



2020 EVENT

ALTERNATE COURSE

HANDBOOK





UltraAspire.





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CANCELLATION POLICY

PLEASE NOTE THE EVENT CANCELLATION POLICY, AS PER EVENT ENTRY CONDITIONS. **Should the event be cancelled due to dangerous weather conditions** – extreme heat (Code Red etc), cold, high winds, excessive rain or other natural environmental danger, (or at the direction of Parks Victoria, DELWP, CFA or any other authority), **there will be no refund on entry fee.**

We apologise in advance should this be the case, however the logistical factors involved in maintaining an event of this nature (remote, high logistical load) means all funds will have been spent on non-refundable logistical concerns and materials prior to the event. Thus, as with many other big ultra events in the Australian wilderness, the only way we can offer the event is with the understanding that entry fees are forfeited by all entrants should an extreme weather event occur, forcing late cancellation (i.e. week of event).

Attempts will be made to notify entrants as soon as possible should a cancellation occur; however, no responsibility is taken by the organisers for lost travel, accommodation or entry expenses. On a Code Red Fire day, the race will be cancelled as in keeping with the Risk Management Plan and Parks policy. Given the logistics involved, it is not possible to set an alternative date.

CONDITIONS UNDER WHICH EVENT IS LIABLE TO BE CANCELLED:

Actual or predicted conditions inclusive:

- CODE RED fire danger rating - cancelled
- EXTREME fire danger rating – cancelled, decision in conjunction with fire authorities.
- SEVERE fire danger rating – potential for cancellation or use of alternative course pending consultation with fire authorities
- HIGH RAINFALL / HIGH WINDS / ELECTRICAL STORM – potential for cancellation or use of alternative course pending consultation with authorities.

REFUNDS / DISCOUNTS

Should the race be cancelled due to a weather event, organisers will consider offering a 50% discount on an entry in the following year's event.

ALTERNATIVE COURSE – MARGINAL FOUL WEATHER

The Alternate Course has been activated for 2020 due to bushfire damage in the Alpine National Park.

Should the weather conditions be borderline of cancellation, we will consult with regional emergency and land management authorities. Should the consensus be that the event can proceed but under changed / safer course conditions we will enact an **alternative course, that consists of two 55km loops of The Archie course (approx. 4600m total ascent – so longer, but flatter by 1000m+)** This course allows greater and more consistent vehicular access to participants on course and thus allows for a quicker and safer evacuation should it be required. Participants will be notified 72-48 hours prior to event day. No refunds can be given should you choose not to do the alternative course.

01. WELCOME

Welcome to Oscars 100 Hut2Hut run/trek and thanks for taking on what will be potentially a life-changing and life-affirming challenge for you and certainly a life-changing event for those at the receiving end – families and children living with autism.

IMPORTANT NOTE: Due to the terrible fires that have struck the region this summer, much of the Alpine National Park remains closed and after consultation with local authorities, Parks Victoria and Mt Buller management we have been forced to change the course for this year.

That said the alternate course is still a belter with a few extra difficulties you would have missed. The experience takes in some stunning high alpine wilderness on a 55km course that uses some of the original Hut2Hut course, but throws in some spectacular river valley sections. You'll journey mostly along singletrack cross more than 14 rivers, check-in to three mountain huts and capture two summits of Mt Buller – then you'll get to do it all again. Hut2Hut for 2020 will comprise two laps of this cracking 55km course.

Touted by some 'Oxfam Trailwalker gone seriously wild', the physical and mental challenge will require long days on the feet, the stamina to climb extended ascents, and the nerve to run in remote countryside. What makes this course a little bit more spectacular is the approx. 4433 meters of climbing that participants face – one of the most extreme on the trail running and trekker challenge event calendar.

Those participating as teams of two face a 55-hour finishing cut off, choosing to stay either one night or two out on course in what we call 'dark periods', where the racing takes a break. You all will face cut off times all the way around the course, at all check points for runners and trekkers so make sure you are aware of them and keep them front of mind when you are thinking about your pacing.

Director of Oscars100 charity, Andy Payne, also an ultra runner and parent of two sons living with autism, is hopeful that Oscars100 Hut2Hut will become known as one of Australia's ultimate endurance charity challenges, given its distance, terrain covered and ascent profile.

"Oscars100 Hut2Hut is a great way to challenge yourself in a positive way, by undertaking the 100km trek or run, participants are raising awareness and funds for support services for children living with autism," says Andy. "Our family is fortunate, thanks to early diagnosis and our ability to access private therapy, our son (after who the charity was named) Oscar's development has come a long way," says Andy. Oscar was diagnosed with autism in 2011.

Oscars100 Hut2hut will be supporting Mansfield Autism Statewide Service, an independent organisation, which supports young people, and their families who are living with Autism and Irabina Family Services who provide family-centred early intervention programs and services to children and families impacted by Autism Spectrum Disorder.

Remember – even with the course changes it will be difficult, you will get tired, and there will be moments when you wonder "Why am I doing this?" That's where you look up, enjoy the view, the camaraderie of those on course with you, and the riches of an experience that will push your boundaries. That's when you dig deep and keep going – imagining the satisfaction once you have summited Mt Buller near the end (for the third time!), and crossed the line, exhausted, but full of achievement. And of course, Oscars100 and all the families that are touched by autism, will thank you. In 2019, Oscars100 raised over \$60,000, most of which was through Oscars100 Hut 2 Hut, and which will be used to find services for Mansfield Autism Statewide Service, allowing their specialists to get out to remote regional areas to assist families impacted by autism. This is what you guys help achieve! You changed these family's lives!

Cheers, Andy and Michelle Payne, Chris, Simon and the Hut2Hut organising team.

Oscars100 is endorsed as a Deductible Gift Recipient (DGR) Charity by the Australian Charities & Not for Profit Commission. Charity ABN: 2472 196542

www.hut2hut.oscars100.com.au/hut2hut/

THE NUMBERS

Hours to finish challenge **55**

Kilometres **105**

Metres of ascent **4433**

Summits **3**

Huts **3**

Major checkpoints **10**

Layovers (trekker) **2**

River crossings **28**

01a. ALTERNATE COURSE KEY CHANGES

Hut2Hut 2020 will run an alternate course due to impacts from the devastating bushfires in the Alpine National Park.

All Hut2Hut participants will do *two laps* of the alternate course, which is the 55km course for The Archie. This means;

- a slight INCREASE in distance (from 101km to 105km)
- a DECREASE in the amount of ascent (and overall technicality / brutal-ness) from 5800m to 4433m

Solo 100km participants will complete two laps in under the original cut off time with similar pacing required for CP cut offs.

All layovers for multi day participants regardless of how many days you are taking will now be at Pikes Flat.

Two-day participants have two options, note both have you camping at Pikes Flat. Pack your camp when you wake up;

- (1) a short day (*29.8km from the Start to Pikes flat*), and then a long day (*75.2km from Pikes Flat doing one-and-a-half course loops to the Finish*);
- (2) a long day (*79km from the Start doing one-and-a-half course loops to Pikes Flat*) and then a short day (*26km from Pikes Flat to the Finish*).

Three-day participants will all follow the same schedule Both nights you will be camping at Pikes Flat. On the second morning of the race you may leave your tent up at Pikes Flat so that it is ready for you when you return;

- (1) run a shorter day (*29.8km from the Start to Pikes flat*),
- (2) followed by a longer day (*55.4km a full loop returning to Pikes Flat*),
- (3) and finally another shorter day (*26km from Pikes Flat to the Finish*).

All team members must enter a checkpoint together. For safety you must remain in your team, no dropping!

All mandatory gear remains the same. All tents will be collected at rego, and transported to and from Pikes Flat for you. (All regular rules and conditions apply as to the allowable size of your tent and drop bag. See the Event Handbook for details.)

No headphone use permitted between Pikes Flat and Howqua Gap Hut.

Support crew **MAY NOT CAMP** at Pikes Flat. Camping at Pikes Flat is restricted to participants, essential volunteers and Hut2Hut staff. Support crew are to camp at Binderee Hut Camping Area if they are staying the night.

02.

EVENT GENERAL SCHEDULE (ALTERNATE COURSE)

DATE	TIME	ACTIVITY	LOCATION
THURSDAY 13TH FEBRUARY	2pm – 7pm* <i>late check ins can be processed post Race Briefing.</i>	Hut2Hut Registration	Buller Cinema, Lower floor, Main Administration Building (stairs down out front)
	From 5:30pm - 7pm	Pre-race Dinner * Prior Bookings required. Tickets must be paid for prior to Feb 5th. Sittings are 5.30pm and 6.00pm	Abom Restaurant, Athletes Walk, Buller Village
	7:15pm	Hut2Hut Event Briefing – This is a mandatory briefing. <u>We cannot stress how important it is to attend this briefing.</u>	Buller Cinema, Lower floor, Main Administration Building (stairs down out front)
FRIDAY 14TH FEBRUARY	4am	Late Race Check Ins *ONLY IF PRE-ARRANGED WITH RACE MANAGEMENT	Alpine Plaza, Buller Village Square (start line)
	5:00am	Hut2Hut START	Buller Village Square
For all checkpoint cut off times (solo, one, two, three day) click here: http://www.hut2hut.oscars100.com.au/2020-hut2hut-alt-course/			
	From 8pm – 2am	Hut2Hut solo + team run finishers	Buller Village Square
	8:30pm	Cut off – trek participant sleepover at Pikes Flat.	Pikes Flat
SATURDAY 15TH FEBRUARY	from 5am	Participants back on course Pikes Flat. <i>All participants MUST leave hut site by 5.15am latest. We suggest you leave at 5am on the dot.</i>	Pikes Flat
	From 8am - midnight	Hut2Hut trek finishers	Buller Village Square
	7pm	Cut off – trek participant sleepover #2 at Pikes Flat.	Pikes Flat
SUNDAY 16TH FEBRUARY	from 5am	Participants back on course Pikes Flat. <i>All participants MUST leave hut site by 6am latest.</i>	Pikes Flat
	From 8.30am	Hut2Hut trek finishers	Buller Village Square
	12 noon	Hut2Hut trek finishers cut off	Buller Village Square
	1pm	Event close	

REGISTRATION & BRIEFING:

It is mandatory to present for REGISTRATION 2pm – 7pm on THURSDAY 15th at Buller Cinema, located downstairs at Buller Main Administration Building (turn right at T-Junction as you arrive on the mountain) **WITH ALL YOUR MANDATORY GEAR FOR CHECKS.**

It is mandatory to attend RACE BRIEFING at 7.15pm on THURSDAY 15th at Buller Cinema, located downstairs at Buller Main Administration Building.

YOU MUST CARRY ALL MANDATORY GEAR WITH YOU AT ALL TIMES WHILE ON THE COURSE.

THERE WILL BE GEAR CHECKS EACH DAY AND YOU WON'T BE ABLE TO PROGRESS IF YOU'RE NOT CARRYING THE MANDATORY GEAR.

COURSE CUT OFFS (AMENDED COURSE)

*time in hours is total time elapsed including mandatory sleep over hours for multi-day participants

	FROM	TO	TOTAL DISTANCE	TOTAL ASCENT	TOTAL DESCENT	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		
Day 01	START	START	-	-	-	5:00:00 am	5:00:00 am	5:00:00 am	5:00:00 am		
	Start	Buller Summit	3km	250m	36m						
	Buller Summit	Four Mile	12.5km	384m	1439m	7:30:00 am	7:30:00 am	9:00:00 am	9:00:00 am		
	Four Mile	Eight Mile	19km	594m	1629m	9:00:00 am	9:00:00 am	11:30:00 am	11:30:00 am		
	Eight Mile	Pikes Flat	29.8km	969m	1810m	11:00:00 am	11:00:00 am	2:00:00 pm	2:00:00 pm		
	Pikes Flat	Howqua Gap Hut	44km	1769m	1994m	2:00:00 pm	2:00:00 pm	Layover			
	Howqua Gap Hut	Buller Aid	49km	2058m	2069m	3:00:00 pm	3:00:00 pm				
	Start	Buller Summit	52.3km	250m	36m	3:30:00 pm	3:30:00 pm				
	Buller Summit	Four Mile	61.7km	384m	1439m	5:30:00 pm	5:30:00 pm				
	Four Mile	Eight Mile	68km	594m	1629m	6:30:00 pm	6:30:00 pm				
	Eight Mile	Pikes Flat	79km	969m	1810m	8:30:00 pm	8:30:00 pm				
	Pikes Flat	Howqua Gap Hut	93km	1769m	1994m	11:30:00 pm	Layover				
	Howqua Gap Hut	Buller Aid	98km	2058m	2069m	12:30:00 am					
	Buller Aid	Finish	105km	4433m	4433m	2:00:00 am					
		Total Time			21 hours						

