



**2020**

**AID STATION GUIDEBOOK**  
**FOUR MILE / GARDNERS HUT**  
**ALTERNATIVE COURSE**

**Welcome to 4 Mile Aid Station Information**

Firstly, thank you for volunteering to help out with the Oscars 100 Hut to Hut run. Your help is crucial to the running of this charity event. This guide covers the specific of your individual position. Information on the event and its cause can be found in the event handbook, found on the event website.

**LOCATION**

4 Mile Hut, also named Gardners Hut, is located on the Howqua River, south-west of Mount Buller, accessed via Howqua Track and Sheeppyard Flat camping zone. The hut itself is not accessible to vehicles so parking and the aid station is positioned 400 meters away, south of the hut at the end of carpark layby (pictures below) coming off Brocks Rd. Access to the hut is by walking down the track – you will have to carry all personal overnight supplies in to the hut. The aid station is to remain in the car park / layby. Runners need to do a short out and back to access aid station (mandatory).

## 4-MILE VOLUNTEER ACCOMMODATION

For 2019, we have been given special permission to use the Gardners Hut as aid station accommodation from 13<sup>th</sup> – 16<sup>th</sup> February.

**PLEASE NOTE THAT THIS IS AN HISTORICAL, PRIVATELY-OWNED HUT**, so we ask that you take special care, clean up after you and leave everything as you found it, lest we risk not gaining access in future years.

Key pickup can be arranged in advance from Mansfield, from Peter Gardner. Contact Peter well in advance (one week), (03) 90240035, mobile 0490 346545. He has a key safe installed at his house, 59 Cambridge Drive Mansfield.

If Peter is unavailable, those picking up key should contact Stuart Gardner on [howqua.gardners.hut@gmail.com](mailto:howqua.gardners.hut@gmail.com) / 0433 546520 a week prior to your trip to get the combination.

The most important thing you can do is to take care of the place and treat it with respect. It represents six generations of family, and a piece of Victorian history that is very special and all but gone. There are some historical documents inside the hut itself to peruse regards history.

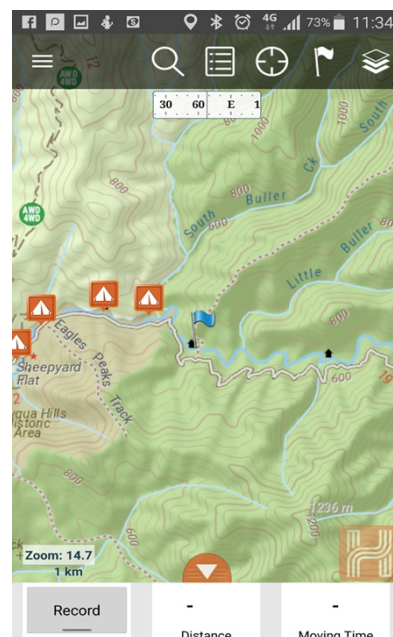
*Please Note: Although Parks recommend the river as safe to drink, several people have recently been made ill from drinking un-boiled river water and we subsequently got a positive result from a coliform bacteria test. We recommend bringing your own water or boiling the river water first.*

