



GO EXTRA
ONE MILE



Welcome to Go the Extra Mile

Go the Extra Mile is an endurance walk designed to raise funds for **HopeBuilders International's** work amongst the disadvantaged children of Uganda. The walk takes place in the beautiful Lysterfield Lake nation park. You'll travel 50kms by completing 4 looped walks that move you through scenic routes while surrounded by wildlife. You are about to embark on an amazing experience as you join with many others to "go the extra mile" for the beautiful and precious children of Uganda.

Cheering you on!

you, but it is important to condition your body to the demands of walking. Start with 30min walks (2-3km) and gradually lengthen until 2hours (8-12kms). 6 weeks before the event you should be comfortable walking (3-4hrs) 20kms. Three weeks out you should consider your long walk of 6-8 hours before easing off in the last fortnight (otherwise known as 'tapering').

Know Your Gear

Train with the shoes, socks, clothing and backpack that you are going to use on event day - that way you'll know well in advance if any of your gear is going to cause you problems (e.g. chaffing,

Eat Well

During the event you will need to eat regularly to keep your energy levels up. Discovering what foods work best for you is important - e.g. fruit, lollies, energy bars, chocolates, etc.

Drink Well

Knowing how your body functions under the stress of activity is important when considering hydration. You should get an idea while training how to manage your fluid intake - how much to carry with you, how much to drink and also what type of drinks work best for you (juices, sports drinks, cordials or water). Too much fluid and you'll constantly be on the lookout for a loo! Too little and you'll pay the consequences of dehydration.

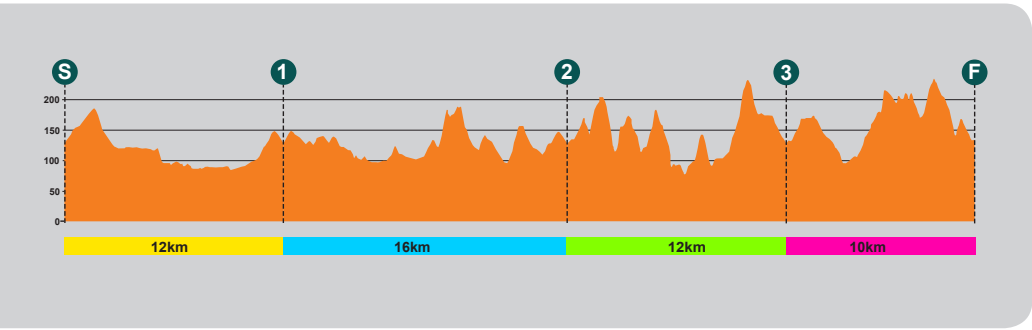
Safety on the Trail

First Aid

Each team is advised to carry a first aid kit which includes pressure bandages to treat injuries such as sprains, blisters, cuts and snake or spider bites. Team members are encouraged to learn basic first aid techniques.

Hydration

Dehydration is a lack of fluid in the body



Tips for finishing well

Walking long distances without preparation is a big ask! To participate successfully and maximise the enjoyment of your experience in the event you are going to need to do some training. The most important thing is to equip your body's systems for the unique demands of an endurance event - conditioning joints, muscles & tendons; developing your fitness; learning about dietary and fluid needs; understanding how to protect yourself from injury.

Most people schedule a series of short walks that gradually lengthen and then culminate in one or two long walks (30-35kms). Regular running will assist

blisters). Make sure your shoes are well worn in (don't buy new shoes the week before the event).

Train on the course

It is vital that you train on the actual event course as much as you can so you are ready for the terrain. Start to familiarise yourself with the trail, bush environment and key landmarks.

Night Walking

It is important that you do a number of night training walks using your head lamp and/or torch - walking through the bush at night can be disorientating and it pays to be well experienced for the event.



due to excess water loss (principally through sweating). Symptoms are only apparent when you are already dehydrated and can include tiredness, irritability, tight/heavy feeling muscles, headache, dry mouth and lips. To maintain the correct hydration level use electrolyte drinks instead of, or in addition to water. Electrolyte drinks contain salts and thereby assist in maintaining the correct salt balance in your body. During longer walks make sure you are urinating at regular intervals and that it is light yellow to clear. If you are not urinating or it is

food to maintain body temperature. Seek medical help if symptoms persist. Watch the weather conditions and be prepared for poor weather - carry wet weather gear and warm clothing.