	FROM	TO	TOTAL DISTANCE	TOTAL ASCENT	TOTAL DESCENT	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
							Day 01 - 79km Day 02 - 26km	Day 01 – 29.8km Day 02 – 75.2km	Day 01 – 29.8km Day 02 – 49.2km Day 02 – 25.6km
Day 02	START	START	x	x	x	Finished	Layover		
	Start	Buller Summit	3km	250m	36m				
	Buller Summit	Four Mile	12.5km	384m	1439m				
	Four Mile	Eight Mile	19km	594m	1629m				
	Eight Mile	Pikes Flat	29.8km	969m	1810m		Layover	5:00:00 am	5:00:00 am
	Pikes Flat	Howqua Gap Hut	44km	1769m	1994m			9:00:00 am	10:00:00 am
	Howqua Gap Hut	Buller Aid	49km	2058m	2069m			10:30:00 am	11:30:00 am
	Start	Buller Summit	52.3km	250m	36m			11:30:00 am	12:30:00 pm
	Buller Summit	Four Mile	61.7km	384m	1439m			2:00:00 pm	4:00:00 pm
	Four Mile	Eight Mile	68km	594m	1629m			4:00:00 pm	6:00:00 pm
	Eight Mile	Pikes Flat	79km	969m	1810m		5:00:00 am	7:00:00 pm	9:00:00 pm
	Pikes Flat	Howqua Gap Hut	93km	1769m	1994m		8:00:00 am	10:00:00 pm	Layover
	Howqua Gap Hut	Buller Aid	98km	2058m	2069m		10:00:00 am	11:00:00 pm	
	Howqua Gap Hut	Finish	105km	4433m	4433m		12:00:00 pm	12:00:00 am	
		Total Time				31 hours	43 hours		

	FROM	TO	TOTAL DISTANCE	TOTAL ASCENT	TOTAL DESCENT	CUT OFF H2H 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
							Day 01 - 79km Day 02 - 26km	Day 01 – 29.8km Day 02 – 75.2km	Day 01 – 29.8km Day 02 – 49.2km Day 02 – 25.6km
Day 03	START	START	x	x	x	Finished			Layover
	Start	Buller Summit	3km	250m	36m				
	Buller Summit	Four Mile	12.5km	384m	1439m				
	Four Mile	Eight Mile	19km	594m	1629m				
	Eight Mile	Pikes Flat	29.8km	969m	1810m				
	Pikes Flat	Howqua Gap Hut	44km	1769m	1994m				
	Howqua Gap Hut	Buller Aid	49km	2058m	2069m				
	Start	Buller Summit	52.3km	250m	36m				
	Buller Summit	Four Mile	61.7km	384m	1439m				
	Four Mile	Eight Mile	68km	594m	1629m				
	Eight Mile	Pikes Flat	79km	969m	1810m				
	Pikes Flat	Howqua Gap Hut	93km	1769m	1994m				
	Howqua Gap Hut	Buller Aid	98km	2058m	2069m				
	Howqua Gap Hut	Finish	105km	4433m	4433m				
		Total Time							5:00:00 am
									8:00:00 am
									10:00:00 am
									12:00:00 pm
									55 hours

03. THE COURSE: OVERVIEW

NOTE: We are initiating an ALTERED COURSE for the 2020 event. This is due to effects of the bushfires, closures to the Alpine National Park and dam construction works on the north face of Buller. Please see revised route description and GPX / online map to familiarise yourself with the route. Most of it is straight forward however it is somewhat convoluted on Mt Buller by necessity with numerous sections on Mt Buller that you will cover multiple times in both directions.

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

Distance: 105km [CHANGED COURSE FOR 2020]

Elevation: approx. 4433m

Beautiful she may be, the Hut2Hut course is, quite simply, a bit of a brute. Over 100km, various GPS units will come up with different results, but our instruments recorded in the vicinity of 4433 metres of gain. The summit of Buller – at 1805m – is not big by world standards but you're going up to the summit thrice, with plenty of diving down to the valley floor before climbing back up and you will know you've worked hard.

*** All Hut2Hut participants will be doing two laps of the course ***

Here's the overview playbook:

Course Order: Buller Village > Buller Summit (1805m) > Four Mile (CP at bottom) > Eight Mile (CP) > Pikes Flat (CP) > Howqua Gap Hut (CP) > Mt Buller Aid station (CP) > Mt Buller Summit (1805m) THAT'S ONE LAP > Four Mile (CP at bottom) > Eight Mile (CP) > Pikes Flat (CP) > Howqua Gap Hut (CP) > Mt Buller Aid station (CP) > Mt Buller Summit (1805m) > Buller Village finish.

Checkpoints:

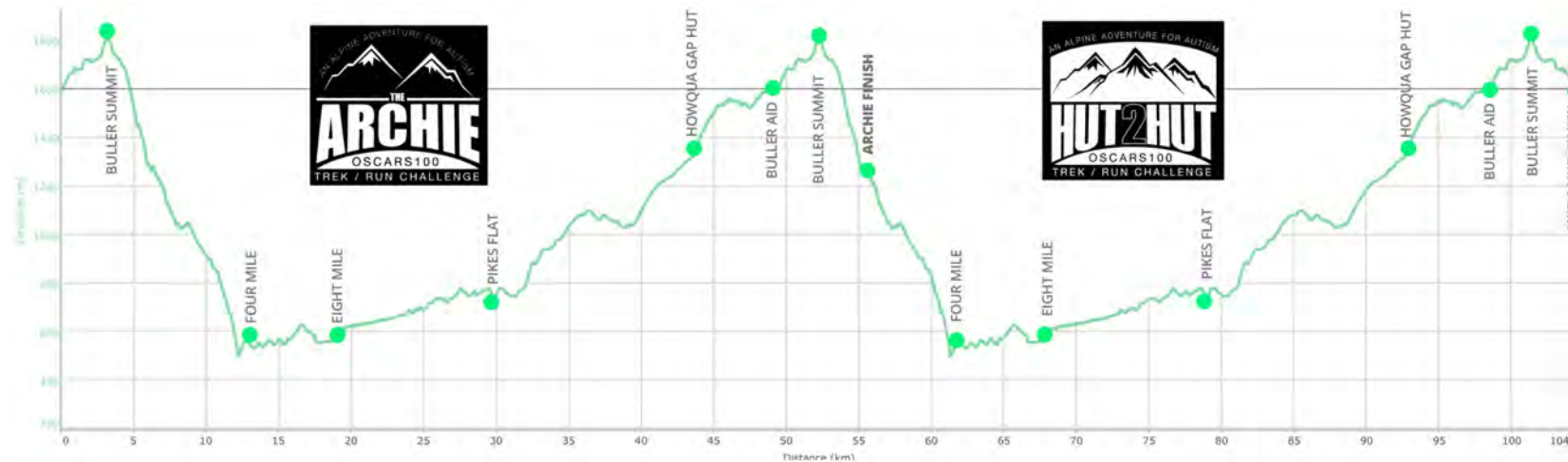
- 12.5km > Howqua River / bottom of Four Mile (minor)
- 19km > Eight Mile Flat (major)
- 29.8km > Pikes Flat (major)
- 44km > Howqua Hut (major)
- 49km > Mt Buller AID (major)
- 61.7km > Howqua River / bottom of Four Mile (major)
- 68km > Eight Mile Flat (major)
- 79km > Pikes Flat (major)
- 93km > Howqua Hut (major)
- 98km > Mt Buller AID (major)
- 101km > Buller Summit (tear page from book as proof of ascent)
- 105km > Finish – Buller Village Square (major)

***A NOTE ON DISTANCE / ASCENT / DESCENT:**

The distance / ascent / descent statistics have been gathered from numerous course recce runs (full loops), using measurement instruments inclusive of Garmin handheld, Garmin Fenix 3 wrist unit and Suunto Ambit5 units. Data was collated and sections judged most accurate from each chosen and integrated into an 'edited course' using Garmin Basecamp. *There will be some inconsistencies over any 102km course.* All distances are listed as *indicative* only, the major GPX file download on the website has incorrect ascent data.

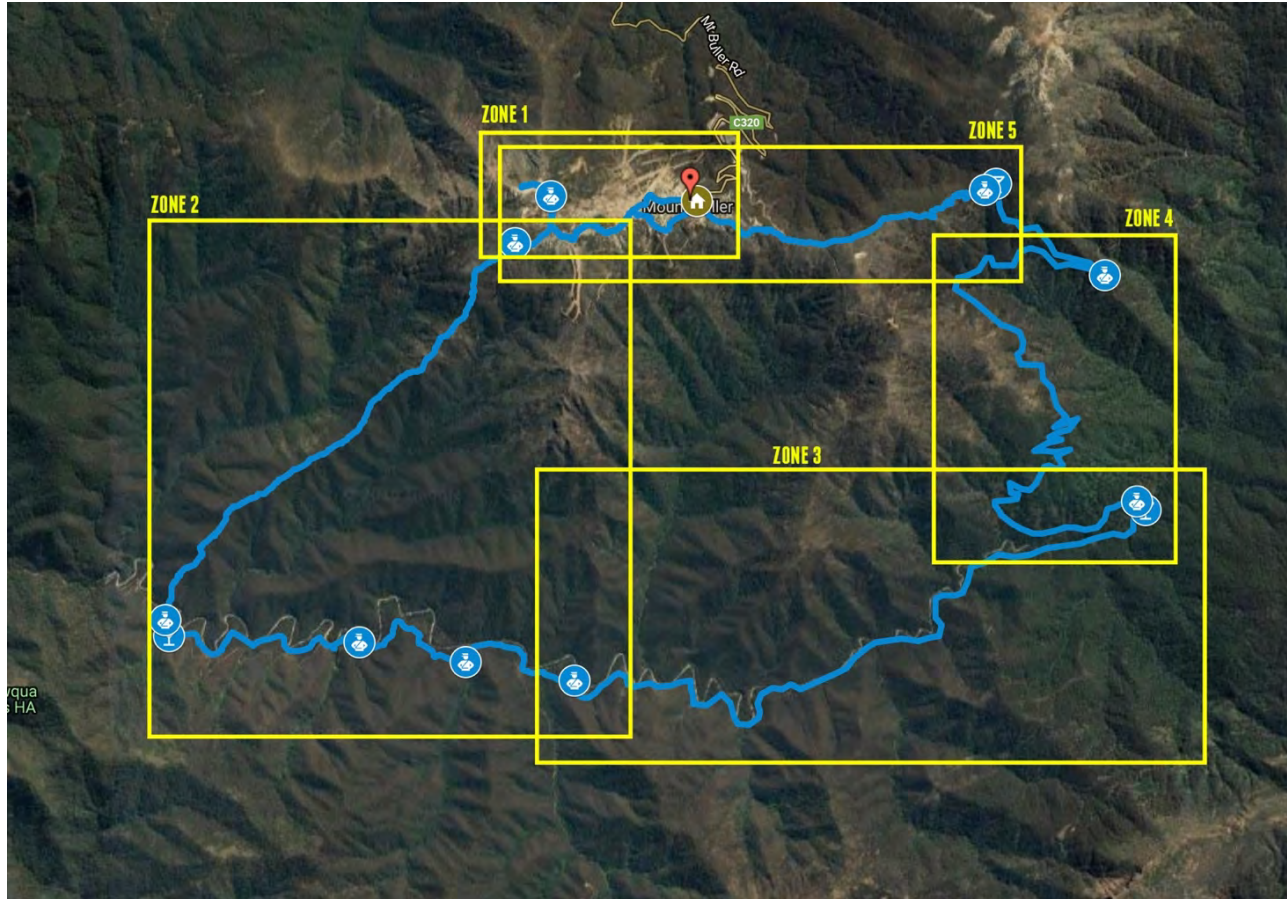
HUT 2 HUT : COURSE SECTION STATS (2020 ALTERNATE COURSE)

FROM	TO	LEG DISTANCE	LEG ASCENT	LEG DESCENT	TOTAL DISTANCE	TOTAL ASCENT	TOTAL DESCENT
Start	Buller Summit	3km	250m	36m	3km	250m	36m
Buller Summit	Four Mile	9.5km	134m	1403m	12.5km	384m	1439m
Four Mile	Eight Mile	6.5k	210m	190m	19km	594m	1629m
Eight Mile	Pikes Flat	10.8km	375m	181m	29.8km	969m	1810m
Pikes Flat	Howqua Gap Hut	14.2km	800m	184m	44km	1769m	1994m
Howqua Gap Hut	Buller Aid	5km	289m	75m	49km	2058m	2069m
Buller Aid	Buller Summit	3km	250m	36m	52.3km	2325m	2114m
Buller Summit	Four Mile	9.5km	134m	1403m	61.7km	2459m	3512m
Four Mile	Eight Mile	6.5k	210m	190m	68km	2671m	3703m
Eight Mile	Pikes Flat	10.8km	375m	181m	79km	3047m	3883m
Pikes Flat	Howqua Gap Hut	14.2km	800m	184m	93km	3816m	4067m
Howqua Gap Hut	Finish – Buller Village	11.4km	591m	366m	105km	4433m	4433m
TOTAL					105km	4433m	4433m



ALL COURSE MAP /// ZONES (2020 ALTERNATE COURSE)

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



- ZONE 1 – Buller Village – Buller Summit 3km
- ZONE 2 – Buller Summit - Eight Mile Flat 16km
- ZONE 3 – Eight Mile Flat – Pikes Flat 10.8km
- ZONE 4 – Pikes Flat – Howqua Gap Hut 14.2km
- ZONE 5 – Howqua Gap Hut – Buller Village 11.4km

