

SERRA TERROR

TEAM CHALLENGE

Southern Grampians
Saturday 10 & Sunday 11 June 2023

Event Information



SERRA TERROR

— GRAMPIANS —

Event Mobile: 0456 169 640

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This Is Us

Thank you for registering for our 2023 Serra Terror!

This will be our 11th year hosting the Serra Terror in the Grampians, and we are thrilled that you've decided to take the leap and return to the mountains, or join us for the first time.

We hope it will be inspiring, rewarding, a little bit challenging, and a lot of fun, as we offer you a course that showcases the beauty of this spectacular region.

Firstly though, we should explain why we're here in the first place.

Serra Terror was the brainchild of Maree Willey, who started the event in 2010 as a fundraiser for the Dunkeld Community Centre. Eleven years on, funds from the event have contributed over \$300,000 to the Dunkeld Community Centre.

In 2020 Serra Terror was 'incorporated', allowing the Committee to not only fundraise for the Community Centre (as it has done in the past) but a range of other local community projects.

This year, funds raised will support the Mirranatwa & Victoria Valley halls, which have been start and finish line venues for previous ST events. It's great that we can support these country halls which are the heart of many small rural communities.

As well as the direct benefits of the funds raised, the Serra Terror also showcases Dunkeld and the magnificent Southern Grampians region. Many of the participants stay (and eat) in Dunkeld and surrounds, which also supports our local businesses and community organisations.

The Serra Terror would not happen without the contribution of many volunteers, including the organising committee, the community members who mark the course, staff the checkpoints, move the toilets, provide first aid support, and help out in a myriad of other ways.

A big thank you to everyone who is taking part, support crewing, volunteering and sponsoring Serra Terror 2023!

Now.... Lets talk about what you've signed up for!

EVENT BASICS

- Serra Terror is a two day extreme challenge covering 70.5km in the Southern Grampians
- Serra Terror is a team event. A minimum of FOUR members from each team must be walking, and visible to each other at all times.
- Relay changeovers of team must only occur at official checkpoints.
- Your individually numbered Serra Terror ear tag must be worn and displayed at all times.
- Team Members must follow the sign in / out / relay changeover processes at each start, checkpoint and finish.
- Each team is to have one support crew vehicle only to provide food, drink, warm clothes at each checkpoint.
- Failure to follow the rules or carry all compulsory gear will result in instant disqualification. Spot checks will be conducted this year.
- The Committee reserves the right to alter the course at its discretion if adverse weather or other conditions dictate.

Acknowledgement of Country

Serra Terror would like to acknowledge the Djab Wurrung and Jardwadjali as the Traditional Owners and original custodians of Gariwerd where Serra Terror occurs, including their unique ability to care for Country and deep spiritual connection to it.

We honour Elders past and present whose knowledge and wisdom has ensured the continuation of culture and traditional practises.

Event Schedule

Friday 9 June 5pm – 6pm	Pre-Event Dinner and Team Kit Collection	Sterling Place, 14 Sterling Street, Dunkeld
Friday 9 June 6pm – 7pm	Pre-Event Briefing (at least one member of each team must attend)	Sterling Place, 14 Sterling Street, Dunkeld
Saturday 10 June	Serra Terror Day 1 Dunkeld to Griffin Fireline (33km)	Refer Course Maps on Avenza
Sunday 11 June	Serra Terror Day 2 Lynchs Track to Grampians Estate Winery (37.5km)	Refer Course Maps on Avenza
Sunday 11 June 12pm – 8pm	Finish Celebrations	Grampians Estate Winery 366 Mafeking Rd, Willaura

Serra Terror Route Maps - Avenza

The Serra Terror event will follow the Grampians Peaks Trail (GPT) for most of the course. The course will defer from the GPT on Sunday in sections and after Checkpoint 5 participants will be led along the Stockyard Track to the final Checkpoint and Finish line.

Yellow ribbon markers, yellow ear tags, and Serra Terror arrows will be placed on route to enhance the Grampians Peaks Trail markers. Where the Serra Terror course defers from the Grampians Peaks Trail the Serra Terror markers will take precedence.

All participants and support crew are to please install the Avenza Maps App on their phone and download the Serra Terror Course Maps prior to the Serra Terror weekend.

Please follow these directions:

1. First, you will need to download both the Avenza Maps app and the Dropbox app to your phone.



Avenza Maps




Dropbox

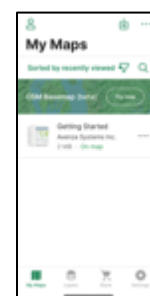
2. Once you have done this, please click on the link below:

SERRA TERROR ROUTE MAP: [CLICK HERE](#)

(if you try and open this file you will not be able to see any content as it is a .gpx file)

Then...

