

UPSTREAM CHALLENGE

From CBD/Heidelberg to Donvale

50km & 20km Options

www.upstreamfoundation.org

WALK
OR
RUN

2022 EVENT INFORMATION GUIDE



www.upstreamfoundation.org

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WELCOME

It's nearly time for the big day exploring the trails along Melbourne's iconic Yarra River. We're so impressed by everyone's fundraising efforts so far and encourage you all to keep up the great work. We look forward to seeing you on Saturday 2nd April.

EVENT SCHEDULE – SATURDAY 2ND APRIL

6:00am – 50km registration opens

7:00am – **50km Start** (one wave only)

8:30am – 20km registration opens

9:30am – **20km Start** (one wave only)

10:45am-11:00am – First finishers expected to arrive

8:30pm – Last finishers expected, course closed

REGISTRATION

- Participants are required to register at least 30 minutes prior to their start time
- All participants must register on event day
- Participants will receive an **Race Bib** at registration; it is to be worn and **visible** at all times during the event
- 50km bibs are blue, 20km bibs are green

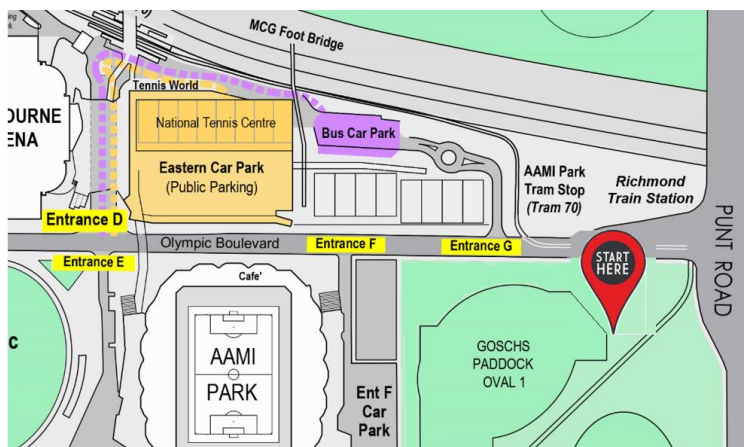


START LOCATION & PARKING

50km – Gosch's Paddock

Train: Richmond train station is immediately adjacent to Gosch's Paddock.

Car: Parking is available by entering through **entrance D** of Melbourne & Olympic Parks



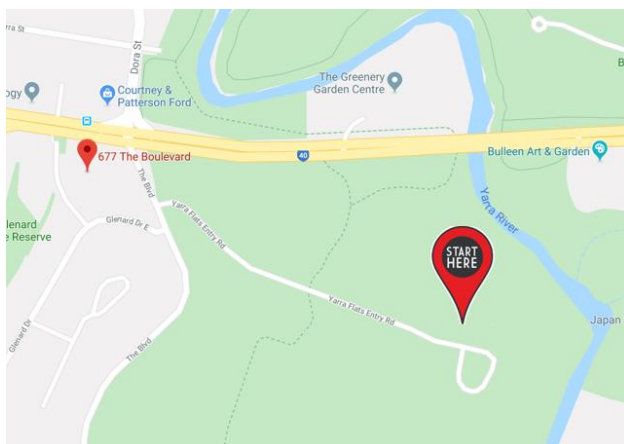
20km – Yarra Flats

Car: Limited parking is available, however please be mindful that support crews will also be using this car park throughout the day.

Address for Google to the entrance of Yarra Flats:

Yarra Flats Entry Road

Train: Heidelberg train station is 1.6 km from Yarra Flats (allow 20 min to walk)



BUS

A bus will be looping from the finish to **Nunawading Station** and back to **Yarra Flats**. No need to book, just jump on.



MASKS ARE REQUIRED ON THE BUS

COVID SAFE PLAN

So that the Upstream Challenge can go ahead, participants need to follow some rules to make sure the event is Covid safe.

IF YOU ARE UNWELL, DO NOT ATTEND

If you have any potential Covid related symptoms, please do not attend the event. (Coughing, fever, shortness of breath, runny nose, headache, muscle pain, loss of sense of smell/taste.

Don't attend if you are awaiting a Covid test result or are a close household contact.