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SECTION ONE

VILLAGE START – MT BULLER

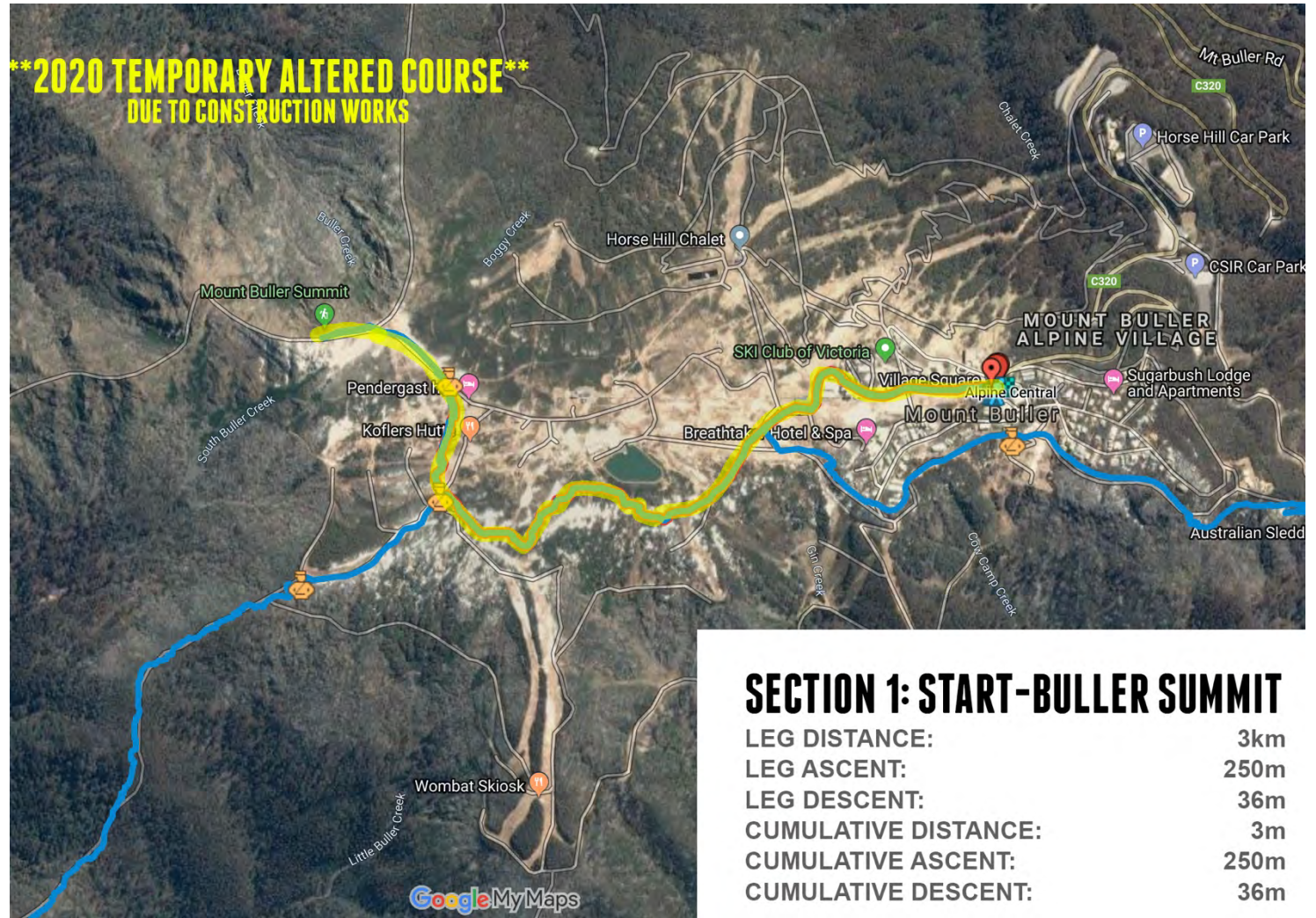
Runners and trekkers begin at the Buller Resort Village (which will also be the finish). From the central courtyard, it's a dash up the guts of Athlete's Walk, past the supermarket and accommodation buildings and Abom, hitting the main road. Follow that until you hit Arlberg Hotel on your left.

NOTE: from here, there is an ALTERED COURSE section for the 2020 event, due to dam construction works on the north face of Buller.

Follow the road around *past* the Arlberg, passing between it and the lift building. Follow signage across the ski field picking up a dirt access road that turns into singletrack as you head further west.

[NOTE that this is now the same trail you will come back in on at the 98km (ish) mark and again once reaching the summit, and then come back along en route to the finish.]

Follow the singletrack around below the dam where the trail will ascend some stairs, then continue around to cross Family Run. Here you will head north, passing a memorial stone on the left on your way to the car park at the base of Mt Buller Summit. Ascend Mt Buller to the summit.



SECTION TWO

MT BULLER – EIGHT MILE

From the summit of Mt Buller, it's a bomb back down, swinging to the right, hooking up with a dirt road, which drops you down to a bend with a huge netting on it. At the bottom, don't hug the road, which sweeps right. Leave it. Yep, on that corner you're turning left, going down into the bush. Follow the ribbons into it, scrambling down some super rocky and technical terrain as you make your way down Four Mile, a ridge that will lead you 8km and 1300+- vertical meters down to the Howqua River. Be careful in the first section, it's easy to get off track – which is not well defined – and suddenly find yourself sliding off the ridge. There are big rocky sections early on – hard to run if you're trying to. We won't lie - this is a tricky section of bush as it's tight, scratchy, and not always an obvious trail (although much better than it was in Year One!). The trail gets more defined the further down you go (after 4km), weaving in and out of tee tree stands higher up, getting tight in some patches. There is a magnificent viewpoint early on where you scramble atop a rocky outcrop (PLEASE TAKE CARE HERE AND DO NOT TRY TO OVERTAKE AT THIS POINT).

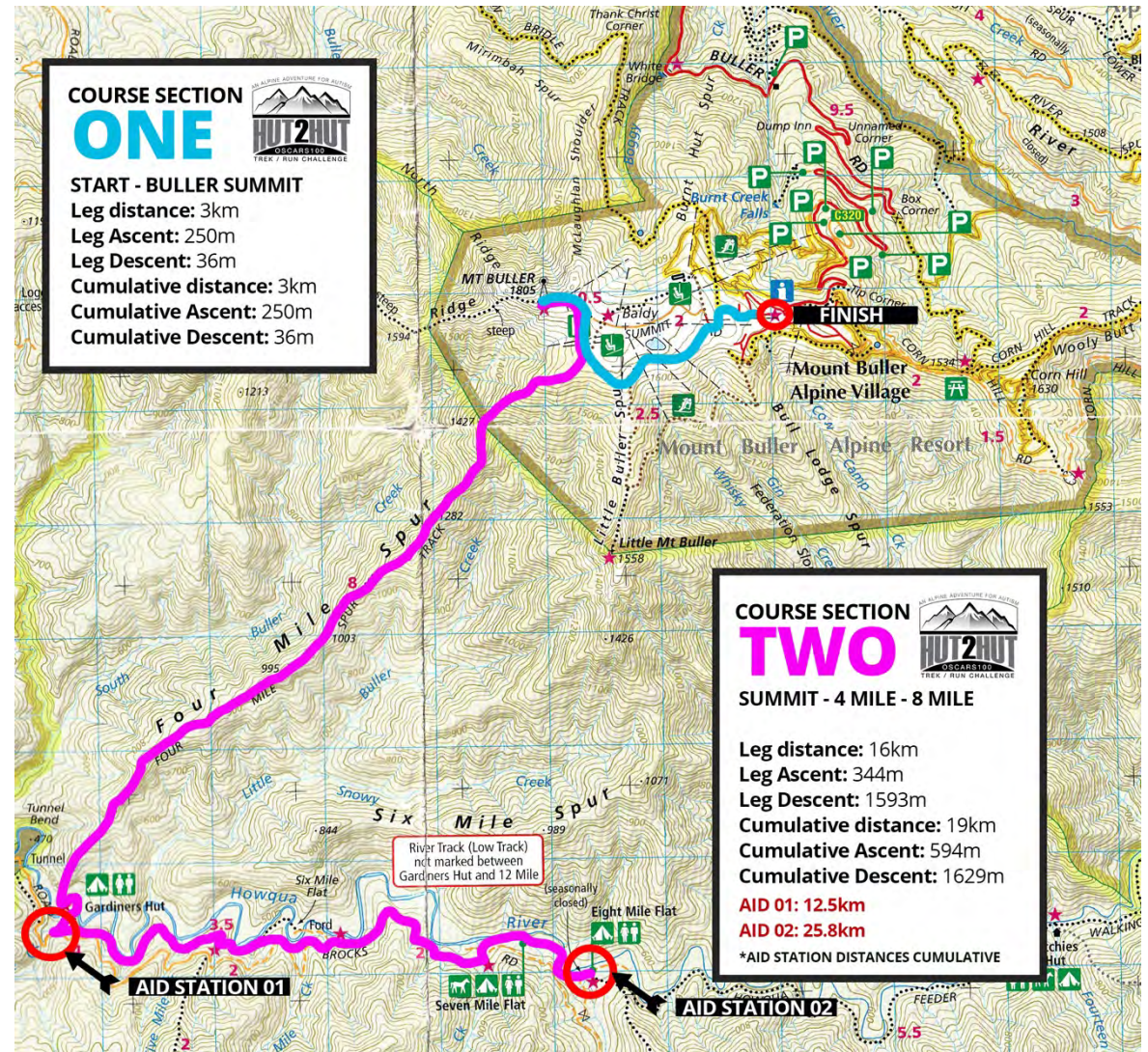
After that it's back into the bush and down, down, down, the trail getting much more trotable as you get nearer the river. Watch your footing – there is a lot of ground scrub and fallen debris / sticks, so it is easy to trip. You'll pop out at the river – cross over and pick up the trail (dart in to see Gardiners' Hut (private) to the left if you like), but the challenge trail hooks to the right just before the hut clearing and leads up to where you will find an Aid Station, **make sure you turn right and get checked off at the first checkpoint (MANDATORY) before you head off east on the main trail.**

After the Aid Station, follow the single-track sidling east along the river for 3.5km before popping up and out onto the gravel road that is Brocks Road. Follow Brocks for 1.8km, until you see a turn off left to Seven Mile Creek/Flat. Turn down towards the river and follow the road/path until you pick up some singletrack at the back of the camp area (you are heading east). The singletrack will lead you to emerge at a bend in the access road to Eight Mile Flat. Continue on ahead, making your way to the Eight Mile Flat camp ground and your second aid station.

See cut off times here: <http://www.hut2hut.oscars100.com.au/2020-hut2hut-alt-course/>

**It is imperative that you keep moving at a decent speed – trekkers inclusive – hence you must stay ahead of these cut offs times to ensure you don't DNF.*

www.hut2hut.oscars100.com.au/hut2hut/



SECTION THREE EIGHT MILE – PIKES FLAT

At Eight Mile campground you now leave the traditional Hut2Hut course (the old course heads directly south and very steeply uphill from here!) **This year all competitors continue running on east upstream from Eight Mile, only going gently uphill.**

The sweeping, singletrack weaves its way for the next ten kilometres, crossing the Howqua River another 13 times! The singletrack is fairly clear, undulating and fun. You will pass Ritchies Hut en route, where there is a toilet if you need it.

CAUTION: there are NO MARSHALS situated at each river crossing. PLEASE take extreme care and cross with caution. If you are with other participants, please stay close and cross together ensuring everyone gets to the next riverbank safely. Step carefully, noting slippery rocks and surfaces make each crossing potentially hazardous. PLEASE TAKE CARE!

Approaching Pikes Flat, you will pop out onto Sixteen Mile Jeep Track – turn left and follow along all the way into Pikes Flat Aid Station.