3. Click on the 3 dots in the top right-hand corner to save the map to your Dropbox (or click on save to my dropbox at the bottom right of your screen if you already have a drop box)
4. Create a Dropbox account as instructed
5. Open the Avenza App & create an account (it's free)
6. Go to the OSM Basemap and click on Try now
7. Click on the  (layers) symbol at the bottom of the screen
8. Click on the + symbol in the top right corner, then Import Layers, then From Dropbo.
9. Select the Map from your Dropbox and click on Import in the bottom left corner. It w take a few seconds to import
10. Close this screen (top right has close button)

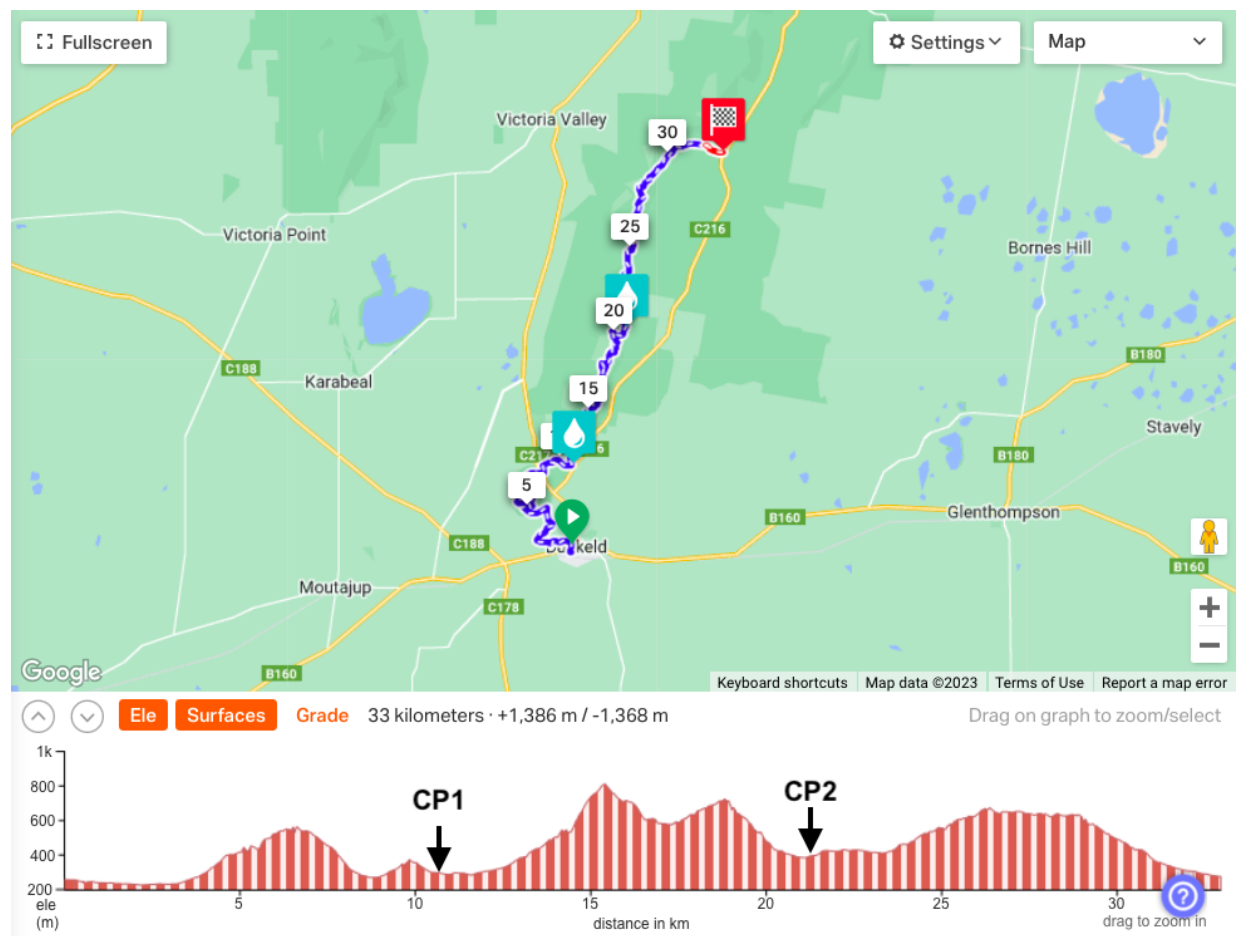


Now when you go back to your OSM Basemap, the Serra Terror section will be displayed along with your coordinates, and you can see your location relative to the route.