YOU MUST SHOW YOUR VACCINATION CERTIFICATE TO PARTICIPATE IN LINE WITH STATE GOVERNMENT REQUIREMENTS

Maintain physical distancing where possible.

Fitted face masks must be used inside busses and any medical tent/room.

At checkpoints please do not grab food, allow the volunteers to pass you any food using their tongs.

QR Code check-in

CHECK-IN
NOW



Upstream Foundation
155 Tindals Road Donvale
Upstream Foundation



Location code 3AJ M2W

- 1 Use your phone to scan the code
- 2 Enter your first name and phone number
- 3 Look for the tick
You're now checked-in

Can't scan?
Download the Service Victoria app or visit: go.vic.gov.au/check-in
Open the app and enter: **3AJ M2W**



Service Victoria is the State Government's dedicated customer service agency.
We will only use or disclose your check-in information for coronavirus (COVID-19) contact tracing.
We'll delete your data within 28 days. Your details won't be used for marketing or other purposes.
Learn more: service.vic.gov.au/check-in



WHAT TO WEAR/CARRY

These are some suggestions – you might think of some other essentials for your individual requirements. Just keep in mind that you probably don't want to be carrying a heavy load for 50 km!!

- Sunglasses
- Comfortable walking/running shoes (previously worn in during your training)
- Comfortable socks
- Sunhat/cap
- Camelbak / small backpack
- **Water** is available at the start, but it is limited, so please come prepared with your water bladders/bottles filled.
- Water containers/hydration system with min. 2 L capacity. (Hydration systems are recommended as it can allow for more frequent drinking)
- Mapbook or maps.me app
- **Mobile phone**
- Money for emergencies
- Snacks in 3 categories: high energy, salty and/or sweet
- Sun block
- Spare socks



MASSAGE AND PHYSIOTHERAPY

PhysioLife will be at CP3 from about 10am to 2pm and at the finish line from about 2pm to 5pm to provide assistance to participants. Please note that these times vary, subject to how busy they are.



MEDICAL SUPPORT

Medical support is provided by Medical Edge and is available at the checkpoints and the finish. If you need first aid assistance attend the checkpoint or request assistance via the phone number on your bib. There is a mobile crew available.

EVENT PACK

Don't forget to grab your event pack at the finish line. It is packed with some great gear from our sponsors and beneficiaries.



FUNDRAISING

Its time to make sure you reach (and hopefully exceed) your **\$250** fundraising commitment!

While we don't give prizes for the fast runners, we do reward those who are amazing fundraisers. Thanks to our fabulous partners **Harvey Norman Springvale**, we have some great prizes to recognise your hard work. The more you raise the more chances you have to win. Check out on our website for the **prizes** up for grabs this year.



FUNDRAISING TIPS

This is what it is all about, so be sure to focus your energy this week on **boosting your fundraising efforts**. There are plenty of ideas and resources on the **website**, but below are a few of them to give you some inspiration.

- Hold a dinner party and charge your guests to attend. A fun way to raise funds, but also a good way to spread the word about the Upstream Challenge and get team mates to join you on the day!
- Set your friends and family a target fundraising amount that if they reach, you'll do something silly or fun (like wear a wookiee costume).
- Ask people to join you or to help you out by sponsoring you.
- Bake decorated cupcakes or biscuits and sell them to friends and family or at work or school.
- Garage Sale/Ebay Sale – Get rid of unwanted items around the house and raise some \$.
- Organise a sausage sizzle either at work, the footy club or the local shops. It's easy to do if you're a team and a great way to give your fundraising efforts a big boost!
- Ask your work to sponsor you. Some employers will match the funds raised, so it's good to ask if they might consider doing the same.
- 'Like' the Upstream Challenge Facebook page and the beneficiaries pages too.
- Regularly update your facebook page with photos and posts about your training and fundraising. Even if your friends can't donate, you can still ask them to 'share' your story with their network.