Heat Exhaustion

During hot weather the body's internal temperature can rise resulting in heat exhaustion and heatstroke. Symptoms of heat exhaustion include severe thirst, muscle weakness, nausea, fast shallow breathing, irritability and headache. Symptoms of heatstroke include severe headache, confusion, difficulties

days.

Wind

Eucalyptus trees found throughout the Dandenong Ranges are known for dropping their limbs - especially in high winds. Be extremely cautious during gusting or strong wind days as the chances of falling limbs is very real. Never setup your camp or rest area below the branches of gum trees.

Snakes

If you encounter a snake do not attempt to capture or handle it - leave it alone

Going the Extra Mile

"And who ever asks you to go a mile, go with him two." (Matthew 5:41) In Bible times, the law permitted a Roman soldier to force a non-Roman to carry his bags for what was in those days a "Roman mile", or a thousand paces - a distance of about 1.48 kilometers. No one liked being forced to carry a bag any distance for a Roman soldier. But Jesus said if they were asked to carry something for a mile, then they should carry it for two miles. That is how we get the phrase, "Go the extra mile." It means we should go beyond what is expected of us in helping others.



dark in colour, you may be dehydrated. Frequent, clear coloured urination can signify that your fluid intake is too high.

Hypothermia

The temperature can drop dramatically in the Dandenong Ranges and a change in weather conditions can see the temperature plummet. If you are unable to warm yourself you may suffer hypothermia. Symptoms can include fatigue, shivering, muscle spasms, clammy skin, stammering and hallucinations. If you become hypothermic (1) change into dry clothes, (2) cover your head, face, neck and body with warm clothing, (3) consume hot drinks and high calorie

breathing, flushed hot dry skin and an elevated body temperature. If you or a team member is suffering these symptoms, find a cool place to rest and administer frequent sips of water - seek help if symptoms persist. To prevent heat exhaustion on hot days & nights, wear appropriate clothing, maintain adequate fluid intake and rest to avoid over exertion.

Fire

The Australian bush is well known for its susceptibility to fire when humidity is low, temperatures are high and when it is windy. Avoid training in the bush on days of Total Fire Ban and take care when walking the trails on hot, windy

and keep your distance. Know first aid - in the case of a bite.

Spiders

You should be wary of spiders along the trail. Take care when placing gear on the ground when resting. Know first aid - in the case of a bite.

Shhhhh!

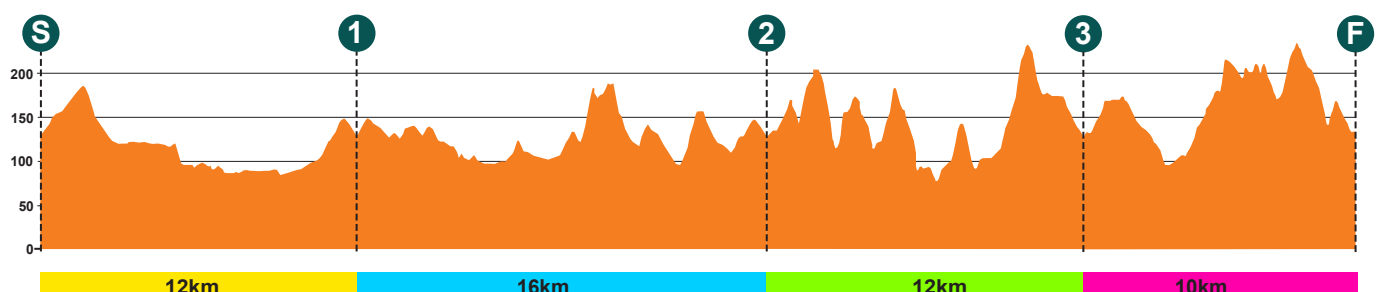
During the event and while you train you may pass close to residential properties. Keep your conversations low and noise down around these homes and respect the resident's right to a quiet environment.