Serra Terror Checkpoints

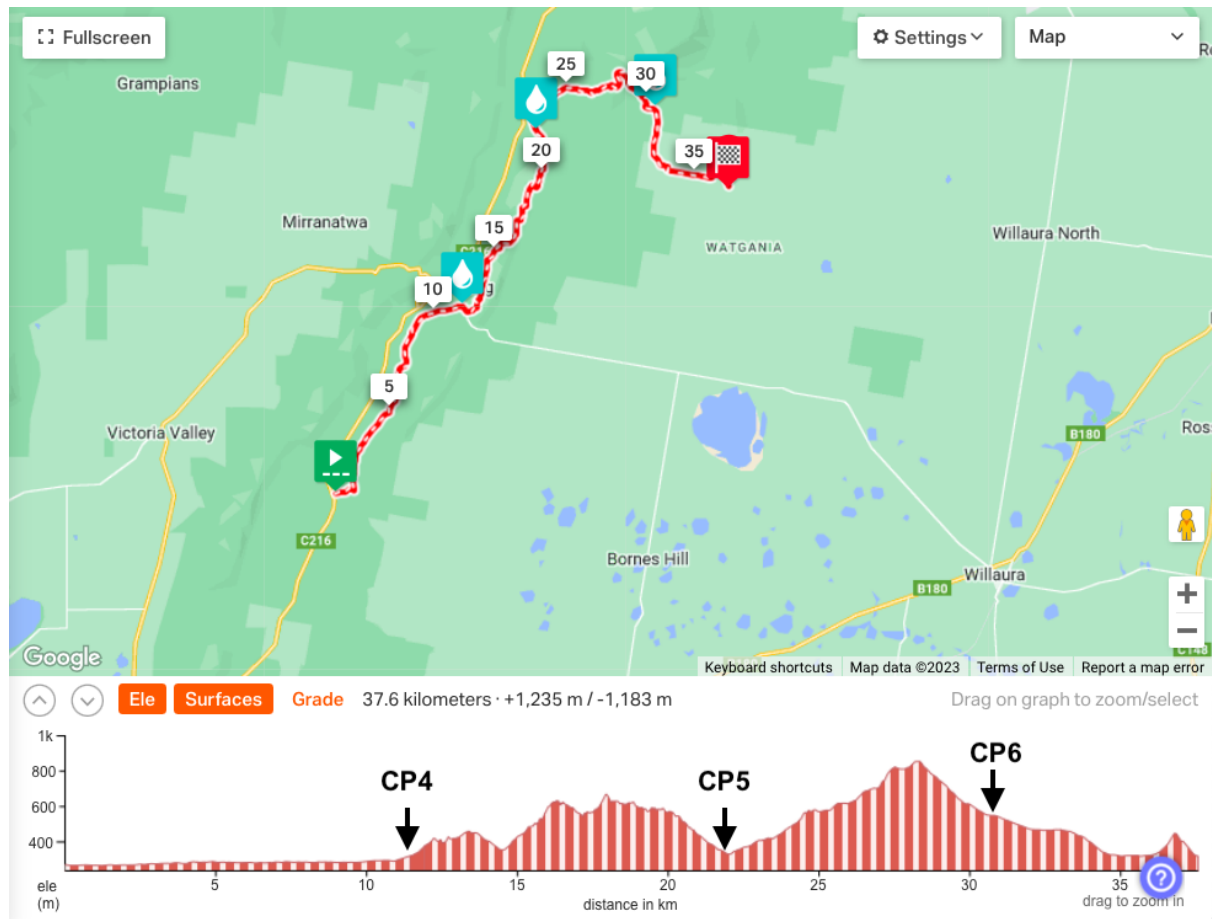
Saturday 10 June			
Southern Grampians Shire Council Start	Sterling Place	Site Open: 6:15am – 7:45am Walkers: 6:45am Walkers / Runners: 7:15am Runners: 7:45am	0km S-CP1 Moderate
Taylor Motors Hamilton Checkpoint 1	Piccaninny Trailhead Carpark at Dunkeld Reservoir	Site Open: 8:30 – 10:45am	10.5km CP1-CP2 Hard
Elders Hamilton Checkpoint 2	Cassidys Gap Road	Site Open: 10am – 2:15pm 1:45 pm final departure from this Checkpoint	21km CP2-Finish Moderate / Hard
Ace Radio Mixx FM Checkpoint 3 / Finish	Griffin Fireline	Site Open: 12:00 – 5:30pm	33km

* The distances between checkpoints is approximate, and may alter due to unforeseen circumstances.



Sunday 11 June			
Ace Radio Mixx FM Start	Lynchs Track	Site Open: 6:15am – 7:45am Walkers: 6:30am Walkers / Runners: 7:00am Runners: 7:45am	0km S-CP4 Mild
Southern Soils Fertilizer Checkpoint 4	Yarram Gap Road	Site Open: 8:00 – 10:30am	11.5km CP4-CP5 Hard
Georgie Mann Photography Checkpoint 5	Jimmy Creek Road	Site Open: 10:15am – 2:00pm	22km CP5-CP6 Hard
Royal Mail Hotel Dunkeld Checkpoint 6	Mafeking Road	Site Open: 11:45am – 4:30pm 3:40 pm final departure from this checkpoint	30.8km CP6-Finish Mild
Southern Grampians Shire Council Finish	Grampians Estate Winery	Site Open: 12:15pm – 5:45pm Finish celebrations continue until 8pm	37.5km

* The distances between checkpoints is approximate, and may alter due to unforeseen circumstances.



Exact Locations and Parking Instructions for Support Crew Vehicles

Reminder only one support crew vehicle per team permitted at check points due to limited space.

Recommend arriving only when you anticipate teams arriving to avoid and assist with congestion.

