortably. All 96km and most 48km teams will walk during the night, so taking part in practice night walks is also recommended.

MONTH BY MONTH TRAINING GUIDE

6 MONTHS OUT

- Final call out for expressions of Interest
- Meet with parents and students to finalise teams
- Sport Training sessions continue
- Weekend walks commence and encouragement of all family to participate in training walks. Begin with two easy walks e.g. 7km Beach or lake walk.

5 MONTHS OUT

- Introduction to the course (if location applies) walks should be 7-17km in distance.
- Each Friday send a text message to the team leaders, reminding them of weekend training details. Team leaders then distribute this information onto their students.
- Begin further discussing fundraising and how the school plans to achieve their goal Set up a fundraising group just dedicated to this task
- Some ideas include approaching Bunnings or Coles. Hosting school mufti days, raffles and fetes.

4 MONTHS OUT

- First two weeks Increase walking distance to 17km – 20km walks
- Second two weeks increase walking distance again to 20km – 25km

3 MONTHS OUT

- Introduce Night Walks (applicable to 48km and 96km only) In this 4 week period include: 1 x 10km Night Walk 1 x 15km – 20km Night Walk 2 x Day Time Walks 2 MONTHS OUT
- Carry out 2 x 15km walks 2 x 25km walks 1 MONTH OUT
- Trial the last leg of the event for familiarity Syd Duncan Park to Velodrome - if location applicable
- Walks to include in this period 1-2 x 20km-25km Walk 1 x Night walk (if applicable)
- We suggest only training up to two weeks out from event. Alternatives to your physical sessions during this time include stretching, practicing strapping for the event and light circuit training.

CONTINUAL TASKS

Training during School is a great for schools to utilise this time to train with their teams and get in an additional session. It's also great to mix up your training with cross training and circuit sessions. Training will be held in the gym twice a week, Thursday and Friday starting at 7:30am. Please take this into consideration along with weekend training when you choose to commit to this event.

SPECIFIC GEAR CHECKLIST

WHAT YOU WILL NEED

The 96km course treks across many different types of landscapes. Being based on the Gold Coast, the weather can also change at the blink of an eye, so you need to make sure you are prepared for all possible changes in weather or personal circumstance. The items on the compulsory list are to be always carried. Those on the recommended list are to be carried at your own choice.

NON NEGOTIABLE FOR EVERY PARTICIPANT IN EVERY EVENT:

- Head torch and spare batteries
- Ability to carry at least 2 litres of water at all times (water bladder or water bottles)
- If you have a phone, all competitors MUST download the emergency app
- Race bib

Please ensure you are prepared with ALL of the following compulsory gear:

- A day backpack
- Reflective safety vest that MUST be worn at night and when crossing roads
- Hat and sunscreen
- A water bladder than can carry at least 1 litre of water at all times (equipped with hydrolytes!)
- A headtorch
- Water shoes for creek crossings (do not cross creeks bare foot)

- Pealess whistle
- Snacks
- Race bib
- Mobile phone
- Roll of toilet paper and a shovel (in case you're stuck between checkpoint toilets)
- Personal first aid kit (yes, everyone needs their own! Be sure this carries all essential needs in case you are to get separated from your team at any time)

The following items are not compulsory, but are HIGHLY recommended:

- Walking poles
- Gloves, beanie and thermals (it can drop as low as ZERO degrees on the track, plus wind chill!)
- Waterproof/windproof jacket
- Portable phone charger
- Back up head torch and batteries
- Spare pair of socks
- Small lightweight microfiber towel to dry your feet after creek crossings or before re-strapping
- Blister packs
- Instant heat pads
- Chapstick
- Sunglasses
- Portable phone charger

Assessment of student effort and attendance to training

At the end of each month the attendance and effort will be taken into consideration. This will allow relevant staff to be able to dedicate themselves to the students so they will have the best chance to succeed in this event.