Note: Locate the START/FINISH staging area. It is a large open gravelled area just off Valley View Track with a small electricity box. To get there from the Hallam North entrance, enter from the small asphalt carpark facing the toilet block head left (West) across the gravel car park and locate mouth of fire trail between 2 boulders - head left when it meets Valley View Track (at the 'T' intersection) - continue for around 200-300m until you reach the open gravel area on your left (this is the staging area for the event).

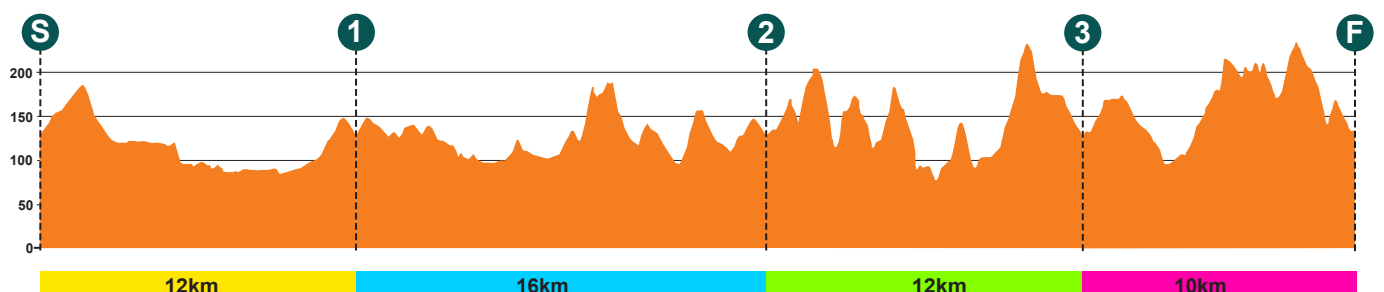
1. Exit the START and head left (heading north) on Valley View Track.
2. Stay on Valley View Track, 300m past the first sign on right for Rock Garden Walk, turn right at the second sign for the Rock Garden Walk, the trail entrance is narrow on the right side of the sign – don't enter the mountain bike trail (pole marked "with a red/white no entry sign"), you've gone 5m too far!
3. Stay on the narrow trail and turn right at the T intersection and head down to the stairs. At the base of the stairs turn left onto TRAMLIN WALK, cross the mountain bike trail CAREFULLY.
4. Veer right on Tramline walk as you reach Wallaby Track signs.
5. Continue on Tramline Walk where it meets the dirt road through the wooden gates (Glen Track).
6. Watch out for mountain bikes as you cross over continue on Tramline walk
7. After around 750m you will meet a mess of trails – keep walking straight ahead still on Tramline Walk.
8. Cross over Cloverdale Track and keep following Tramline Walk.
9. Cross over South Break and stay on Tramline Walk.
10. Pass a display of the old Tram trolleys used to ferry quarried rocks and stone.
11. Tramline Track meets Casuarina Track – head right onto Casuarina Track until you meet Snipe Track.
12. Head left on Snipe Track and descend, and cross the dam wall.
13. Take the small bridge at the end of the dam wall – head left off this bridge and follow the asphalt walking path keeping the lake on your left and the car parks and roads on your right.
14. Cross straight over the main roads through the car park – you will come to a sign Lake Circuit Walk.
15. Enter the Conservation area and follow the trail until it exits through another gate.
16. Head left on Lake Track, following the fence line.
17. Come to Buckle Trail - head left on Lake Track, following the fence.
18. Pass Mahogany Track on the right – keep heading forward until you see Short Cut Track.
19. Take Short Cut Track – about 75m at the T intersection (unmarked Casuarina Track) head right.
20. At the cross roads take a left onto Lamberts Track and follow for around 1.5kms until you reach a cross road with Glen Track.
21. Head left on Glen Track and follow it up, ascending to the car park
22. Turn right before the toilet block onto Valley View track to Pitstop 1!