See cut off times here:

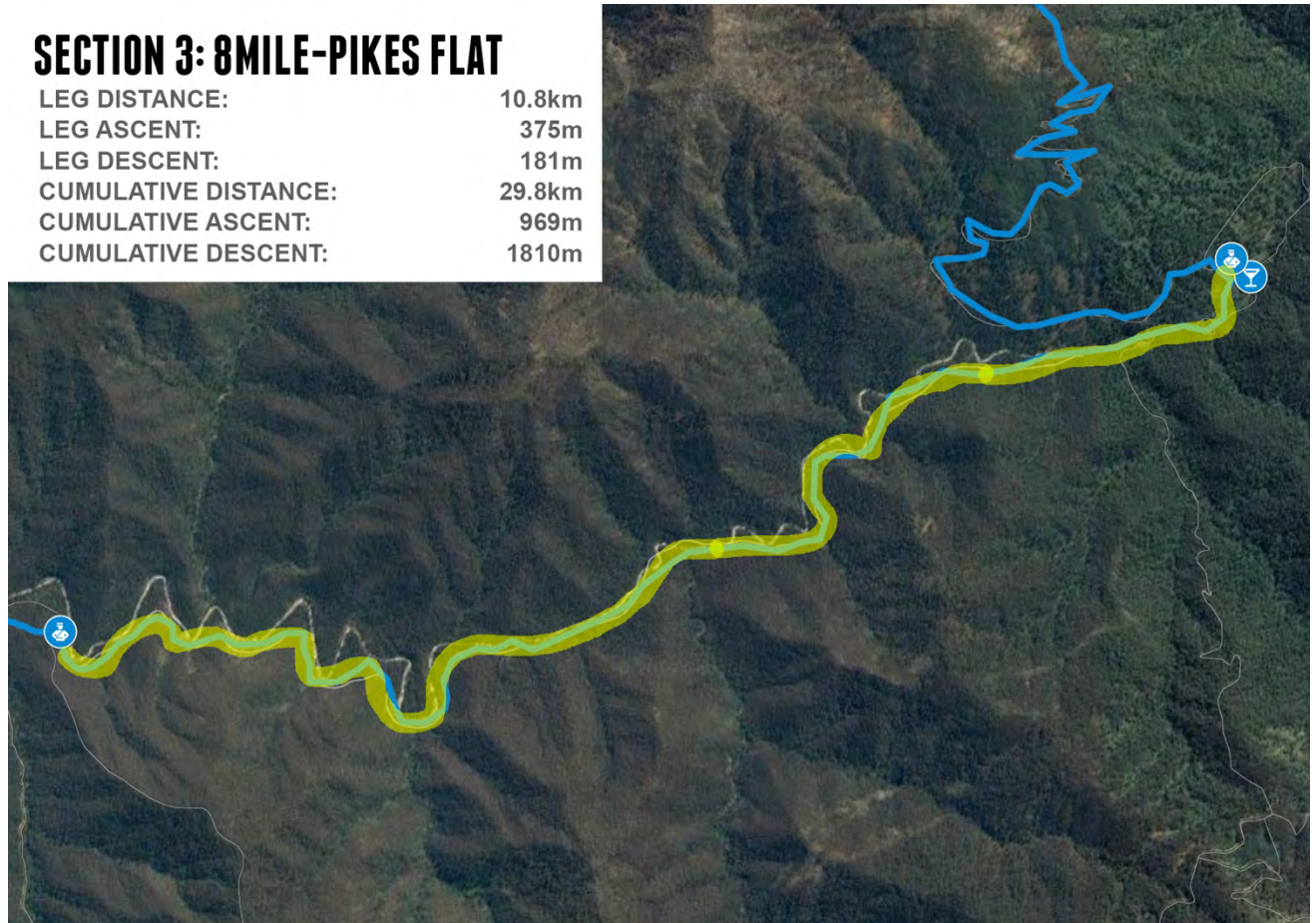
<http://www.hut2hut.oscars100.com.au/2020-hut2hut-alt-course/>

****It is imperative that you keep moving at a decent speed – trekkers inclusive – hence you must stay ahead of these cut offs times to ensure you don't DNF.***

A NOTE FOR SUPPORT CREW: Support crew MAY NOT CAMP at Pikes Flat. Given the amended course logistics mean that there is limited space at Pikes Flat, we are restricting camping there to competitors, essential volunteers and Hut2Hut staff. Support crew are to camp at Hut Camping Area if they are staying the night.

SECTION 3: 8MILE-PIKES FLAT

LEG DISTANCE:	10.8km
LEG ASCENT:	375m
LEG DESCENT:	181m
CUMULATIVE DISTANCE:	29.8km
CUMULATIVE ASCENT:	969m
CUMULATIVE DESCENT:	1810m



SECTION FOUR PIKES FLAT-HOWQUA GAP HUT

Reaching Pikes Flat, we hope that you have left some steam in the legs because there's a little up section. Okay, a big up section. We'll be honest, this next 14km and 800 metres of climbing is not the prettiest section of the course – it's an old logging road – rather it's a challenge of mind and body as you grind up towards Howqua Gap Hut, taking in several switchbacks before joining Circuit Road, where you turn LEFT. As you climb up the track have a look back and you'll see a great view of The Bluff.

PLEASE BE CAREFUL on this road – it is 2WD-accessible and the main thoroughfare to Craig's Hut / King Hut so there will be traffic. Keep to the left-hand road verge and be mindful of vehicles.

HEADPHONES ARE BANNED on this section: it is a *disqualifiable* transgression to wear them. This is on account of safety in that we need you to be able to hear oncoming traffic.

Follow Circuit Road north uphill until you reach Howqua Gap Hut intersection. Look for the small single-track leading up to your right (east) – this will take you up to the Howqua Gap Hut's compound and the aid station.

It is MANDATORY to check in at the aid station.

See cut off times here:

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



***It is imperative that you keep moving at a decent speed – trekkers inclusive – hence you must stay ahead of these cut offs times to ensure you don't DNF.**

SECTION FIVE

HOWQUA GAP HUT – BULLER

You're back on the original Hut2Hut course now, as you'd expect there's a small task yet, in a gradual climb up Woolly Butt Spur towards Corn Hill (1630m). Note that you are now following a MTB track called 'Trigger Happy'. Nearing the top of Trigger Happy, you will need to take a dog leg turn back to your RIGHT, on a double track that wends its way down to join Cornhill Track. Once you hit Cornhill, ensure you turn SHARP LEFT (west) to continue on towards Mt Buller. Cornhill Track will eventually come to an intersection where numerous MTB trails converge: Cornhill, Clancy's Run, Delatite River, Picnic Trail and Wombat. Now, as we get closer to the Buller resort, it's important to get your thinking and navigation cap on as there will be more trails criss-crossing to confuse you!

Pick up Wombat Trail. This will lead you down into a small skills section of the MTB trail, before spitting you out, back over Corn Hill Road, and into another small skills section. The trail will lead you on up a small gradient along Split Rock Trail. Keep sidling to the left, don't take any of the trails coming in at you from the right. Split Rock switchbacks up to join Family Trail, a flat, wide trail. Turn left and travel along, noticing the Buller Village just above you. Keep running along Family Run until you reach the Buller Aid checkpoint. The finish line is within cooee here but not for you, you have another lap to go ;-). Continue along Family Run until you are directly up what looks like a steep ski run (Because that's what it is). Follow signage until you pick up the southern section of the Summit Nature Walk. This leads to the car park at the bottom of Buller Summit. Up you go. To the summit.

If it is your first lap, head back out on the course towards Four Mile, following the same instructions you did for the start of the race.

If it is your second lap, once at the summit, you need to rip a page from the book ALLOCATED for Hut2Hut (DO NOT take a page from The Archie book!) and then return the way you came.

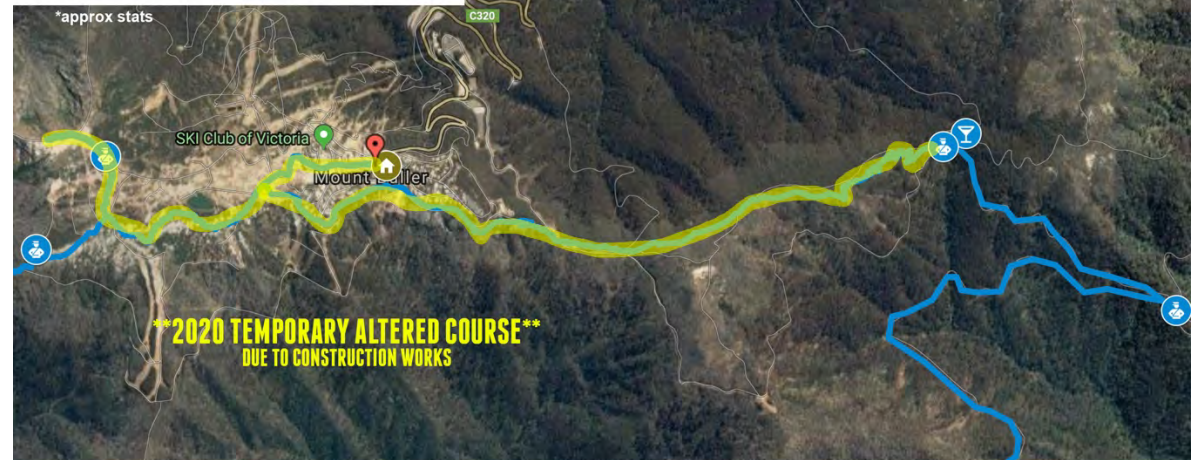
Due to construction works on the mountain, the route back to the finish line is temporarily altered this year. Runners remain on the southern side of the mountain, returning back past the dam. BEFORE heading back down the steep ski slope, veer to your left (the way you came at the start but in the opposite direction), so you go back past The Arlberg, picking up the main Resort road until reaching Athlete's Walk. The road will hook to your left – you keep going straight down onto the footpath section, past Abom, and back to the village square and the finish.

See cut off times here: <http://www.hut2hut.oscars100.com.au/2020-hut2hut-alt-course/>

*****NOTE: should a competitor meet the final cut off at Howqua Gap Hut but then fall behind cut off pace as they reach the section of the course that passes nearby the finish line (albeit still with 4.5km to go), event management reserves the right to 'shortcut' competitors directly to the finishline. A DNF will be recorded. Please do not contest any such decision/s noting that they are made for the safety not only of competitors but also our volunteer and event staff who require rest from long shifts over the course of the weekend. While we appreciate that any such occurrence will be disappointing for the participant, we also call for and appreciated your understanding.*****

SECTION 5 : HOWQUA GAP HUT-BULLER

LEG DISTANCE:	11.4km
LEG ASCENT:	591m
LEG DESCENT:	366m
CUMULATIVE DISTANCE:	55.4km
CUMULATIVE ASCENT:	2360m
CUMULATIVE DESCENT:	2360m



NOTES RE CUT OFFS: There is one golden rule for competitors – *cut offs are mandatory and non-stretchable! There is no discretion.*

NOTES RE: trekkers: Everyone will stay at Pikes Flat. Use the timings above to judge what your approach is, and have a plan! You are either planning on doing the course in up to two days (one sleep over); or two-and-a-half days (two sleep overs). It is important that you are realistic when using your judgment and devising your trek plan as our logistics revolve around it!

NOTES RE: trekker sleeping gear logistics: All trekkers will be required (mandatory) to carry their own sleeping bag (lightweight is fine) and sleeping mat. Plan your backpack choice carefully as you need to carry this around the entire course, along with the other mandatory items and water. All competitors also need to supply their own tents, however tents will be tagged and collected prior to the start of the challenge (at the Thursday briefing) and transported to the Pikes Flat (so you *do not* carry your tent). You can stash small items such as plates, personal cutlery etc. in your tents so long as it does not significantly increase the size of your tent bag!

NOTE that there is a BAG RULE: we will only accept 1 x dropbag the size of regular shopping zip-up cube bag (pictured) per person or team runners or solo runners.



04.

MAPPING & NAVIGATION: NOTES

Oscars100 Hut2Hut takes place over a distance of 105km with most of the course passing through **remote, thick, challenging wilderness** areas. This is an adventure, after all.

You will travel along dirt roads (4WD / 2WD) for some stretches, while others will be formal marked trails. Others again are 'trails' in that they can be found on maps, but as is the way with the Australian bush, that doesn't mean the way forward is obvious or clear in many parts. They can get closed in with thick brush at times and there can be animal tracks leading off to confuse (and signs aren't exactly prolific!).

To be clear, while we will be marking sections of the course and major intersections (only), we cannot and will not be marking the course heavily with 'confidence markers' as you may find at a shorter trail run / walk event. You will need have some confidence in being in the wilderness and keep your wits about you. You will need to think and make judgement calls and minor navigational decisions (with major consequences). This is NOT to say that you need to be an expert navigator or orienteering champ! You will be on gazetted trails, most of which have 'footfall markings' - that is, look down and you will see clear signs of foot traffic having passed along the route. Plus, you will have read up on the course (won't you?!).

What we *are* saying is that you need to know how to look at a map, recognise a trail, read topographical lines and generally get a sense of where you are according to a map and more importantly, where you need to get to.

As mandatory for ALL COMPETITORS, you need to have on your person / team

- 1 **Physical map** of the course, preferably laminated and/or in waterproof slip. **Self-supply. \$12-15. See online sales links below.**
- 2 **Mobile phone, with spare battery charge, pre-loaded with AVENZA MAPS APP** with the course downloaded into the App. The beauty of this system is that you don't need regular phone reception for the map to work including a locator beacon telling you where you are in relation to the marked course. So really, you should never get off course – just turn on your phone, open the map within the App, and you can see on a topographical map where you are in relation to the course (hopefully on it!). **Self-organise. FREE. SEE EVENT MANGER IF YOU CAN'T WORK IT OUT.**

****THE AVENZA MAP LINK FOR DOWNLOAD WILL BE AVAILABLE PRIOR TO THE EVENT. WE WILL NOTIFY ALL COMPETITORS WHEN IT IS READY FOR DOWNLOAD****

You can download the GPX file (**ensure you download the 2020 alternate course here <http://www.hut2hut.oscars100.com.au/2020-hut2hut-alt-course/>**) and upload to your GPS-enabled device (GPS handheld unit with AU map installed is best or use on your GPS-enabled watch (one with tracking ability)).

www.hut2hut.oscars100.com.au/hut2hut/



MAPPING & NAVIGATION: NOTES

ON COURSE MARKING: will consist of red 'Tour de Trails' arrows used at major turning points and sometimes pink and pink reflective ribbons (although we will use this sparingly).

The alternate course for 2020 is less wild than the original however there are still considerable dangers and you must exercise caution in both moving and navigation. Be mindful of the hardest to navigate:

- 3 Four Mile Spur** (*on course from approx 3km mark through to 12km*). Difficult terrain. No one will be running the first four kilometres. It is rocky underfoot, steep and closed in bush. Be alert and do not drop off either side of the spur. From approx 4km the going gets a little easier. But be mentally prepared for slow going in this section.