#upstreamchallenge
@upstream50km

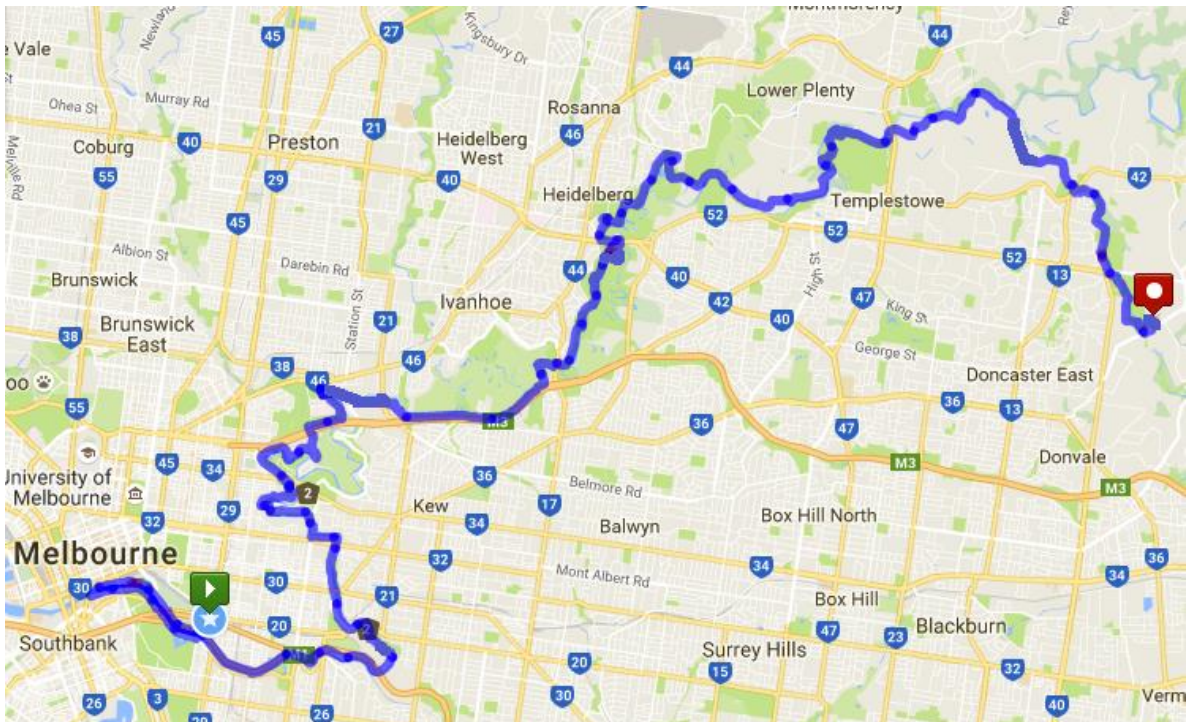
COURSE DESCRIPTION

The 50km event starts in the Melbourne CBD and follows the Yarra River out to the eastern suburbs. Once in Templestowe, the track leaves the Yarra and follows Mullum Mullum Creek to finish in Donvale. The 20km event starts at Yarra Flats (CP3 of the 50km event) and also finishes at Donvale. Detailed maps are found on the website.

Course markers will show the way along the course. Keep a look out for the red upstream arrows and pink surveyors tape!

We occasionally have course tampering even though we recheck it first thing in the morning, so please be familiar with the course.

[Course | Upstream Challenge \(upstreamfoundation.org\)](http://upstreamfoundation.org)



CHECKPOINTS

- Checkpoint 1 – Water, lollies, fruit
- Checkpoint 2 – Water, lollies, fruit
- Checkpoint 3 (20km start) – Water, lollies, fruit
- Checkpoint 4 – Water, lollies, fruit

Please be self sufficient with electrolytes by carrying satchels or tablets to add to your bottles.

TOILETS

Portable toilets will be delivered to the start and each of the checkpoints. Public toilets on route are also marked on the course maps.

FOOD

Food will be available at the finish line for a gold coin donation (free for participants). There will also be a snack pack thanks to the Rapid Relief Team.

At checkpoints please do not grab food, allow the volunteers to pass you any food using their tongs

TIMING

Finish times will be put up as soon as possible on our website. Published finish times for teams will be of the last team member who crosses the finish line.