Saturday 10 June		
Southern Grampians Shire Council Start	Sterling Place Dunkeld Community Centre 14 Sterling Place, Dunkeld Google Map click here	Street and designated car park parking
Taylor Motors Hamilton Checkpoint 1	Piccaninny Trailhead Carpark at Dunkeld Reservoir, entry off of Grampians Road GPS: -37.619130, 142.342822 Google Map click here	Support crew vehicles to follow the instructions of the parking marshals.
Elders Hamilton Checkpoint 2	Cassidys Gap Road & Grampians Peaks Trail intersection, Bornes Hill – access from East off Grampians Road only GPS: -37.56750, 142.36769 Google Map click here	Approx. 1.5km off Grampians Road Limited parking available. Park on side of dirt road. Ensure vehicle access is maintained. Could be a small walk to checkpoint
Ace Radio Mixx FM Checkpoint 3 / Finish	Intersection of Griffin Fireline & Grampians Road, Bornes Hill GPS: -37.500994, 142.415134 Google Map click here	Parking on the side of the Grampians Road. Use caution and respect other road users

Sunday 11 June		
Ace Radio Mixx FM Start	Intersection Lynchs Track and Grampians Road, Bornes Hill (approx. 1.2km south of Day 1 finish) GPS: -37.513025, 142.416844 Google Map click here	Parking on the side of the Grampians Road. Use caution and respect other road users.
Southern Soils Fertilizer Checkpoint 4	Yarram Gap Road at Lynchs Track intersection, Mafeking GPS: -37.439964, 142.479651 Google Map click here	No parking on site. Very limited side of road parking. Can be difficult to access teams. Avoid location if possible. Drop / pick up zone for approx 5 cars only.
Georgie Mann Photography Checkpoint 5	Intersection Jimmy Creek Road & Grampians Peaks Trail, Mafeking (approx. 700m off Grampians Peak Road) GPS: -37.372337, 142.514345 Google Map click here	Side of road parking.
Royal Mail Hotel Dunkeld Checkpoint 6	Intersection Mafeking Road and Emmett Road, Mafeking GPS: -37.363618, 142.572200 Google Map click here	Side of road parking
Southern Grampians Shire Council Finish	Grampians Estate Winery 366 Mafeking Road, Mafeking GPS: -37.397853, 142.606015 Google Map click here	Recommend to arrive from the east, via Moyston-Dunkeld Road Parking on site in designated area

Respecting the Grampians Peaks Trail

The 2023 Serra Terror will be the first major event to be held along sections of the Grampians Peaks Trail since the trail officially opened in 2021.

Serra Terror would like to thank Parks Victoria for their cooperation and ongoing and invaluable support of the event.

As the trail is still open to the public during our event, Serra Terror participants are asked to:

- Respect other users of the Grampians Peak Trail, and
- Refrain from using the Grampians Peaks Trails toilets and water stations – toilets will be available at each Serra Terror Checkpoint. Your support crew should have additional water for you.
- Remember to please take all rubbish with you. Leave nothing on the Trail.
- No dogs

Pre-Event Briefing and Dinner

Where: Sterling Place Dunkeld Community Centre, 14 Sterling St, Dunkeld

When: Friday 9th June 5:00pm – 7:00pm

Dinner and team kit collection will be 5pm – 6pm with the briefing from 6pm to 7pm.

A nutritious pasta meal will be provided to every team member and support crew attending, to prepare you for your weekend ahead. Please consider if you need to bring food for any additional family or cheer squad attending. BYO drinks – no alcohol please.

For your teams' safety, it is vital that all participants and at least one member of each team's support crew attend this briefing session so we can inform you of final details and important safety aspects of the event.

One hard copy printout of the course maps will be provided to each team.

Event Pack / Team Kit

Each team will receive the following items at the Participant Briefing:

- Serra Terror uniquely numbered ear tag for each member of your team – MUST be displayed at all times during the event.
- One printed copy of the course maps
- A PLB to be carried by a team member for the duration of the event for use in an emergency.
- A credential to be displayed in the front window of your support crew vehicle.

Checkpoints

What to Expect:

- Each checkpoint will be manned by a team of volunteers
- Portable toilets will be on site
- Back up water, a small amount of fruit, and slices lovingly made by the Hamilton and Alexandra College Parents and Friends Association will be available
- Qualified first aid providers on site

Participant Sign In / Out & Relay Changeover Processes

Your safety is of primary concern, and we will be recording your arrival and departure from each event site by sighting your numbered ear tag.

At a START:

- As a team, locate the Sign-In Official and sign in the team members hiking the first section of the course.
- The Officials will ask to see each team member's uniquely numbered ear tag before they record the team members who will be hiking the first section of the course.
- The Official will ask your team to confirm that the PLB is being carried by a team member hiking the first section of the course.
- The Official will record the start time of your team.
- After the briefing you will be permitted to start the course
- A reminder that all team members are to stay together on course.

Arriving at a CHECKPOINT:

- As a team, hike into the checkpoint and locate the Sign-In Official.
- The Official will ask to see each team member's uniquely numbered ear tag and will record the arrival of your complete team.

RELAY changeovers of Team Members:

- Relay changeovers of team members can only occur at official checkpoints.
- The event will keep record of which team members are on the course at any one time by following the sign in / out processes at each checkpoint.

Leaving a CHECKPOINT:

- As a team, locate the Sign-Out Official.
- The Officials will ask to see each team member's uniquely numbered ear tag before they record the team members who will be hiking the next section of the course.
- The Official will ask your team to confirm that the PLB is being carried by a team member hiking the next section of the course.
- A reminder that all team members are to stay together on course.