MAPPING & NAVIGATION: TOOLS

These Hut 2 Hut files are for course approximation and research purposes. They show the true *route* and approximate *elevation* data however the data consists of several tracks edited and as always there may be some variation from your on-course recorded data. Apply the 'Ish' rule.

GPX / KML downloadable files

These Hut2Hut course downloads are for course *approximation* and research purposes. They do show the true *route* but the *elevation* data on the GPX is incorrect as the data consists of several tracks edited, a process that has corrupted the true *elevation* values with some drop out.

The GPX can, however, be used to *navigate* on a GPX / GPS compatible unit.

- KML (for Google Earth)
- GPX (useable on nav devices, Google Maps etc)

You can get the KML and GPX downloads from the Hut2Hut website here – <http://www.hut2hut.oscars100.com.au/2020-hut2hut-alt-course/>

**use at your own risk.*

More mapping and navigation information found on the [NAVIGATION](#) page.

PHYSICAL MAPS MANDATORY

We suggest investing in the Outdoor Recreation series *Buller-Howitt Alpine Area* bushwalking map, 1:50,000, published by SV Maps. They give a level of detail as seen on the course sections found on [The Trails page](#) of this website. You can pre purchase this map today online via:

- [Bogong Equipment](#)
- [Hema Maps](#)
- [Spatial Vision](#)

You can carry the map as is, or we also recommend scanning (or photographing) relevant course sections, printing out and laminating as easy-grab weatherproof cards.

AVENZA MAPS – mapping App for Oscars Hut 2 Hut **MANDATORY**

Once set up, the app works WITHOUT mobile reception, locating you on a 1:50,000 topo map. You need to download the App onto your smartphone, then download the full high-res course map into the App.

Download the instructions on how to load your map into Avenza using the PDF from the relevant link - print out if you need to:

- [Apple](#)
- [Android](#)
- [Windows](#)

MAP LINK FOR AVENZA

You will need to copy and paste a supplied link to load the map into your Avenza App. **FIND THE REQUIRED LINK AT**

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

(To download the map make sure you allow the app to access your data or be connected to WiFi.)

USING AVENZA MAPS

To make full use of Avenza maps, **GPS must be turned on in your device.**

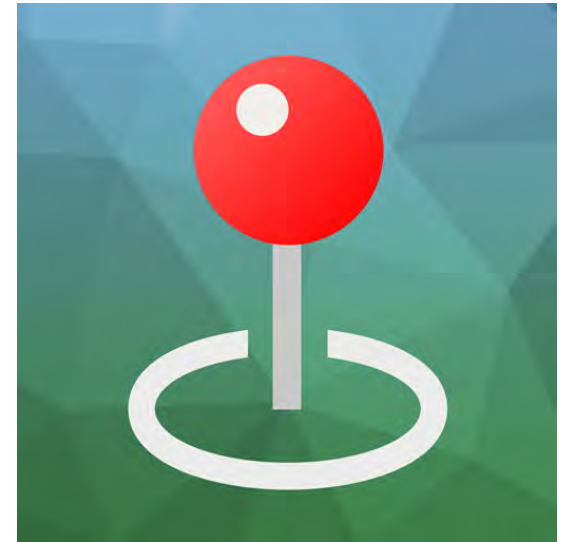
- On the map, key locations are marked with yellow labels, and the route is marked as a semi-transparent blue line.
- The latitude and longitude numbers at the bottom of screen correspond to the point that the cross-hairs are targeting at centre screen.
- Therefore, you can scroll around to any position on the map & determine the co-ordinates of the point between the cross-hairs.
- Your current GPS location is displayed on the map as a blue dot.

Press the 'Location Button' to centre in on your current location.

Once this is done, your current lat/long co-ordinates will match the lat/longs displayed on the screen.

This will only work if you are physically located within the map boundaries.

www.hut2hut.oscars100.com.au/hut2hut/



05.

MANDATORY EQUIPMENT LIST TEAM RUNNERS

As this event will take you through the wilderness of Victoria's Alpine region you will be required to carry, as a minimum, a range of mandatory gear.

We have put together this list based on having average seasonal temperatures so please treat the mandatory gear list as the minimum you should carry. It will be your responsibility to ensure you are best prepared for the weather conditions. Weather in the Victorian Alps can change quickly so while you may only want to take the lightest mandatory gear it may not be enough should it get cold. **Mandatory kit will be checked at race briefing, plus random checked throughout the event.**

ALL TEAM RUNNERS AND TREKKERS

- suitable backpack for carrying items below [click here](#)
- Waterproof and windproof jacket with hood and **sealed seams** [click here mens](#) [click here ladies](#)
- Waterproof and windproof pants with sealed seams [click here mens](#) [click here ladies](#)
- Sleeping bag
- Sleeping mat
- Long sleeved thermal top and long johns (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will not be acceptable
- Beanie/balaclava [click here](#)
- Windproof gloves
- Map of the trails, preferably 1:50,000 *Buller-Howitt Alpine Area* Outdoor Recreation Guide trekking map by Spatial Vision. See [NAVIGATION PAGE](#) for where / how to buy online.
- Course notes (preferably laminated or in a waterproof map case or zip lock bag) [click here](#)
- Fail Safe Base Plate Compass (Digital or GPS compass is **NOT** enough) [click here](#)
- Lighter or waterproof matches
- Whistle (pea-less) [click here](#)
- Basic First Aid kit including: emergency space blanket or equivalent; Triangular bandage; personal medicinal requirements; band aids / blister wraps; 10cm elastic bandage for snake bites/sprains. NB: cotton crepe bandages are NOT acceptable. [click here](#)
- Fully charged mobile phone **PLUS** minimum 1x portable mini power bank (1 phone per solo runner/2 per team or relay team—Telstra provides the only coverage in patches).
- pre-loaded [Avenza Maps App](#) on your smartphone PLUS the course map downloaded into App. See [INSTRUCTIONS HERE](#) for how to organise.
- Torch/headlamp PLUS spare batteries. Second back up headlamp preferred. [click here](#)
- Food—for the run and emergency food if lost
- Water carrying capacity —minimum 2-litres. More recommended if forecast is hot. [bladders](#) [bottles](#)
- Waterproof bag to keep your compulsory clothing dry (plastic bags/zip lock bags or dry sacks are fine) [click here](#)
- Sunscreen (roll on or tube) [click here](#)

- **NOTE - Plate, Bowl, Knife, Fork, Spoon, Cup (or combination of is mandatory. You won't need to carry this, it will go in your drop bag and be transported for you).**
- **Not Mandatory but recommended – Personal items; toothpaste, toothbrush, deodorant, spare sock, spare jocks, personal wipes, spare warm top (or combination of. You won't need to carry this, it can go in your drop bag and be transported for you).**

REMINDER NOTE: As mandatory, you need to carry a mobile phone, with back up charge battery, with the [Avenza Maps App](#) loaded PLUS the course map downloaded *into* App. See [INSTRUCTIONS HERE](#) for how to organise.

NOTE: **All teams will be required to supply own tent** (two person for both team members), however **you will NOT have to carry it**. Tents (only) will be transported out to your designated sleepover aid stations. So please be realistic about where you are likely to sleep over. Those who are staying at the first (Lovicks) layover, we will also transport your tent around to Kings for your second night stop. We expect MOST teams will stay over two nights (Friday and Saturday) at Lovicks and Kings Hut. See our guide to expected timings to judge how you think you will fare.

Not mandatory but some stuff we suggest:

- Hiking/Trekking Poles
- Gaiters or Moxy's shin guards

TEAM RUNNERS PLEASE NOTE:

HUT2HUT is a team event, so you are to remain with your teammate at all times. One of the key reasons we want you to remain together is for your safety. In prior years we have had team members come into check points hours apart. From 2020 onwards it is mandatory you enter and exit all checkpoints together and that on course you always have a line of sight to your teammate. If you split up, one of you will be without your Spottracker or PLS or both which is dangerous and makes it impossible for us to find you on course. **YOU MUST NOT CHANGE TEAM MEMBERS ON COURSE WITHOUT THE PERMISSION OF THE RACE DIRECTOR.**

It is advised you that you base your moving speed on your slowest team members pace. Too often we see teams withdraw due to the faster competitor pushing the other competitor too hard. This race is about placings or how quickly you finish. It's an experience so work together to ensure you both get the most out of it.

MANDATORY EQUIPMENT LIST SOLO RUNNERS

- suitable backpack for carrying items below [click here](#)
- Waterproof and windproof jacket with hood and **sealed seams** [click here mens](#) [click here ladies](#)
- Waterproof and windproof pants with sealed seams [click here mens](#) [click here ladies](#)
- Long sleeved thermal top and long johns (polypropylene, wool or similar). Cotton, coolmax, lycra and any compression garment will not be acceptable
- Beanie/balaclava [click here](#)
- Windproof gloves
- Map of the trails, preferably 1:50,000 *Buller-Howitt Alpine Area* Outdoor Recreation Guide trekking map by Spatial Vision. See [NAVIGATION PAGE](#) for where / how to buy online.
- Course notes (preferably laminated or in a waterproof map case or zip lock bag) [click here](#)
- Fail Safe Base Plate Compass (Digital or GPS compass is **NOT** enough) [click here](#)
- Lighter or waterproof matches
- Whistle (pea-less) [click here](#)
- Basic First Aid kit including: Triangular bandage; personal medicinal requirements; band aids / blister wraps; 10cm elastic bandage for snake bites/sprains. NB: cotton crepe bandages are NOT acceptable. [click here](#)
- **NEW FOR 2019 - Bivvy Sack**
- Fully charged mobile phone **PLUS** minimum 1x portable mini power bank (1 phone per solo runner/2 per team or relay team—Telstra provides the only coverage in patches).
- pre-loaded [Avenza Maps App](#) on your smartphone PLUS the course map downloaded into App. See [INSTRUCTIONS HERE](#) for how to organise.
- Torch/headlamp PLUS spare batteries. Second back up headlamp preferred. [click here](#)
- Food—for the run and emergency food if lost
- Water carrying capacity —minimum 2-litres. More recommended if forecast is hot. [bladders](#) [bottles](#)
- Waterproof bag to keep your compulsory clothing dry (plastic bags/zip lock bags or dry sacks are fine) [click here](#)
- Sunscreen (roll on or tube) [click here](#)

Not mandatory but some stuff we suggest:

- Hiking/Trekking Poles
- Gaiters or Moxy's shin guards

SOLO INVITATIONAL RUNNERS will be required to *bring* the following gear however you will not be required to carry it with you. It will be transported to Kings Hut for emergency use only:

- Sleeping bag
- Sleeping mat

When you finish: We strongly recommend that you leave a drop bag at the finish line with a change of warm clothes. Temperature drops quickly on the mountain and one you stop racing your body temperature will drop even quicker.

ALL PARTICIPANTS:

This gear won't be accepted so please don't include this in you mandatory gear

If you bring this equipment, and don't have suitable mandatory gear, you will NOT be permitted to start until you do:

- Water **resistant** jackets/over-pants
- Jacket **without** a hood
- "Skins" or equivalent are not acceptable as thermal top/bottom
- Non elasticised snake bite bandage less than 10 cm

Be Aware

There will be mandatory gear check at random checkpoints. If you are not carrying the mandatory gear you will be detained at the checkpoint until you can access the required gear. If you cannot obtain the required gear you will not be allowed to continue and you will be removed from the event. This list of equipment has been put together to protect you and protecting you is something we take very seriously.

YOU MUST CARRY ALL MANDATORY GEAR WITH YOU AT ALL TIMES WHILE ON THE COURSE. THERE WILL BE GEAR CHECKS EACH DAY AND YOU WANT BE ABLE TO PROGRESS IF YOU'RE NOT CARRYING THE MANDATORY GEAR

06.

SLEEPING/GEAR/FOOD LOGISTICS

Do you have to carry your own sleeping bag and mat? YES. IF YOU ARE A TEAM ENTRANT. As with events like the Marathon des Sables, due to the logistics of getting so much gear into very remote locations, we require trekkers planning on staying either one night or two, to carry their own lightweight sleeping bag and mat. We suggest NOT taking your biggest, heaviest bag! Lightweight, compact bags are available at reasonable prices. We don't expect it to be too cold overnight, but let's face it, this is a challenge and there is a chance you may not get the best sleep you've ever had – but it's not about being comfortable! Your bag, together with your clothing, only need keep you warm enough to be SAFE! Not necessarily super comfy! Beside, you'll be in a two person tent – snuggle. Worst case, get your emergency space blanket (mandatory) out, and use it! **BIVVY SACKS WILL NO QUALIFY AS SLEEPING BAGS**

IF YOU ARE A SOLO INVITATIONAL RUNNER you still need to supply a sleeping bag and mattress, but yours will be forwarded to Pikes for emergency use only should you not make the cut off. Two-person teams – please do not ask if your sleeping bag and mat can be forwarded also – the answer is no – if you qualify this year as a solo invitational, you then get the benefit of not carrying sleeping bag and mat the following year! Your gear will be bought back to Buller the next morning.

Aren't there huts to sleep in? There are huts, but they are not for sleeping in, officially. Officially, we need to sleep in tents and honestly, they are warmer and more comfortable than the often rat-visited huts anyway!