THE FINISH

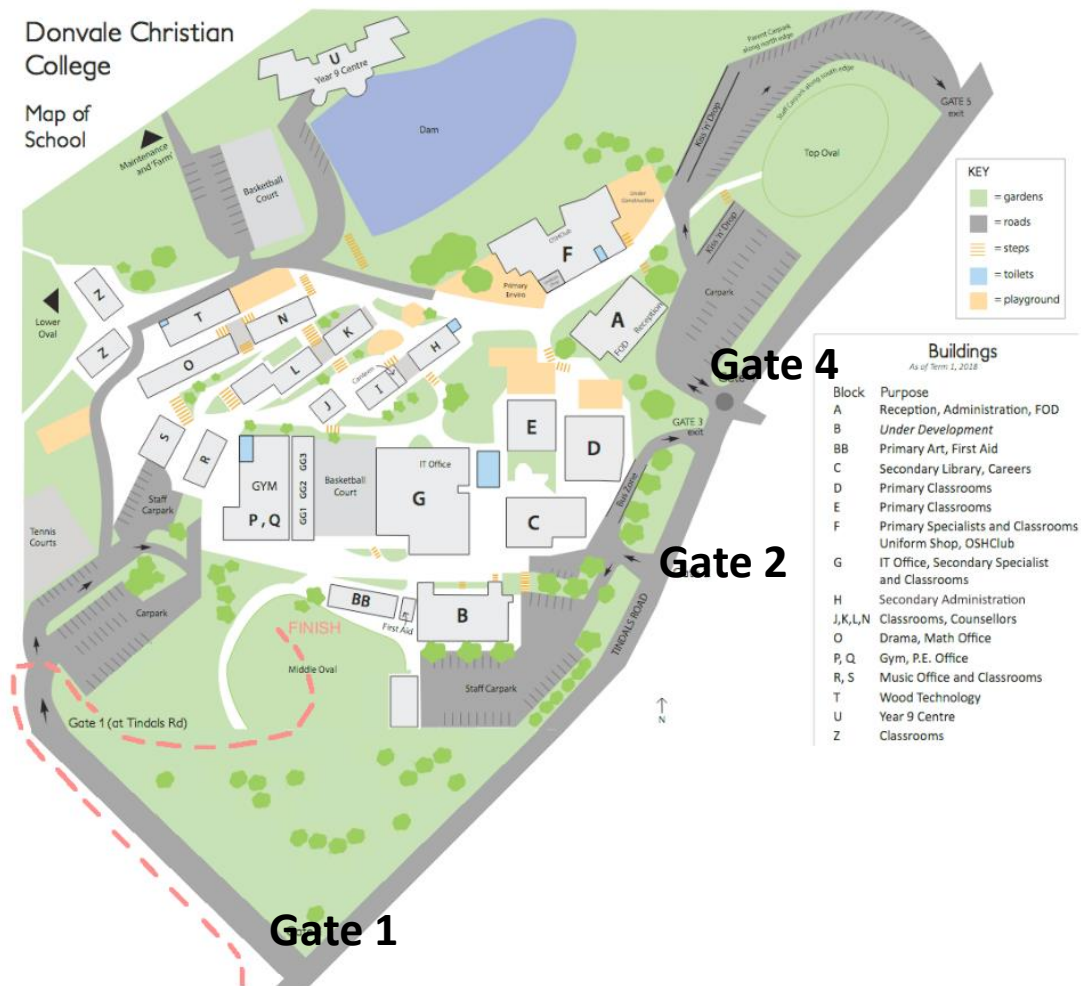
The finish at **Donvale Christian College (155 Tindals Rd, Donvale)** will be a great chance to invite friends and family to help celebrate your achievement. It will be a relaxed and casual atmosphere where participants can start to recover while supporters enjoy the festivities.

Parking

Parking can be very busy at the finish. Please enter the school via **GATES 2 or 4** and be patient finding a park. There is also basketball games being played at the school and we expect parking in gate 1 to be full as a result.

Bus

Public transport is not easily accessible from the finish line. Nunawading station is the closest (approx. 6km away). There will be a shuttle bus to take participants to Nunawading station and Yarra Flats.



The Beneficiaries

Did you know that 100% of the funds donated, including your initial donation is passed on to the beneficiaries. But what do they do with it? Check out our [beneficiary page](#) to read the full story but here is an overview of where it goes.