Arriving at a FINISH:

- As a team, hike into the finish and locate the Sign-In Official.
- The Official will ask to see each team members uniquely numbered ear tag and will record the arrival of your complete team and your finish time.

Timings and cut-offs. To make sure everyone has the opportunity to complete the trail safely and in daylight, you are required to make it through the checkpoints by pre-determined times as outlined on pages 5 and 6. If you cannot achieve these times, you will not be able to continue hiking. CP2 and CP6 also have an earlier specified time that you must depart by if you are wishing to continue to the finish.

Published Times

Serra Terror will publish your team times on the Serra Terror website on Friday 16 June.

Please be mindful that the event will only publish team times - individual times are not recorded (as it is a team event).

Please be mindful that the event does not 'stop the clock' at checkpoints and will only record a team as finished once all team members have crossed the finish line.

Role of your Team Captain

- Conduct a gear check for the entire team on Saturday and Sunday mornings.
- Encourage team members to share relevant medical conditions.
- Make sure the whole team have the Avenza app with the Serra Terra course maps on their phone.
- Make sure your support crew are well equipped with the food, drink, and clothing required by your team over the weekend.
- Make sure your support crew are well informed about the course, checkpoint and finish locations and anticipated arrival times of your team. Remember parking at some checkpoints is very limited.
- Keep an eye out to ensure the team is not getting separated.
- Be the keeper of your team PLB, ensuring its safe return to the officials at the Sunday finish line.

Role of your Support Crew

Behind every team is a great support crew. They will provide your hiking team with all the motivation and support they need to complete the event, and are vital for your team's wellbeing, safety, comfort and transportation.

One support crew vehicle per team is permitted. Support crews must:

- Dress appropriately for the weather. We suggest a fleece jacket, beany, waterproof jacket, gloves
- Familiarise themselves with the course and checkpoints prior to the event (pg 7)
- Display in the front window of their vehicle the support crew credential provided at the Friday night briefing.
- Be self-sufficient for themselves and their teams, as there is only limited food and drink on the course.
- Only access the course at designated checkpoints.
- Follow the directions of event marshals when arriving at checkpoints.
- Be mindful that parking is minimal. Track and anticipate the arrival time of team members so as not to arrive too far in advance and leave the checkpoint as your team departs to make room for the next support crew.
- Not leave any support items at checkpoints.
- Collect and take with them all rubbish from their team members.
- Where possible, please use public toilets located in Dunkeld or other community areas and leave the checkpoint toilets for the participants.
- Please leave dogs at home.

Support Crew Vehicle Packing List

- Water and hydration drinks for teams. Only emergency supplies will be provided at checkpoints.
- Nutritious food and snacks for team members and support crew.
- Spare footwear and clothing for team members in the case of wet weather or changing conditions.
- Dry towels.
- Blankets and more blankets.
- Mobile phones to contact team members.
- Battery pack to charge flat mobile phones.
- Torches with spare bulbs and batteries.
- First aid kit including paracetamol.
- Massage cream, sunscreen, insect repellent.
- Rubbish bags.
- A chair for sitting around and waiting for your tired team, and chairs for the finish celebration on Sunday.

Start Times

Serra Terror has three allocated start times on **SATURDAY**:

- Teams who have nominated that they will be WALKING the course are to commence 6:45am and are to arrive from 6:30am to sign in and for the pre start briefing.
- Teams who have nominated that they will be doing a combination of WALKING AND RUNNING the course are to commence at 7:15am and are to arrive from 7:00am to sign in and for the pre start briefing
- Teams who have nominated that they will be RUNNING the majority of the course are to commence at 7:45am and are to arrive from 7:30am to sign in and for the pre start briefing.

Serra Terror has three allocated start times on **SUNDAY**:

- Teams who have nominated that they will be WALKING the course are to commence 6:30am and are to arrive from 6:15am to sign in and for the pre start briefing.
- Teams who have nominated that they will be doing a combination of WALKING AND RUNNING the course are to commence at 7:00am and are to arrive from 6:45am to sign in and for the pre start briefing.
- Teams who have nominated that they will be RUNNING the majority of the course are to commence at 7:45am and are to arrive from 7:30am to sign in and for their pre start briefing.

Sunday Finish Celebrations

Where: Grampians Estate Winery, 366 Mafeking Road, Mafeking
(recommend arriving from the east, via Moyston-Dunkeld Road)

When: Sunday 11th June 12:15pm – 8:00pm^[1]_[SEP]

We will be cheering you all the way when you cross the finish line at the Grampians Estate Winery. Whilst we expect all participants to be across the finish line by 5:45pm, the celebrations will continue until 8pm.

Our event sponsor Groke Catering will be cooking a hearty meal for each participant and two support crew from each team, and the Grampians Estate Winery will be selling their wine, beer and soft drinks. We encourage you to support our hosts and ask that no drinks are bought onto the venue.

The Serra Terror Committee will also be cooking a BBQ and you can purchase a sausage or steak sandwich later in the afternoon. Rox Coffee will also be on site selling hot drinks.