What about a tent? How does that work? YOU NEED TO SUPPLY YOUR TWO-PERSON TENT AT REGISTRATION, ONE PER TEAM, with it clearly marked / tagged with your names, contact numbers and which sleepovers you are planning on resting overnight at (you will get colour coded bands to help us recognise when the bags need to go which is explained later in the booklet). This is so we can plan our transport logistics. YOU DO NOT HAVE TO CARRY YOUR TENT. We will transport between stages and then back to the finish for pick up.

Can I send a drop bag of goodies / gear out on course? YES but ONLY to Pikes Flat aid station, and ONLY a small, contained bag the size of a reusable shopping bag. We need to limit the number of bags / sheer volume as we only have limited 4WD transport to get out on course and need to prioritise aid station gear. **Drop bags are only for a little extra food or clothing only, they are NOT for sleeping bags and mats, and they should be packed together with your tent in a SMALL bag. Each Team competitors is allowed one bag each. Each solo runner can have 2 drop bags.**

What will I eat out on course? The aid stations will have basic supplies supplied. Minor aid stations will have water, some True Endurance Carb and Electrolyte fuel, lollies, chips, fruit, bread and spreads. At Pikes Flat where everyone will overnight, we will supply some form of basic BBQ (sausages, burgers, veggie burgers, noodles) and basic cereals and UHT milk, tea and coffee. It won't be gourmet, but we'll do our best! You can use a drop bag to add in any special food items you would like, but please note, *it needs to be a small bag, clearly labelled and preferably lightweight.*

I'm a Solo runner – do I need to worry about sleeping bags, tents and mats? YES. As per above you still (as mandatory) need to bring a sleeping bag and mat. We will collect them from you at registration, and forward them to Pikes Flat as emergency supplies should you not make Friday night cut off. If this happens you will be required to stay over at Pikes (or DNF if you want to go back to Buller, noting you may have to wait for transport back to Buller).

DROP BAGS – limited to a 20L bag (small reusable shopping bag) max, clearly marked with name and contact number.

Drop bags can be a maximum size of the image shown. We recommend an insulated, re-usable shopping bag as these are more durable. Bags or containers or crates bigger than this will not be accepted.

All drop bags will go to Pikes Flat.

Whilst all care and responsibility will be taken with drop bags, we suggest that you use something that is not overly valuable and easily replaceable, as will not be responsible for any lost baggage (explanation: we rely on a huge team of volunteers out on course and cannot micro-manage).

Experience shows that while our vollies do an awesome job, sometimes things go missing / astray purely because of the huge logistical effort involved, the sheer amount of equipment and gear being transported, and we're all only human. Dropbags and contents will not be replaced / compensated for.



TRANSPORT TAGS

To make transportation of your bags and tent easier we have implemented a colour coded tagging system. When you check at race registration you will nominate where you want your bags to go and be given tags to match. For team runners you get one for your tent and one each for your drop bag. Solo runner will get one for your tent and drop bags. These will refer to one-day, two-day or three-day participants.



07.

CREW / SUPPORT COURSE ACCESS

(PLEASE NOTE PACERS ARE NOT ALLOWED ON COURSE AT ANY STAGE – this is a lesson we learnt the hard way).

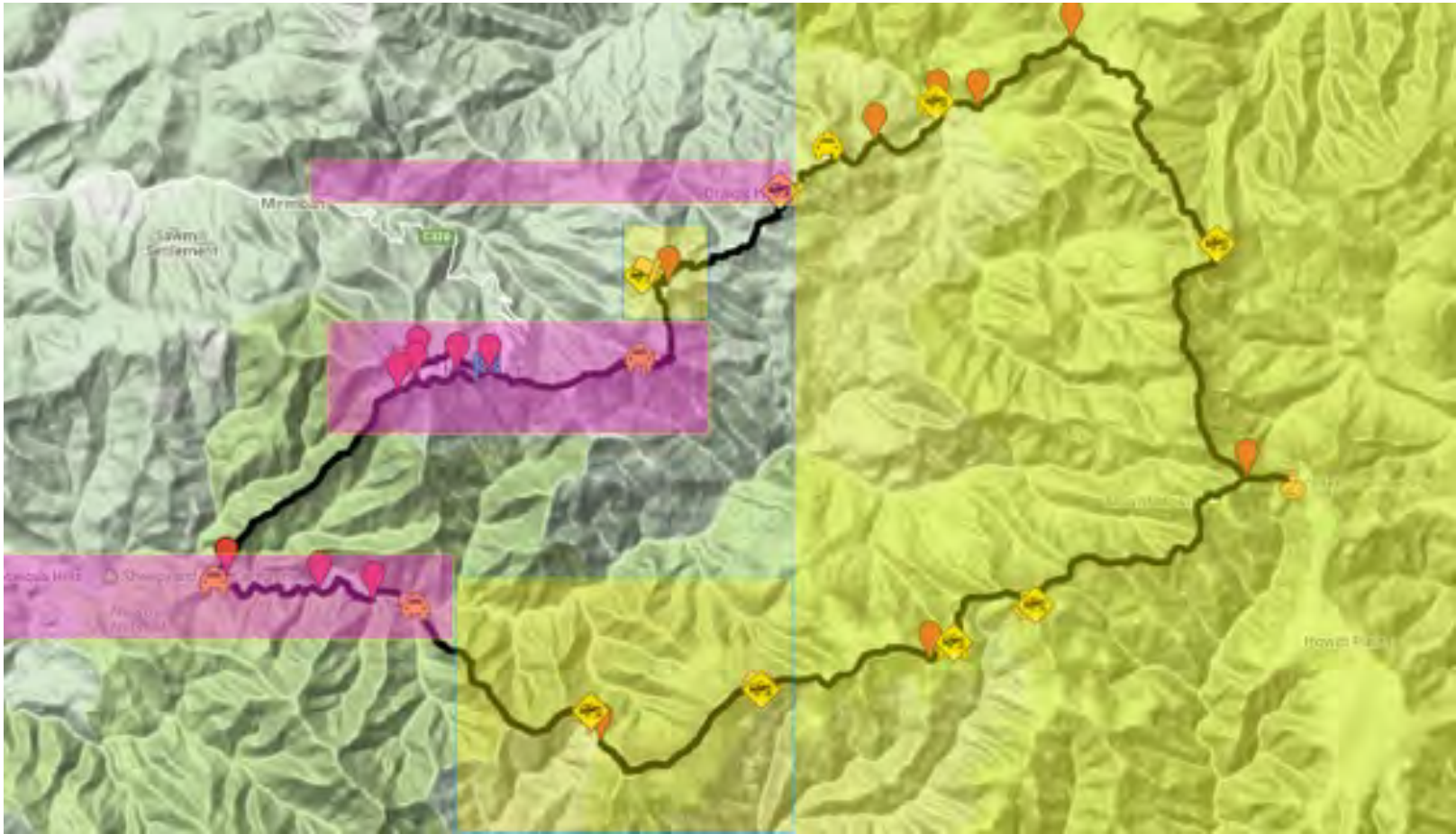
As Oscars100 is more about the doing than the winning, competitors can have crew assist on course. **HOWEVER NOTE, most of the course can only be accessed via fairly technical 4WD roads.** We suggest, if you do intend having crew meet you on course to resupply, that they drive a 4WD – that is a real 4WD, an AWD will not suffice. We recommend a proper 4WD with clearance and 4WD tyres as minimum. **Oscars100 and its contractors will not be held responsible for those crews attempting to access the course nor do we have the resource to assist should they need assistance.**

Those crews driving out on to the course do so at their own risk. If they get in trouble, they will be responsible for extracting themselves and their vehicle. If our team is in the area and can help without impacting their responsibilities to the event and its competitors, they will might, however the primary responsibility for all volunteers, 4WD staff and event staff is for those trekking and running in the event, and all priority will be afforded to them. We suggest that any driver willing to access the course on the 4WD section be a proficient 4WDer with at least some experience in the field. Suggested crew meet ups are:

AWD ACCESS FROM SOUTH (PINK)

- Mt Buller (2.5km into course. **NOTE for 2020, there is no access to the Buller Summit Car Park**)
- Howqua River CP / bottom of Four Mile (12.5km into course – GOOD ACCESS)

The following AWD / 4WD access indicator map and table with Google Map links shows base details regards access. If you intend driving out on course (**AWD Pink** or **4WD Yellow** sections) you should have a GOOD topographical map that is up to date for the region. There is not always phone or GPS connectivity out on course so do not rely on it.



COURSE KM BRACKET	DESCRIPTION	ZONE	ACCESS POINT/S	VIA ROAD	NOTES	ACCESS	MAP
0-3.5km	Village - Summit – Four Mile Drop off (Koflers Corner / Zwiers Zig Zag)	1	N/A in 2020	Summit Road / dirt roads to Koflers Corner / Zwiers Zig Zag	AWD	AWD	**NOTE: for 2020, due to construction works on Mt Buller, support crew will not be able to access the Summit car park or Four Mile drop off**
3.5km – 12.5km	Four Mile Drop Off - Gardiners Hut / Four Mile	2	Gardiners Hut / Four Mile CP	Buller Road > Howqua Track > Sheeppyard Flat > Brocks Road > Gardiners Hut	No crew access along event route section. Access end of section only. AWD to Gardiners Hut Aid Station (bottom of Four Mile)	AWD	https://goo.gl/maps/gSgfPQN13g82
12.5km – 19km	Gardiners Hut – Eight Mile Flat	2	1. Gardiners Hut 2. along Brocks Rd 3. Seven Mile 4. Eight Mile	Buller Road > Howqua Track > Sheeppyard Flat > Brocks Road >	AWD Several access points along Brocks Road. Participants also use Brocks Road as on course for some stretches. If wet access to Eight Mile can become AWD / 4WD only.	AWD	https://goo.gl/maps/7Fa5iZFeLPE2
19km – 29.8km	Eight Mile Flat – Pikes Flat	3	1. Eight Mile 2. Pikes Flat	Brocks Road > Bluff Link Road > Sixteen Mile Jeep Track (ALT: continue on Bluff Link Rd > Upper Howqua Rd > Pikes Flat) Buller > Cornhill Track > Circuit Rd > Bindaree Rd > Upper Howqua Rd > Pikes Flat	4WD There are two access routes to Pikes Flat, both require 4WD and have technical sections. Sixteen Mile Jeep Track in particular is steep. Upper Howqua Rd requires a river crossing with deep holes.	4WD Only	(From Eight Mile via Sixteen Mile Jeep Rd **technical 4WD, steep**) https://goo.gl/maps/giomcvaUdNxRabx48 (From Buller **technical 4WD, river crossing**) https://goo.gl/maps/JK3659rJi8vkgPiq7
29.8km – 44km	Pikes Flat – Howqua Gap Hut	4	1. Pikes Flat 2. Howqua Gap Hut / Circuit Rd Junction		To Pikes: 4WD only There are two access routes to Pikes Flat, both require 4WD and have technical sections. Sixteen Mile Jeep Track in particular is steep. Upper Howqua Rd requires a river crossing with deep holes. To Howqua Gap Hut: AWD	4WD only Pikes Flat AWD to Howqua Gap Hut	(from Pikes Flat) https://goo.gl/maps/DmKVroFUyLh1mwU6 Howqua Gap Hut: (from Buller) https://goo.gl/maps/uuX6pNc6zwx
44km - 55km	Howqua Gap Hut – Mt Buller Summit – Buller Village	5	1. Howqua Gap Hut 2. Corn Hill Track (note: participants use MTB)	Buller > Cornhill Track > Circuit Rd	AWD access can be gained from Mt Buller Village to Howqua Gap	AWD	Howqua Gap Hut (from Buller) https://goo.gl/maps/uuX6pNc6zwx

			trails to south) 3. MTB Skills Park / Corn Hill Track crossing 4. Village Trail / Nature Trail / Summit / Nature Trail / Arlberg / Village.		Hut, covering all access points NO CREW ACCESS along Cornhill Logging Track		
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08. SAFETY / FIRST AID / COMMUNICATIONS

The event will employ the services of a professional event safety management company, Endurance Medical Services, headed by experienced first aid medic Deb Sharp. They will be responsible for providing first aid response across the event footprint along with safety advice, direction and assistance with communications. The Endurance Medical Services team will be based at the Event HQ and at strategic positions on course. Multiple crews will be based in appropriate mobile units with a capacity to respond across the course as necessary. A Medical Commander will be static and located within a medical marquee at the event HQ, Mt Buller Resort.

In the event of a patient transport requirement, it is most likely the patient will need to be evacuated from a wilderness location not accessible by Ambulance Victoria vehicles. Thus, Endurance Medical Services and/or 4WD Marshal response teams will if able access patient and following critical care, transport patient directly to Mansfield Hospital (as taking patients back to Mt Buller to meet any ambulance would only be an unnecessary distance and time diversion).

The nearest hospital to all venues is **Mansfield District Hospital**, approximately 30 minutes from Mirimbah (base of Buller – likely nearest ‘extraction to main road’ point). NOTE: if the injury or illness is considered serious, arrangements will be made to transfer the patient to the appropriate metropolitan or regional health service. In many instances this will be to **Northeast Health Wangaratta**. Being an unfunded service, patients will be charged by Ambulance Victoria if transferred from Urgent Care.

All participants are encouraged to take out ambulance subscription prior to the event. The event will not be responsible for costs incurred in any medical evacuation i.e. helicopter which can cost thousands!