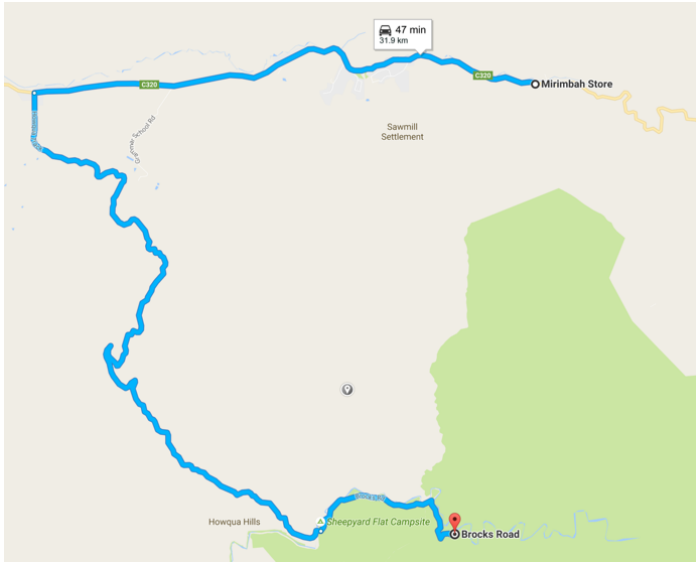
## GETTING THERE

### Directions

1. Travel to Mansfield
2. Travel along the Mount Buller Road in the of direction of Mt Buller
3. Turn right approximately 2km past Merrijig onto Howqua Track. There is also a large sign directing to Sheeppark Flat
4. Continue past Sheeppark Flat over the bridge and past the camp ground
5. Approximately 4.2km past the bridge is a small track on the left with sign that says "HIGH ACCESS TRACK", turn down here. The track is quite narrow at entrance and only about 100metres long.

The aid station is to be set up at the end of this carpark where the foot trail begins. Note that you will need to set up the aid station here, so leave room at the end where the road/car park becomes walking trail – runners will need to be directed to come up to the aid station, check in before turning around to travel back along the marked route towards Eight Mile.





## TRACK CONDITIONS

The road to Gardner's Hut is dirt from the turn off of the Mansfield Rd.

It is 2WD accessible.

Map left shows route from Buller Village.

Travel from Mansfield will take approximately 50 mins – 1 Hour.

Please drive safely and slowly on the dirt roads mindful of blind corners and oncoming traffic.

## AID STATION SET UP



This image shows how we would like the aid station to be set up. The running track comes up from behind the car. Please set up with an awning for shelter, a table to hold the food and drinks for the runners, and a chair (or two) for you.

*Regards accommodation, see previous page.*

Please be aware that the campsite is not allocated solely for the event and is open to the public. Be mindful of other camp and trail users and please remember that you are representing the event and charity at all times, so please be courteous and respectful of all other users.

If anyone has any queries or concerns regarding the event, please direct them to contact event management.

## SHIFT ORGANISATION

\*\*Given the two-day time window and number of volunteers we have not allocated specific roles / shifts beyond lead marshals. We are relying on club leaders to work together and with others to arrange shifts / responsibilities across the three days and with their teams.

Any on site queries to be directed to Darren Robertson or Amelia O'Reilly

Darren Robertson  
0402699513  
[robertson.darren.c@gmail.com](mailto:robertson.darren.c@gmail.com)

Amelia O'Reilly  
0409963612  
pinkamanda63@hotmail.com

**Queries regards event management decisions to ANDY PAYNE 0408 872 141**

## TIMINGS

This aid station will need to be manned across TWO EVENTS between the following times:

FRIDAY 6:00am to 4:30pm  
SATURDAY 7:00am to 4:00pm  
SUNDAY CLOSED

You are then able to pull down the aid station and return all gear to the Event HQ at Mt Buller.

## CUT OFF TIMES

AID STATION	TOTAL DISTANCE	CUT OFF Hut 2 Hut Solo	CUT OFF Hut 2 Hut 2 Day OPTION A	CUT OFF Hut 2 Hut 2 Day OPTION B	CUT OFF Hut 2 Hut 3 Day	CUT OFF THE ARCHIE
			Day 01 - 79km Day 02 - 26km	Day 01 – 29.8km Day 02 – 75.2km	Day 01 – 29.8km Day 02 – 49.8km Day 02 – 25.6km	
<b>DAY ONE – FRIDAY</b>						
<b>4 Mile</b>	12.5km	7:30am	7:30am	9:00am	9:00am	x
<b>4 Mile</b>	61.7km	5:30pm	5:30pm	x	x	x
<b>DAY TWO – SATURDAY</b>						
<b>4 Mile</b>	12.5km	x	x	x	x	10:30am
<b>4 Mile</b>	61.7km	x	x	2:00pm	4:00pm	x
<b>DAY THREE – SUNDAY</b>						
<b>4 Mile</b>	AID STATION CLOSED					

See the course map here:

<https://drive.google.com/open?id=16tmpTMjUO8VMJCCma2vTrWChHujrm-ly&usp=sharing>

You can get more information on the Alternate Course at the Hut2Hut website at:

<http://www.hut2hut.oscars100.com.au/2020-hut2hut-alt-course/>

## COMMUNICATION

There is no mobile phone reception at Four Mile.

Lead Marshals will be supplied with a Two-Way Radio with communications to Event HQ and Medical plus a Satellite Phone should the radios not be receiving/sending.