A couple of reminders about the finish celebrations:

- Please BYO chair
- Please support our hosts by purchasing a drink at the bar. NO BYO drinks.
- Everything you bring with you must leave with you – bins are provided for the supplied food and drinks only. Please don't put rubbish on the fire.
- NO dogs.

Contacts and Downloads

In an Emergency 000 or 112
Event Mobile 0456 169 640



Avenza App <https://store.avenza.com/pages/app-features>
For the Serra Terror course maps – refer pg. 4



Dropbox App <https://www.dropbox.com/mobile>
Create an account, save the Serra Terror course maps to dropbox so as to be able to download onto the Avenza App – refer pg. 4



EMERGENCY+ <https://www.emergencyplus.com.au>
In the event of an emergency, it will enable you to give the latitude and longitude of your position.



Life360 <https://www.life360.com/intl/>
Create a team 'circle' and link all team members and support crew and give an accurate position (when in phone range) of where you are.



Find my iPhone <https://apps.apple.com/au/app/find-my-iphone/id376101648>
Provide access for team members and support crew to find your iPhone

It is recommended teams use Life360 or find my iPhone to locate teams / supporters. Please be mindful that mobile coverage is not accessible at all times.

Reminder to bring battery packs, charging cords and fast chargers that can be used in cars at checkpoints.

In an Emergency

Lost

- Refer to your Avenza maps to work out your location (with or without network)
- Try to retrace your steps to find a marker / get back on course.
- Call the event centre for assistance 0456 169 640 and provide GPS coordinates (from your emergency plus app). Ideally send a text with these coordinates so assistance can be provided to get you back on track.

Non Life Threatening Accident and Injury

- Administer first aid and if possible, continue to the next checkpoint.
- If unable to continue but injury is not life threatening, keep warm (space blanket) and call event centre for support 0456 169 640. Provide GPS location.
- Ensure your team stays with you unless advised by event centre or medical officials otherwise.
- Medical support (DRS and paramedics) form part of the event support team and will be walking on course. Event centre will try to advise how long it is anticipated until their help can arrive.
- The last official walkers of the event are the paramedic crew.

Life Threatening Emergency

- Dial 000 or 112
- If no mobile reception, activate your PLB.
- Team to administer first aid and stay together until help arrives or you are advised otherwise by the lead emergency service agency.
- The search and rescue retrieval team will be activated.
- The event STRONGLY recommends you have ambulance cover. In the event of a medical incident where emergency medical transport is required, Ambulance Victoria will charge the individual participant for this service. Please visit Ambulance Victoria to secure your cover.

Personal Location Beacon (PLB)

Each Team Captain will be provided with a Personal Location Beacon, PLB which is registered to your team and linked to your Team Captain's mobile number for the duration of the event.

The PLB must be carried by the Team Captain at all times whilst your team is on the Serra Terror course. If your Team Captain is relayed out, the PLB must be handed to another member remaining on the course.

The PLB is to be used in an emergency only. We recommend trying 000 or 112 (in association with the emergency plus app) on your mobile first but if there is no reception then use the PLB. If your PLB is activated, a phone call to the team captain's mobile will be made in the first instance to substantiate the call before activating a 000 response. As its likely no reception (hence the use of the beacon) 000 will be activated.

Instructions on how to use the PLB is at the end of this document.

A reminder that all team members are to stay together on course.

What to Pack

Due to the remoteness of the track, we stress that it is of the utmost importance that all teams carry the compulsory items listed below. Throughout the event, we will be conducting spot checks to ensure that teams are carrying the required safety gear. Teams will not be permitted on the course without the required gear.

Compulsory Items (Good Weather)

- Quality Backpack suitable for carrying mandatory items.
- Waterproof and windproof jacket with hood and sealed seams.
- Thermal long sleeved shirt (cotton, lycra or any compression garment is NOT acceptable).
- Beanie / Buff
- Waterproof bag to keep compulsory clothing in (plastic bags are fine).
- Fully charged mobile phone with the Avenza Maps App downloaded with Serra Terror course
- Minimum 1 litre water
- Torch plus spare batteries (head torch acceptable)
- High energy snacks (chocolate, dried fruit, gels etc).
- Whistle (often attached to packs already)
- Space blanket

Additional (Bad Weather) items

- Waterproof pants
- Plastic bags for water / creek crossings
- Full fingered gloves

Team Items

- Map of the Serra Terror course as supplied at Friday night briefing.
- Course notes as supplied at Friday night briefing.
- Basic first aid kit per team including: any personal medications, triangular bandage, bandaids / blister wraps, 10cm elastic bandage for sprains (NB: cotton crepe bandages are NOT acceptable).
- Minimum 1x portable mini power bank per team
- PLB tracking device (ST to supply)
- Any personal medication, EpiPen, Ventolin etc.

Social Media

Share your photos on Instagram #serraterrorhike

Capture the breathtaking beauty and exhilarating thrills of Serra Terror 2023 and go into the draw to win fantastic prizes, including a luxurious accommodation package at the Royal Mail Hotel in Dunkeld!