EMERGENCY CONTACTS

EMERGENCY	POLICE, FIRE, AMBULANCE	000
Event Safety Services	Deb Sharp	0410 794 631
RACE DIRECTOR	Chris Ord	0430 376 621
PARKS VICTORIA	Bart Smith, Ranger	0427 547 571
PARKS VICTORIA	Tamara Watson	0417 651 036
PARKS VICTORIA	Duty Officer	131 963
DSE	Duty Officer	136 186
MANSFIELD SHIRE		03 5775 8500
Police	Duty Desk	000 / 03 5775 2555
Hospital	Duty Desk	03 5775 8800
CFA Region 23 //	Duty Desk // Paul Horton	03 5721 4122 // 0437 458845



MEDICAL EXPERIENCE

Endurance Medical Services (www.endurancemedicalservices.com.au/) has managed the medical and safety needs of many remote and adventure events including: Hounslow Classic, Warby Trail Fest, Down Under 135, Bright Ultra, GSER, GOW100 and Buffalo Stampede

IF YOU NEED TO WITHDRAW AT ANY TIME:

it is mandatory that you contact immediately (if possible) or as soon as possible the Race Director to advise us of your withdrawal, the reason and what actions are being taken to transport you back to Mt Buller Resort.

We ask that you also, as safety, advise the next marshal you come across, and ask that they also contact the Race Director to advise NAME, BIB NUMBER, and details of the withdraw.

COMMUNICATIONS

MOBILE PHONES

For competitors, you will have your mobile phones on your person at all times (as part of mandatory gear, pre-prepared with Avenza course map loaded on to it, with a spare battery charge also). While we encourage you to leave the phone off for the most part (or at least ensure it has all Apps closed and not draining power), you will find reception at various places along the course, especially up high along the ridgelines where you have views back to Buller. So feel free to post to Facebook, call your Mum/Dad, but be mindful of battery (and cut off times) remembering:

- the primary use for your phone is navigation / locating oneself with the Avenza Map
- also it is your primary device in case of an emergency. Should anything happen out on course, check to see if you have reception and can call in to Race Command.
- use battery sparingly for social media and social calls!

EVENT COMMAND

An Event Communications Centre (ECC) will be set up at the Buller Village. It will monitor continuously and communicate regularly with all marshal points and Aid Stations, as well as on course safety teams.

There will be several forms of event staff communication along the course:

- **CB / Short Wave radios** with a repeater tower. First Aid and 4WD crew chiefs will have access as will Event Management.
- **Mobile Phones** at the start line and TA's that have coverage TBC.
- **Short Wave Radios** at the Finish Line and Mobile phones to communicate between staff at the finish line and ECC
- **Satellite phones (10)** – will be located at :
 - Event Command
 - Major Checkpoints (Eight Mile, Pikes Flat, Hawqua Gap Hut)
 - and with Sweeps at all times.
- **Spot trackers** have been supplied to participants opting for 'insurance' should their team member drop out – allowing them to go on.

PERSONAL LOCATOR BEACONS (PLBs)

SUPPLIED: The event is supplying each team (one per team) and each solo runner with a personal locator beacon. It is **MANDATORY to carry**. This is only to be used in the case of an emergency where you are expecting a full emergency response. You will pick it up when you register. **It is to be returned once you arrive back at Mount Buller.** If you pull out from the event mid race, please return your unit to Event HQ. **NOTE:** this is not a 'Spot' Tracker, so does not allow people to track you on course. It is a simple emergency locator beacon that is only to be set off in the case of an emergency where you cannot get communications through to the event team.

SPOT TRACKER

SPOT Trackers are used to give a live on course positional of all teams and solo runners. They rely on satellite communication and can drop out in deep valleys / canyons, so are not foolproof, BUT they will get coverage on most of the course. All Spot Trackers will be able to be viewed by race management, supporters, crews and those playing along at home via a link to be provided shortly.

IF YOU NEED TO WITHDRAW AT ANY TIME

It is *mandatory* that you contact immediately (if possible) or as soon as possible the Race Director to advise your withdraw, the reason and what actions are being taken to transport you back to Mt Buller Resort.

0430 376 621 (Chris) and 0408 872 141 (Andy) and 0414 866 334 (Simon)

put these numbers into your mobile phone

We ask that you text (to both) so there is a record of your NAME, BIB NUMBER, LOCATION, WHAT YOU ARE PLANNING TO DO NEXT.

We ask that you also, as safety, advise the next marshal you come across, and ask that they *also* contact the Race Director to advise NAME, BIB NUMBER, and details of the withdraw.

9. CREWING / SUPPORTING: MORE NOTES

GENERAL ADVICE

We are allowing crew support and access to runners on course. However, please note that the course in the main is very remote and requires some challenging 4WDing for parts.

It is possible to get from one part of the course to the other, but you will need to allow HOURS to get between certain sections. You will need to do the maths on how fast your team runners are travelling to ensure you reach the flip side in time!

At each major checkpoint we will be marking off teams and runners as they come through so you can check to see if your runner has been through. Please check in with the Aid Station Crew Chief when they are available. Their priority will be the competitors and any instruction they have received, not answering support crew questions so please be patient when seeking information. Their aid station teams are super helpful and will accommodate where they can.

For advice on accessing course and travel, see Section 7.

Crew are allowed to pass food / water / clothing etc at checkpoints only and also carry any required EXTRA sleeping gear for trekking teams. **HOWEVER all teams must carry all of their own mandatory kit including sleeping bag and mat. Please ensure ALL mandatory gear is checked prior to starting race. The sleeping bag and mat does not apply to Solo invitational runners** who have been approved by the race director to travel the course in a single day but the remainder of the mandatory gear does.

Support crew may not camp at Pikes Flat. Camping at Pikes Flat is restricted to participants, essential volunteers and Hut2Hut staff. Support crew are to camp at Binderee if they are staying the night.

Please be self-sufficient in terms of both sleeping equipment and food. This event takes no responsibility of the support crew or support crew vehicles. Please do not set up in areas marked for competitors or volunteers. If you are not sure please check with the check point marshal. Space at some points is limited so you may be required to set up away from the main area or across a river.

For any support crews bringing kids you are more than welcome to do so. We encourage it as it's a great experience for them. What we ask is you ensure your kids are aware that the checkpoint supplies are not for them to eat. With bowls of lollies and chips it's natural most kids would like a few bits but the food is there for the competitors' needs and many rely on it.

NO PETS ARE ALLOWED ON COURSE AT ANY TIME. ANYONE THAT TURNS UP WITH A PET/S AT CHECKPOINTS OR LAYOVER POINTS WILL BE ASKED TO LEAVE. MOST OF THE COURSE IS IN NATIONAL PARK WHERE IT IS ILLEGAL TO HAVE PETS. PETS PUT THE ENTIRE EVENT AT RISK AS IT IS A BREACH OF OUR PERMITS WITH PARKS. IF YOU HAVE TO HAVE YOUR PET WE ASK THAT YOU STAY AT HOME AND ENJOY YOUR TIME WITH THEM THERE.

PACING

PACING – is **NOT** allowed on course for reasons of safety. Any competitors who have support pacers will be receive a time penalty or be pulled from the course. This event takes no responsibility for support crew.

10. RULES

Please take the time to read

1. Event Rules - Please take the time to read
2. All rules are in place for the safety of all competitors, volunteers and event team.
3. You must complete the marked course on foot under your own power in your team of two. **PLEASE NOTE THE FOLLOWING:**
 - * This is a team event so you are NOT to leave your team mate on course at ANYTIME
 - * You must arrive at each checkpoint as a team
 - * No team is to split up, or continue as a solo competitors, without approval from the Race Director and without a spot tracker and PLB
 - * If a team member is injured, or unable to continue, the remaining team member may be allowed to continue once they have the approval of the Race Director
 - * Team Competitors who continue as solo participants are encouraged to join another team for the duration of the event. It is safer and makes it easier for us to follow you around the course..
 - * Teams are not allowed to swap team members.
 - * Any teams not adhering to these rules will be removed from the course.
4. Trekking poles are permitted to be used on the course (an encouraged)
5. If you use trekking poles they must be fully collapsible so they can either fit inside your pack or be strapped to the outside of your pack when not in use.
6. Your race number must be visible at all times. It must be on the outside of your clothing at all times and on the front of your body over your belly or chest. It must never be worn on your pants or leg. Do not cover over your race number with any backpack strap or article of clothing.
7. You must not fold, cut or change your race number in any way. It must be worn as is, unfolded.
8. The wearing of iPods or other music players with headphones is not recommended on the course. This is both for your safety, the safety of others. Also you must switch off music at all checkpoints so you can hear directions given to you by event marshals, you must switch off music when travelling on any roads so you can hear approaching traffic and you must switch off music when on any cliff sections of the course such as on the Four Mile descent so you don't cause yourself or someone else to get pushed off the edge. So while you may use iPods it is up to you to use them in a sensible and safe manner so that you remain aware of your surroundings at all times.
9. The wearing of iPods or other music players with headphones is not banned between Pikes Flat and Hawqua Gap Hut. This is because the course makes use of a public road and safety is paramount.
10. If you withdraw from the event, you must sign the withdrawal form at the closest checkpoint (unless assisted from the course by First Aid crews). You can then work with the Aid Station Crew Chief to arrange logistics of transport back to Mt Buller.
11. If you need First Aid help on the course you must use the phone numbers on your Participant Emergency Instructions Card to contact event organisers who will arrange to retrieve you.
12. You must stay on the marked course. Short cuts are not permitted. If you get lost, return to the last sighted marking. Don't cut corners.... Its cheating
13. You must carry your own Mandatory Gear at all times during the event. Random gear checks will be performed during the event. Any participant without the mandatory gear will not be able to proceed until they arrange for the missing item to be replaced. For the sake of fairness to other runners there will also be a penalty ranging from a minimum time penalty of 2 hours per item to disqualification based on the severity of the breach.
14. You must obey directions of checkpoint staff or course marshals at all times and withdraw from the race if you miss any time cut-offs at checkpoints or on course.
15. Littering is strictly prohibited. We want to leave no trace so we are welcome back the following year.
16. You must not leave human faeces on the track. If you need to poo either use a toilet or a wag bag or follow Leave No Trace principles.
17. If you leave the track to go to the toilet, you must leave your backpack to one side of the trail where you exited into the bush. This is so if you get lost, we can find your backpack and know where to start our search.

18. You must not take pets into the National Parks.
19. You must not smoke in the National Park
20. You must obey any information signs such as track closures, etc.
21. In training you must stay out of any out of bounds areas.
22. Leave gates as you find them. If closed, you may open a gate to pass through but it is your responsibility to close the gate after you.
23. The participant is responsible for the actions of their support crew. Support crews must comply with all instructions from event staff and officials. The participant may be penalised or disqualified for actions or breaches of the rules by their support crew.
24. Support crews must obey all road rules and drive within the speed limits. Please ensure that support crew get sufficient rest and are not tired when driving.
25. Support crews must follow the instructions of all checkpoint staff, road marshals and road traffic controllers.
26. Support crews must not eat the provided food at checkpoints. The food is for the competitors only.
27. Support crews are responsible for their own vehicles and any damage that may occur.
28. Support crews are limited to one vehicle per participant. This vehicle needs to be suitable for the conditions as much of the course access will be on 4WD tracks.
29. The event organisers are not responsible for the safety or whereabouts of support crew.
30. The event organisers reserve the right to discourage and/or penalise behaviour that is considered unsporting.
31. Breaking any of the rules may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at the organisers' discretion and are final.

TEAM RUNNERS PLEASE NOTE (AGAIN):

HUT2HUT is a team event, so you are to remain with your teammate at all times. One of the key reasons we want you to remain together is for your safety. In prior years we have had team members come into check points hours apart. From 2020 onwards it is mandatory you enter and exit all checkpoints together and that on course you always have a line of sight to your teammate. If you split up one of you will be without your spot tracker or PLS or both which is dangerous and makes it impossible for us to find you on course. **YOU MUST NOT CHANGE TEAM MEMBERS ON COURSE WITHOUT THE PERMISSION OF THE RACE DIRECTOR.**

It is advised you that you base your moving speed on your slowest team members pace. Too often we see teams withdraw due to the faster competitor pushing the other competitor too hard. This race is about placings or how quickly you finish. It's an experience so work together to ensure you both get the most out of it.

11.

ALTERNATIVE COURSE

The Alternative course has been activated for 2020 due to bushfire damage in the Alpine National Park.

In the event of weather conditions being marginal in terms of risk, where a full cancellation is perhaps not warranted, but a 'safer' course with more access (for course evacuation) be preferable, it is proposed that an alternative course be implemented. This course has been chosen to offer an adequate wilderness challenge experience, but benefits from keeping all participants much closer to the Mount Buller Resort, using a trail course that offer more numerous access points for vehicles, and indeed uses a much higher percentage of vehicle access roads as part of the course, all of which allows a much faster full evacuation if required given marginal weather conditions.