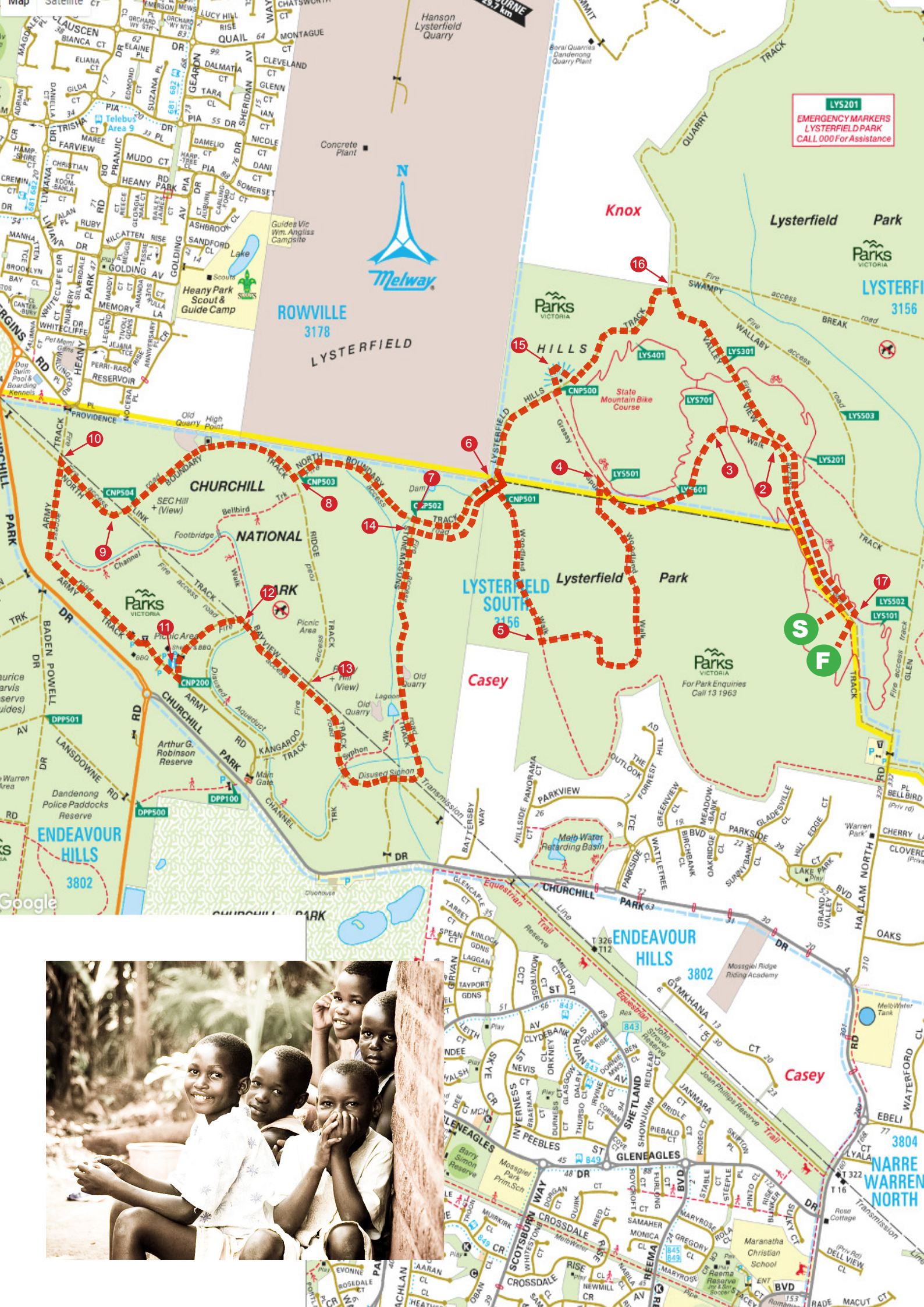


LYS201
EMERGENCY MARKERS
LYSTERFIELD PARK
CALL 000 For Assistance

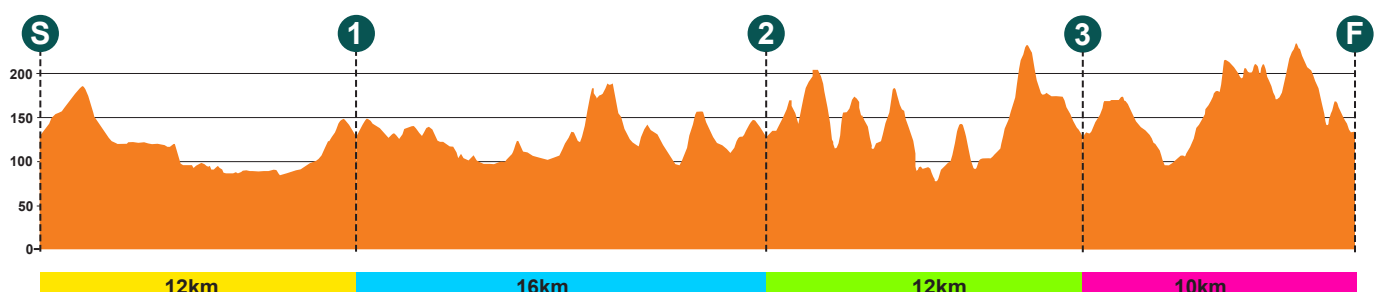


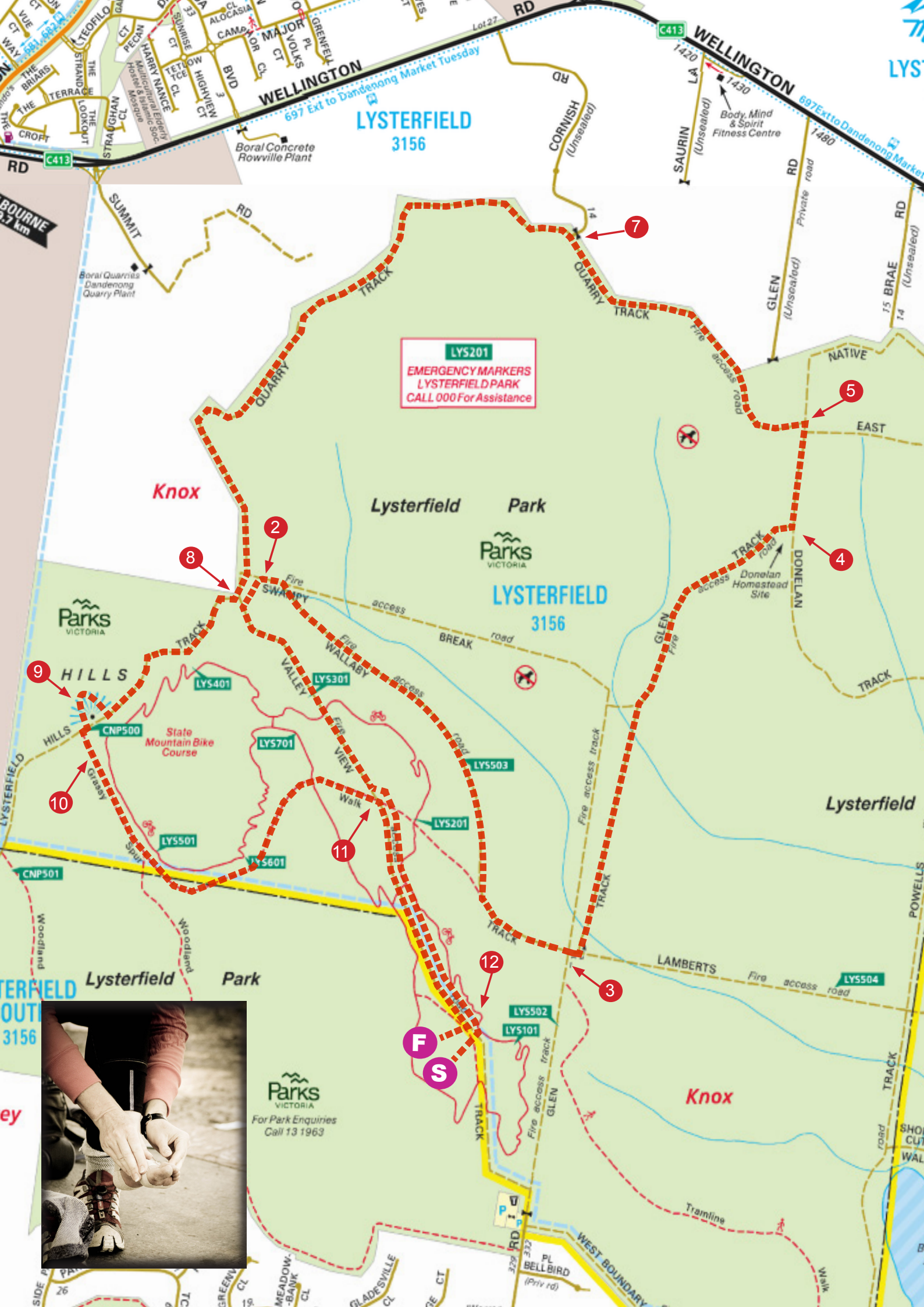
1. Exit the START and head right (heading south) on Valley View Track.
See the notes in Section 1 that describe the location of the START/FINISH staging area.
2. Passing the toilet block on your right, head right on Glen Track for 20-30m towards the gates -
3. Locate West Boundary Track (on the left of the car park gates) and follow it as it skirts the edge of the park (you are passing homes on your right).
4. Head sharp left on Casuarina Track – this is a well formed fire trail.
5. Continue for some time until a major cross road and head right on Lamberts Track.
6. Head right at the T intersection on Logan Park Drive, go past Gun Club Track.
7. Looking out on your left for locate and enter Native Cherry Track as it ascends.
8. Where the track is about to make a right turn it meets a sign Echidna Track, look for the mouth of a track on your left (carefully it's a very narrow trail) and follow it as it winds its way through the forest.
9. It rises up to a T intersection with East Boundary Track – head left and follow the perimeter fence as it skirts the park.
10. Just past the gun club will be a trail marked on the day to show an amazing view and will return you to this same track, continue on the East West Break.
11. Ascend steeply to a wide open track running left and right – head left and descend.
12. Cross Logan Park Track – enter the East West Break (go over/through if the gate is shut) and follow as it winds around the fence line
13. Stay on the Boundary Track as it passes Boys Farm Track, head up the hill.
14. Head left onto Powells Track.
15. Head right onto Donelan Track.
16. Head left on Glen Track.
17. Glen Track meets cross roads of Lamberts/Wallaby Tracks Stay left on Glen Track.
18. Head sharp right onto Valley View Track (passing the toilet block and car park on your left).
19. Arrive at the START/FINISH staging area – this is the end of Section 2.