How to participate:

- 1 Embark on the epic Serra Terror Hike and capture your most awe-inspiring moments
- 2 Post your favourite pics on Instagram, using the hashtag #serraterrorhike
- 3 Follow @serraterrorhike to stay updated and discover other incredible entries

Prize:

An unforgettable getaway awaits! Enjoy a lavish 1-night accommodation package at the Royal Mail Hotel in Dunkeld, surrounded by breathtaking landscapes and indulgent amenities – valued at \$500

Submit your photos before Friday June 16 for a chance to win! Winner announced on Instagram / Facebook – Sunday June 18.

Remember, every step you take and every shot you capture brings you closer to winning the ultimate mountain escape!

Good luck, adventurers!

#serraterrorhike

Locals Information

Teams are responsible for providing their own breakfasts, lunches and dinner on Saturday night.

Saturday evening - Dunkeld has a number of evening dining options, including the Royal Mail Hotel, Sturgeon View and Izzy's Café. We highly recommend you make a booking for dinner on Saturday night.

Daytime options - Dunkeld General Store, The Dunkeld Olde Bakery, the Coffee Caravan and Izzy's Café will be open during the day and do great coffee and food, if any of your support crew are waiting around.

Teamwork

Serra Terror is a memorable, rewarding, but also challenging experience. The importance of a strong functional team cannot be overstated, as it may mean the difference between a trail well-travelled and a journey merely endured.

Remember to start as a team and finish as a team: you are only as fast as your slowest team member.

There are three critical factors to building a strong cohesive team:

1. Recognition by all team members that the event is a strenuous physical activity and adequate training is essential.
2. All team members have similar goals and motivations for entering the event – this can be as simple as everyone finishing!
3. Utilising the different skills and personalities of your team and harnessing everyone's abilities to build a better, stronger team.

It's a wonderful challenge but you want to enjoy the experience too.

Terms and Conditions

A reminder that you have agreed to the following terms and conditions:

1. All Endurance Team Members (4+ people) must be aged 15 or above. Relay Team Members (5-8 people) must be 12yrs and above, and at least two members must be 18yrs or above.
2. All teams must have a minimum of 4 persons on the track throughout the event. Relay Teams must have at least 2 members who are aged 18 or above on the course at all times.
3. All team members must stay together between checkpoints and must register in and out together at each checkpoint. Checkpoint marshals will only check in complete teams where all team members are accounted for. Split teams will be disqualified.
4. All compulsory items, as listed in this event handbook, must be carried. Failure to do so may result in disqualification.
5. No substitutions of team members are permitted once the event has started.
6. Teams must have a support crew and must be self-sufficient. The support crew is responsible for providing teams with the majority of their food, water, change of clothes etc during the event. Please ensure your support crew is suitably advised.
7. Teams are not permitted to meet with support crews at any location along the trail except at designated checkpoints.
8. Each team is responsible for the behaviour of its support crew. Any support crew or team member found to be breaching any landowner's regulations may lead to the team's disqualification from the event.
9. An 'event identification tag' will be provided and must be worn at all times.
10. Any team member who is injured must be brought to the nearest checkpoint by team mates for assistance (if they are able to be moved).
11. Individuals not capable of getting to next checkpoint are not to be left unaccompanied. Should a team member be seriously injured and unable to be moved, 1 person must stay with that person while others go for help, or until help arrives.
12. If you wish to withdraw during the event, you must first report to the nearest checkpoint. Remaining team members cannot continue until this has been done.
13. If less than 4 members remain in a team due to participant withdrawal, the remaining members must accompany another team between checkpoints. This is to ensure that all event participants travel in groups of at least 4 people for safety reasons. This does not mean that team members join the other team – each team will retain their identity.
14. The course will be open from 6:45am until 5.30pm on Saturday and 6:30am – 5:45pm on Sunday, and checkpoint cut-offs will apply. These cut-off times are non-negotiable. Walking at night is not permitted under our park permit.
15. Slower teams must give way to teams travelling at a faster pace.
16. All litter must be either taken with you or disposed of in bins at checkpoints. This includes toilet paper. Portaloos are provided at checkpoints, where possible.
17. As the walk goes through the National Park, domestic pets are not permitted on the course. All rules pertaining to National Parks apply.
18. Any team or walker who ignores road crossing instructions from event marshals risks disqualification.
19. The fastest endurance team will be awarded the Blackwell perpetual trophy. In order to qualify a minimum of 4 members must complete the entire course. Endurance team members must not separate from each other in any leg of the event.
20. A team's finishing time will be recorded as the last member of the team reports to Event Officials at the finish.

Serra Terror Sponsors

A big thank you to our generous sponsors for supporting Serra Terror 2023 – without your support, the event would not be possible.

The image features a stylized mountain graphic divided into three horizontal sections: MAJOR (top, dark green), GOLD (middle, light green), and SILVER (bottom, grey). To the right of the mountain is a separate column of sponsor logos, with the top section labeled BRONZE (dark green) and the bottom section labeled FRIENDS (light green). The MAJOR section contains the Southern Grampians Shire Council logo. The GOLD section contains the ACE RADIO logo. The SILVER section contains logos for TAYLOR TOYOTA, Southern Soils FERTILISER, Elders, and GEORGIE MANN PHOTOGRAPHY. The BRONZE section contains logos for Nutrien, Bendigo Bank, Musson Dairying, ROYAL MAIL HOTEL, GRAMPAINS ESTATE, wannonwater, and GROKE. The FRIENDS section contains logos for auto pro, genhealth active feet, Elders Insurance, reece, BARRY FRANCIS MOTORCYCLES, Glenn Howell OPTOMETRIST, Harvey Norman, and coggergurry chartered accountants.