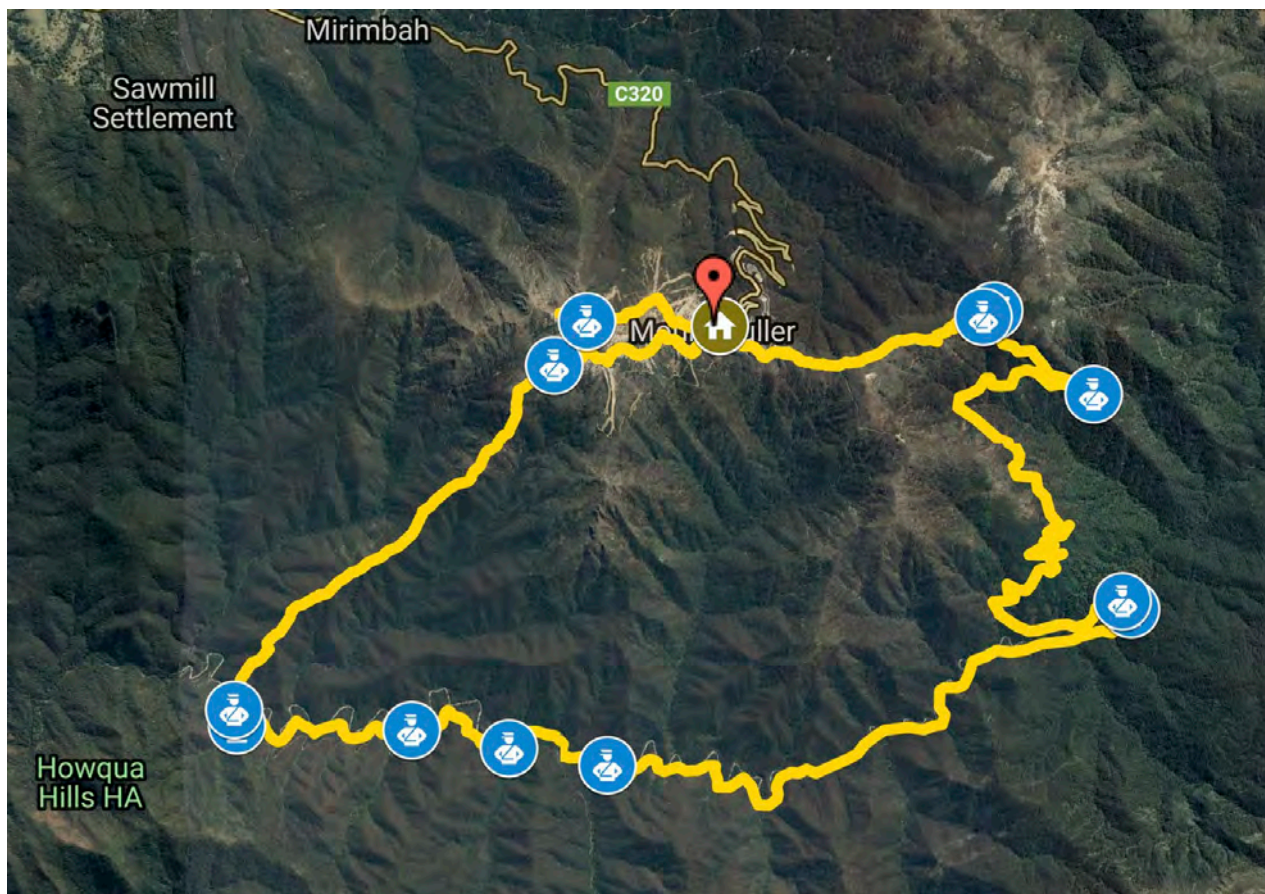
The decision to use this secondary course would be made in the 72-48 hours prior to the event start date/time in consultation with Mount Buller Resort Management, Vic Police, Parks Victoria and DELWP advisors, and be communicated to all participants in a timely manner.

For 2020, the proposed course will entail:

- 2 x loops of the 55km The Archie Course
- 2360m / lap
- Total ascent: 4720m
- All layovers will be at Pikes Flat, approx. 30km / 85km

See the course here:

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



12. OSCARS100 THE CHARITY - ABOUT

Our Story

Our (Andrew and Michelle Payne) son Oscar was diagnosed with Autism in early 2011. Thanks to the bravery of his kindergarten teacher Sue who suggested to us that it would be in Oscars best interest to have him evaluated. While Sue never inferred Oscar showed signs of typical behaviour of kids living with autism she did notice traits that differentiated him from other kids in his group. We will never be able to thank Sue enough for having the courage in her convictions to make us aware of her concerns. Without Sue, Oscar's Autism may have gone undiagnosed for years.

While shocked at Oscar's initial diagnosis of Autism, both my wife and I decided to act straight away and enrol Oscar into private therapy to begin to understand what we were dealing with and how we can best manage it to give Oscar every opportunity in the world. Luckily for us we had money saved for home renovations that we could use to pay for this therapy.

Oscar was enrolled into speech and occupational therapy first. This therapy continued for four months along with a succession of pediatrician and psychology sessions until we received the final diagnosis that Oscar was a child living with Autism. Over this period of time we had racked up bills in excess of \$5000.

Unfortunately, not every family is in a financial position to be able to put their child through private therapy. While the Government Funded System is fantastic and full of some of the most caring and helpful people, they are extremely over worked and under resourced. Financial assistance from the Government is provided, and is substantial, but can take upwards of 18 months to receive and as early intervention is the key to living with Autism this delay in funding can be crucial to the child's development.

Since the initial Oscar diagnosis he has come a long way and his younger brother Archie has also been diagnosed on the spectrum. While they may face challenges through life, they already has a loving network of friends and family who are always there to get them through. What they has been able to learn since the initial diagnosis has been inspiring and as a result we wanted to use this inspiration to help other families with children diagnosed with Autism Spectrum Disorder.

What we do

Autism is a lifelong neurological disorder characterised by impairments in communication, socialisation, and restricted patterns of interests and behaviours.

Early Intervention programs have been recognised to dramatically improve the performance of children with Autism, preparing them for mainstream education and even eventual independence.

Oscars100 raises funds to supply state of the art technology used to help deliver early intervention programs. This includes items such as iPads, Tablets, PCs, Interactive Whiteboards and smart TVs.

Since its creation in 2013 Oscars100 has provided over \$50,000 in donations to organisations such as Amaze (Autism Victoria) and Irabina.

www.hut2hut.oscars100.com.au/hut2hut/

13. OSCARS100 FUNDRAISING

Fundraising for this event isn't compulsory as by simply participating you are helping us create more awareness and acceptance for Autism which is what Oscars100 is all about.

However, by raising money for Oscars100, you're helping us to make a difference for kids living with Autism.

Oscars100 has partnered with Irabina Childhood Services and Mansfield Autism Statewide Services who deliver essential early intervention program in both metro and regional Victoria.

Fundraising can be very rewarding, great fun and lets you experience the good side of humanity. Some people feel very awkward about asking friends, family or co-workers for donations so we are here to give you some tips to make it easier. You'll be surprised how many people will be inspired by what you have committed to undertake and will ask you if there is anything they can do to help or contribute.

Fundraising is not a lot different to training and racing. If you set yourself a goal and a plan of how to get there you'll be surprised just how easy it is. You can also ask friends and family to help so they can feel that they are part of the event too.

There is also a BIG bonus for team who get into the swing of fundraising. Any team that's raises \$1500 or more will get their entry fee refunded (less the \$50 donation you have already made). That's right, your team could get back your \$500 team entry simply by setting yourselves an epic fundraising goal of \$1500. Good luck to all who give it a crack.

1. Join our My Cause page and start raining funds now.

We have set up an Oscars100 Hut 2 Hut page at My Cause. <https://www.mycause.com.au/events/oscars100hut2hut>

Here you can set up your own event page, your own fundraising goal and link it all to various social media pages.

2. Don't be scared to promote your efforts.

100km in a car for some people can be a long way. 100kms on foot through the mountains of Victoria's Alpine Region is unimaginable. So don't be scared to tell the world about it. What you have committed to do will inspire people and they will have endless questions for you so don't be afraid to tell them you are doing it.

Send out emails, or if you're not comfortable get a close friend, colleague or relative to do it for you (Mums are very valuable in this space). Let everyone know why you are going to compete in Oscars100 Hut 2 Hut, what it means to you and that you'd like their help to get you through. This is just asking for money but well wishes are just as valuable, particularly late in the race with things get tough.

3. Events are a great way to raise funds.

Events don't need to be extravagant they can be quite simple. Events such as morning teas, BBQ lunches, trivia nights or work place raffles are great ways to raise donations. They work well because people will get a little back from their donations which makes them feel that you really appreciate their help.

4. Aim for that \$2500

There is no harm at setting your fundraising goal at the magical \$2500. We'd love to give everyone his or her entry fees back because you've hit the \$2500 in fundraising. With two people per team this is only \$1250 per competitor. Each team only needs to hit a total of \$2500 so, to us, it doesn't matter which one of you raise the funds we just want your team to hit its goal. If you get over \$2500.... Brilliant. Don't stop there, see how far you can go.

5. See if your business will match what you raise.

Some employers will offer to match the amount you raise. This is worth finding out as they can quickly double what you have raised. Oscars100, being a registered charity, can also provide a tax-deductible receipt for any donation over \$2. Simply create your own page at www.mycause.com.au/events/oscars100hut2hut and we will take care of the rest.

6. Remember to thank those who donate.

Please remember to thank those who donate. If your donations come through your mycause page automatic thank yous are sent out at the end of the event to everyone who donated. We recommend though that you take the time to thank each and every donator personally as they have taken the time to support you and Oscars100. A great way to thank contributors is to send out a post-race report letting everyone know how you went, something you learnt about yourself on the trails and what your final fundraising amount was. By sharing your experience those who donate this year could be competing with you next year.

WHO ARE YOU FUNDRAISING FOR?

Irabina

Irabina is a not-for-profit organisation dedicated to helping families adapt to the challenges of living with Autism Spectrum Disorder (ASD). We've been delivering expert support and education services for almost 50 years. Autism is a complex developmental condition that makes it extremely difficult for individuals to connect with the world and communicate with those around them. Our expert team of therapists, psychologists and specialist educators help families manage that complexity. While there is no known cure for Autism, there is an enormous amount that can be done to help those on the Autism Spectrum and the families that support them.



Mansfield Autism Statewide Services

The services of the Mansfield Autistic Centre commenced in 1968 with the first of the family camps or "family playschools" as they were known as. The service was established by Dr. Joan Curtis who recognised that the services for families of children with autism spectrum disorder were scarce and there was little practical assistance available. Families in rural Victoria were especially disadvantaged. Family playschools were designed to give practical assistance to families in the management of their child. It also provided a vital opportunity for regional families to be introduced to other families experiencing similar difficulties giving them a new support network. Families came together for up to a week and participated in a range of recreational activities as well as some more formal parenting sessions.



Today the service is held in high esteem and encompasses all of rural and regional Victoria. The school caters for children within the Autism Spectrum Disorder aged between 5 & 18 who will visit for a term. Six travelling teachers service the state whilst parenting groups are run by the Centre in each region to enhance skills. In servicing of staff in schools around the state also assists in supporting these children within their immediate environments. Social groups for adolescents with Aspergers have been established within four regions. Family camps are run at the end of each term and involve families of the children who have a term placement at Mansfield Autistic Centre and others in need of services from the same region.

14. Accommodation / Mt Buller



Traditionally thought of as a 'white season' adventure destination, Mt Buller actually comes alive in Summer to the beat of 'green season' activities, from mountain biking (Mt Buller is now world famous for its IMBA rated trails including the awesome 'Epic' trail), to trekking, 4WDing, climbing and abseiling, horse riding and of course running.

For those staying on the mountain over the weekend, be sure to visit the information centre located within Alpine Central, and begin your wish list of awesome things to do while the Hut2Hut participants are out in the wilderness!

ACCOMMODATION

A large range of accommodation is available for all styles and budgets. Visit the accommodation section of the Mt Buller website for details and to book: www.mtbuller.com.au/Summer/plan-your-visit/accommodation

WHERE TO EAT

Mt Buller has several cafes open during the day for light meals, coffee etc, and one dinner venue. It is advisable to book if you wish to eat out at night. For latest opening hours download the what's on or check it out on the Mt Buller Live app: <http://www.mtbuller.com.au/Summer/activities/whats-on>

There is also a supermarket open daily: weekdays 10am-1:30pm and 4-6pm, Saturday 9am-6pm and Sundays 9am-3pm.

ACTIVITIES

Mt Buller has a great network of trails for mountain biking, running and walks.

For a short scenic walk check out the Summit Nature Walk, which starts at the top of Summit Road opposite the Arlberg Hotel and is approx. 4km with a great side trip to the Summit for spectacular views. Grab a mountain biking map, hire a bike from All Terrain Cycles and take to the trails for some of the best riding in Australia.

For the full rundown on summer activities visit www.mtbuller.com.au/Summer/activities/summer-activities

15. THANKS

Oscars 100 Hut2Hut would like to thank Mount Buller and Mt Stirling Resort Management for the support and hosting of the inaugural event. We appreciate their backing and belief in the event and urge all those who visit to take the time to explore what Mt Buller and Mt Stirling have to offer.

Event Management would also like to thank (and can never thank enough) all those who have volunteered their time and effort to make what is a huge logistical undertaking, happen.

AND OF COURSE A HUGE THANK TO YOU, THE HUT2HUT PARTICIPANT!!

OSCARS100 WOULD LIKE TO THANK FOR THEIR SUPPORT OF OUR EVENT:



UltraAspire

GlimmerGear®
Brightest in Safety

Turnbull's Hire

OAK