DEBRA Australia assists in improving the lives of children and adults living with Epidermolysis Bullosa (EB), a debilitating and sometimes fatal condition, by providing necessary support services, medical supplies, aids and equipment, assistance with transition to independent living and research focusing on different aspects of EB.



Let'sTALK believes that a simple conversation can be the difference between an end and a beginning. A conversation that starts at home and then at school, at work and in our community. A conversation about mental health that should be encouraged and promoted as early as possible. Let'sTALK is an early intervention and preventative program that encourages everyone to talk about their concerns before they escalate to bigger issues including mental illness and even suicide.



For over 2,000 years, tens of thousands of girls in India have been illegally forced into ritualised sex slavery. Girls as young as 5 or 6 become the 'property of the village' and, after reaching puberty, are trapped in a life of sexual servitude and abuse. Our holistic approach identifies vulnerable girls and works to prevent them entering this abusive system. National team members provide healthcare and economic empowerment. At-risk girls are cared for in safety.



Brain cancer kills more children in Australia than any other disease. Diffuse Intrinsic Pontine Glioma (DIPG) is the worst brain cancer, typically affecting children of primary school age, with no curative treatment and therefore no survivors. The Isabella and Marcus Foundation was established in 2010 and has been funding research to develop treatments for DIPG.

Sponsors



Green Eco Technologies is proud to sponsor this great event that's raised millions over the past 18 years and kindly donated these monies to well deserving charities. Being an Australian owned company with our own technology, it's nice to be able to support such a great cause.

The WasteMaster converts putrescible waste to a concentrated residue within 24 hours which has virtually no odour and does not attract rodents. The residue (we take away on a weekly basis) can be disposed of via an anaerobic digester system which produces biomethane and in-turn used to generate renewable electricity or to create a high quality fertiliser / compost through partners. In this manner your waste is diverted from landfill. The WasteMaster has been independently tested and shown to destroy all bacteria and pathogens present in the waste being processed. This means the end product can safely be handled, transported and stored.





We develop, supply and manage innovative, safe, efficient and environmentally beneficial on-site solutions for the recycling and re-purposing of putrescible waste into reusable resources.

Headquartered in Melbourne, Australia.
Offices in UK, UAE, USA, France, Spain and Chile.

We support customers with process improvements to deliver savings in all aspects of their organic waste management.

Green Eco Technologies is focussed on reducing the overall impact of food waste disposal for businesses, institutions and organisations, and the Environment.

For further information about WasteMaster, or a free assessment of your needs:

Green Eco Technologies

A 1-3 Molan St,
Ringwood, VIC, 3134

P 1800 614 272

E hello@greenecotec.com

W www.greenecotec.com



Sponsors

Community Bank

Warrandyte

B Bendigo Bank

Community Bank Warrandyte is a proud sponsor of Upstream Foundation and has been a central part of our community since 2003. In that time our only local bank (a community branch of the Bendigo Bank) has invested \$4.1 million in hundreds of projects that have provided resources for schools, kinders, sporting clubs, the arts, environmental groups, CFAs and supported the building of local infrastructure. This is all thanks to the customers who know that not only have they found a great product and exceptional customer service but their business is creating greater good for the whole community. So consider making the switch and visit the team at 144 Yarra St, Warrandyte. Together we can all do more.

PARTNERS

Nestle, Donvale Christian College, Drive Creative, Businessary, Harvey Norman Springvale Melbourne & Olympic Park



Social media



Keep up today

Make sure you are the first to know what is happening with the Upstream Challenge and our beneficiaries, like and follow us on

- [Facebook](#) (@upstream 50km challenge)
- [instagram](#) (upstreamchallenge)
- [Linkedin](#) (upstream-foundation)
- [Twitter](#) (@Upstream50km).



Thank you

We are continually encouraged by the amazing effort and hard work that you all make in fundraising. Our family started the Upstream Challenge 18 years ago with the vision to create an event that helps charities focus time on their projects and not in trying to fund them. It is a labour of love for us in helping the charities achieve their goals and we feel fortunate to be able to do so. From our family to yours, thank you.

#upstreamchallenge
@upstream50km