MAJOR

Southern Grampians
SHIRE COUNCIL

GOLD

ACE RADIO

SILVER

TAYLOR TOYOTA | TOYOTA

Southern Soils FERTILISER
A BALANCED APPROACH

Elders

GEORGIE MANN
PHOTOGRAPHY

BRONZE

Nutrien
Ag Solutions™

Bendigo Bank

Musson Dairying

ROYAL MAIL HOTEL

GRAMPIANS
ESTATE

wannonwater

GROKE

FRIENDS

auto pro

genhealth
active feet
if the shoe fits.

Elders
Insurance

reece

BARRY FRANCIS
MOTORCYCLES

Glenn Howell
OPTOMETRIST

Harvey
Norman

coggergurry
chartered accountants

Serra Terror Committee Members

The 2023 Committee are proud to have enabled this event to continue and thank all participants, supporters, volunteers, stakeholders and sponsors for all of your support.

Peter Ham	Co Chair
Peter Musson	Co Chair
Annette Jones	Secretary
Leah Moore	Treasurer
Brigid Kelly	Marketing / Website
Jonathan Jenkin	Registrations
Jim Falla	Volunteers and Emergency Services
Dean Thomson	Course Management
Rodney Evans	Sponsorship

Thanks also to Event Managers Australia for their event management support.

Please keep in plastic bag - it has your name on it



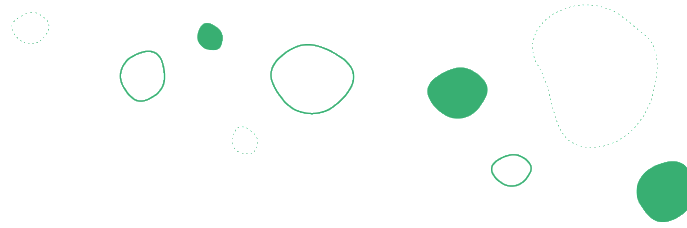
To activate

Pull out antenna

Open Door

push red button





PREVENTING BLISTERS

By Steph Lamont, Podiatrist and Director at Gen Health and Active Feet Hamilton

Have you considered joining the 'Serra Terror' team event through the beautiful Grampians scenery?

Adequate preparation for your feet is crucial for success. Blistering is a sure way to dampen this exhilarating sport! Preventing a blister is simple if you follow these essential rules:

Remember the golden rule '**moisture + movement = blister**' If you control these 2 factors, blistering is impossible!






Find a **sock** that works for you, and pack spares. Thicker socks (or wearing 2 pairs) doesn't mean more cushioning – it usually just causes a tight fit and more pressure.

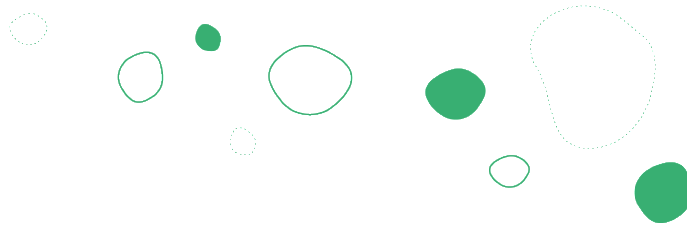
Keep them dry and change them often! Cotton and wool blend are the most breathable choices. We recommend *Lightfeet* socks, which fit well into a trail shoe or runner, or *Humphrey Law* wool blend sport or hiking socks. We stock styles for hiking boots, runners or trail shoes.



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podiatry 
physiotherapy 
exercise Physiology 
occupational therapy 
clinical reformer therapy 



Change your socks often during the event!

We recommend that you will need 3 pairs of socks for each day. Aim to change your socks at each checkpoint. This will help ensure your feet stay dry and fresh, and reduce the occurrence of blisters.

Wear-in your chosen walking shoes with shorter walks, especially when brand new. If you identify any 'hot spots', these spots will need preventive treatment before a long walk with second-skin taping (Hypafix/Mefix). Our gen health blister packs come with step by step instructions for taping your feet safely, to prevent blistering.

Lock lacing keeps shoes fitting securely and avoids the movement component of blistering.

Treat existing callused skin and thickened or long nails a few weeks before the event. Avoid aggressive at-home treatments or techniques – inflamed spots will certainly cause problems! If in doubt, seek podiatry advice.

Plan to blister and pack accordingly. Prevention is the key! If a 'hotspot' appears, tackle this straight away. Essential supplies are a thin breathable dressing such as Hypafix.

Prevention is always better than cure! If you have troublesome feet or can't quite find the right shoe for you, speak to our podiatry team, who are experienced in this area.







Images: Georgina Morrison Photography (@_georginamorrison on Instagram)



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podiatry 
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