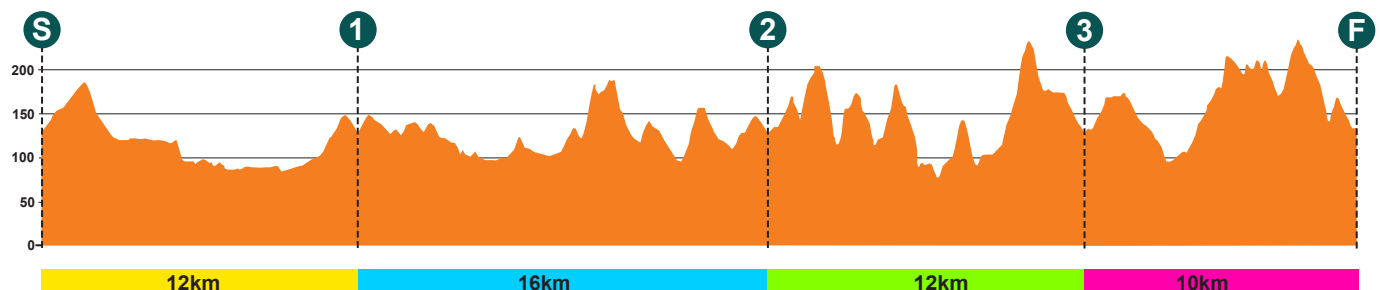


1. Exit the START and head left (heading north) on Valley View Track.
See the notes in Section 1 that describe the location of the START/FINISH staging area.
2. Reach a sign at the top of the track pointing to Rock Garden Walk, Grassy Spur Walk and Tramline Walk – head left and descend on Grassy Spur Walk.
3. Pass the small dam on your right.
4. Grassy Spur Walk eventually turns into a grassy unformed track – continue ascending passing fences on your left and right – head left on Woodland Walk.
5. Woodland Walk descends and swings gently right at its base - it then meets a new track on the left – continue heading right on Woodland Walk.
6. Meet Lysterfield Hills Track – head left and descend taking North Boundary Track when you meet it.
7. It drops down onto North Boundary Track which is a gravel fire trail – head right and ascend the track.
8. Come to an intersection of tracks (Ridge Track is on your left) – head right as North Boundary Track ascends.
9. The track swings right between the overhead power lines – descend until it meets another fire trail.
10. Head left on Army Track.
11. Army Track finishes at the bottom of the car park for Churchill Park - follow the asphalt road for around 300m and take a left turn into the top carpark. Head through the carpark past the toilets and at the INFORMATION SHELTER turn left and go through the gate onto Shelter Track.
12. Swing right onto Bayview Track and follow ahead.
13. Continue forward on Stonemasons Track.
14. Head right onto Lysterfield Hills Track and ascend to its top
15. At the top TURN left and loop around the lookout.
16. Head right on Valley View Track
17. Arrive at the START/FINISH staging area – this is the end of Section 3.





1. Exit the START and head left (heading north) on Valley View Track.
See the notes in Section 1 that describe the location of the START/FINISH staging area.
2. Continue along Valley View Track until it meets intersecting tracks (you'll see the cyclone fence) - locate Wallaby Track on your right and take it as it descends.
3. Reach an intersection with Swamp Break and turn left on Glen Track.
4. Reach a T Intersection turn left on Donelan Track (signs say Glen track, just turn left and head up the hill!)
5. As you get to the top of the rise turn left onto Quarry Track.
6. Stay on this track with fence on your right.
7. Once you see a gate on your right the trail Quarry Track turns left, stay on Quarry Track.
8. As you pass the quarry and head down the hill till you meet the cross roads on Lysterfield Hills Track turn right and head up.
9. The lookout is on your right - take a short walk to the lookout on a good day you'll see Mt Macedon, the You Yangs, Arthurs Seat and the ocean of the bay. Circle the lookout and return to the Lysterfield Hills Track and cross over onto Grassy Spur walk.
10. Follow the open fence line staying on Grassy Spur walk and head down the hill past the pond.
11. Head up until you meet Valley View track and turn right
12. Stay on Valley View Track until you arrive at the FINISH.
13. Congratulations! You made it.



An estimated 2.7 million disadvantaged children live in the nation of Uganda - their parents are gone. HIV/Aids is responsible for orphaning around 1.2 million children, sweeping away a generation of parents (conservative figures suggest that around 1.3 million* people are currently infected with the disease and those infected include children).

An average Ugandan family includes seven children - when the parents die, the children will have to fend for themselves. Some will be farmed out to different family members, which often separates the siblings. The already burdened families often cannot cope with the added strain of caring for more mouths to feed. In some cases, the orphaned children are treated badly, in many instances they will become outcasts. Many will try to survive on the dangerous streets and risk suffering physical and sexual abuse from predators. Together, the effects of poverty, disease, sickness, a 20 year old civil war (now over) and the ravages of Joseph Kony's LRA (Lord Resistance Army) have served to create a misery for the disadvantaged children of Uganda.

Welcome to the "Village of Hope"

Imagine a village of homes - an environment that is secure, safe and filled with genuine love, laughter and hope - hope for a future that is bright and full of possibilities. **HopeBuilders International** (HBI) owns and operates the Uganda Village of Hope - a village established to provide protection for disadvantaged children where they can be raised, nurtured, educated and loved. There's something about hope - it can change a life, lift your spirits, make the impossible seem possible - and it can even carry you through a bush trail on a long walk. Thanks for building hope with us ...

HopeBuilders. International

HopeBuilders. International is an Australian not-for-profit charity and is run by a small team of volunteers, who are motivated by their Christian faith to love the destitute, marginalised and abandoned. They are determined to build hope into the lives of these precious people - and so the name of the organisation gives a clear indication of their intentions! Their work amongst the disadvantaged children of Uganda is supported by fundraising efforts conducted back here in Australia. Their long term goal is to take the Village of Hope model to other locations within Uganda, and indeed to other nations around the world.

www.hopebuilders.org



builders.org

www.GoTheExtraMile.com.au