**\*\*PLEASE NOTE IF A VOLUNTEER REQUIRES FIRST AID, CONTACT EVENT MEDICAL IF NON-CRITICAL. EVEN IN AN EMERGENCY PLEASE TRY TO CONTACT ENDURANCE MEDICAL SERVICES DIRECTOR DEB SHARP ON 0410 794 631\*\***

## AID STATION DUTIES

### 1. ASSIST

While your Aid Station is open, there should be a team member available at the station at all times to provide help with water bottle filling, offering supplied food and nibbles, encouragement, and generally making sure the runners are looking okay.

### 2. REPORT

It is also a MUST that every runner and team of runners are marked off a list on the clip board that will be provided and must be kept at the aid station.

You will be contacted by base via radio at various intervals to get the updated runner list.

- We ask that you take a photo of the list once the aid station is closed.
- Once back in reception please text to race organisers ASAP noting: Aid Station Name, Your Name, What day/event the list covers and a photo of the whole list.
- Text to: 04303 76621
- Report any runner issues ASAP

### 3. DIRECT – T-junction + River Crossing

In addition to the aid station task, one member of your team will need to be standing at the T-Junction 50 meters down the walking track (refer to picture below, where Brendan is standing).



Here, the runners will come up the hill from in front of Brendan (this will be one of your team members) and need to be sent to his left, up to the aid station to be marked off the list. They then run back to him and are sent off to his right.

A marshal is also required at the river located at the bottom of the hill near the hut. They are to make sure runners make it across the river safely, and send them up towards your “T-intersection” marshal. Likely there will not be enough marshals at your location to cover all the hours that participants will be passing through (and the aid station is more important) – but if someone can 1. Definitely be there for the first crossing on Friday (from 6am) and first crossing on Saturday (from 7am) and 2. At various times, someone can go down and check the crossing during the period in general – no set times, just a random check.

Water, and snack foods will be dropped in position during the day on the Thursday along with the runners list to be ticked off.

### 4. RETURN SUPPLIES

**Please return water containers and food boxes to Mt Buller HQ race area when finished for the weekend.**

## What to bring

- Awning – For shade
- Table – For water and food
- Chair – for your own comfort
- Pen – for marking off runners
- You will need to bring gear and food to camp for 3 days in the bush – including water (do not use the aid station water).

## EVENT KEY CONTACTS

### Key Event Staff

Chris Ord, Race Director 04303 76621

[chris@tourdetrails.com](mailto:chris@tourdetrails.com)

Andy Payne, Race Director 0409 502 532

[info@oscars100.com.au](mailto:info@oscars100.com.au)

Simon Madden, Race Director 0414 866 334

[simon@adventuretypes.com](mailto:simon@adventuretypes.com)

### Key Staff Mt Buller

Ben Annear, Events Coordinator 0424 453 789

[Ben.Annear@mtbuller.com.au](mailto:Ben.Annear@mtbuller.com.au)

### Key Medical & Safety

Deb Sharp, Endurance Medical services (contractor) 0410 794 631

[info@endurancemedicalservices.com.au](mailto:info@endurancemedicalservices.com.au)

### Key 4WD Marshal Director

Jared Scull 0437 758 006

[jaredscull13@gmail.com](mailto:jaredscull13@gmail.com)

### Key Parks Victoria

Bart Smith, Area Chief Ranger Mansfield 0427 547571

Parks Vic Office 03 5733 1200

### Key Mansfield Police

Snr Sgt Damian Keegan (Municipal Emergency Response Co-ordinator) 03 5775 2555 // 0429 437 515

### Key DEWLP

Mansfield Duty Officer 0418 149 994

Catherine Spencer, Senior Forest Management 0407 346 908

Gardner Hut Owner – Stuart Gardner 0433 546520

[howqua.gardners.hut@gmail.com](mailto:howqua.gardners.hut@gmail.com)

## Emergency Notification

1. Emergency Services (Police, Fire Ambulance) 000
2. DSE Duty Officer 136 186
3. Parks Victoria (Duty Officer) 131 963
4. CFA Duty Officer 1300 833 278  
[do.cfa.d23@rcc.vic.gov.au](mailto:do.cfa.d23@rcc.vic.gov.au)
5. Mansfield District Hospital 03 5775 8800
6. Mansfield Police 03 5775 2555