



Saturday 1st June 2019

***An event entirely within the Kanku – Breakaways
Conservation Park***

PARTICIPANT BOOKLET 2019

Please ensure you read the health and safety information related to your activity on the day...

INTRODUCTION

The Great Kanku-Breakaways Marathon is scheduled to run on Saturday, the 1st of June 2019 and is being organised by The Kanku – Breakaways Conservation Park Board and The District Council of Coober Pedy Staff.

There will be two separate road closures throughout the day, the first closure being the road from Lookout #1 to the intersection of the Breakaways Road and the Kempe Road and includes the lookout. This closure will be in place from 9am until 6pm, except for emergency services vehicles and event organiser's vehicles (if needed).

The second closure being the road from Lookout #1 to Lookout #2 while the Children's events are to run. This closure will be in place from 1:00pm until 3:00pm, except for emergency services vehicles and event organiser's vehicles (if needed).

DISTANCE

The full length of the Great Kanku - Breakaways Marathon is 42.2kms – entirely within the Breakaways Conservation Park, from the main lookout, passed Two Dogs and alongside the Dingo Fence. There will be four different distances, 42.2km, 21.1km, 10km and 5km of which you can Ride, Run or Walk, apart from the 42.2km, which will be Riders and Runners only. For the first time in 2018, the marathon and fun runs will be entirely in the Park and on a loop track. Meaning that the start and finish line will be at the same point (Lookout #1), and depending on what event you are in, you will be required to turn around at a particular checkpoint and head back to where you started.

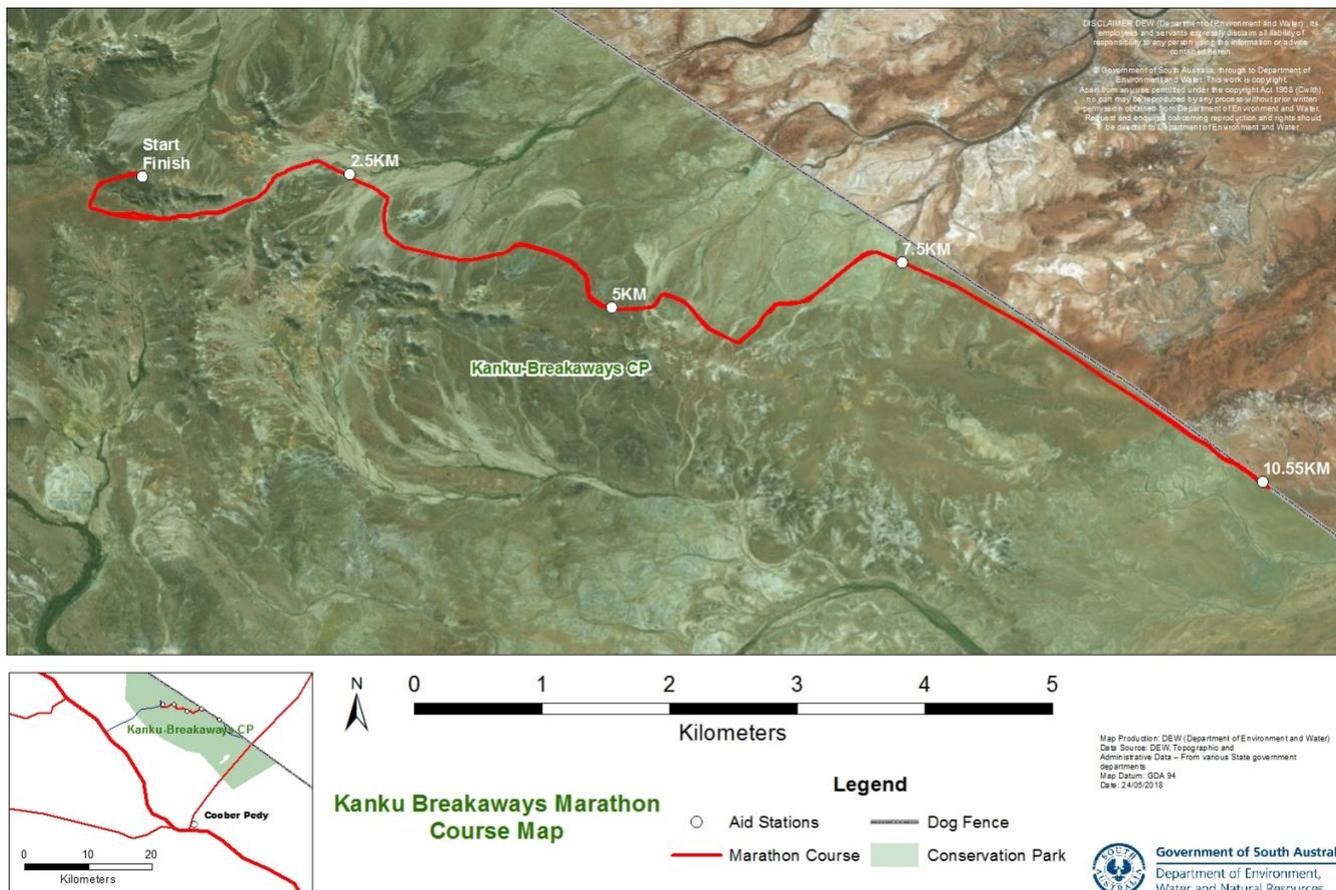
The turnaround points will run as follows:

- a) 5km Event – Turnaround point will be at the 2.5km mark (Checkpoint #1).
- b) 10km Event – Turnaround point will be at the 5.0km mark (Checkpoint #2).
- c) 21.1km Event – Turnaround point will be at the 10.55km mark (Checkpoint #4) 1 Full lap of course.
- d) 42.2km Event – Turnaround point will be at the 10.55km mark (Checkpoint #4) 2 Full laps of course.

The events will run as follows:

- a) 10:00am - Bike riders in ALL events.
- b) 10:30am - 42.2km runners, 21.1km runners and walkers.
- c) 11:00am – 10km runners and walkers.
- d) 11:30am - 5km runners and walkers.
- e) 2:00pm – Kids Fun Run (2.4km).

See below for a map of the course and where the checkpoints will be located.



Prior to entering in the event, every participant will need to fill in the Indemnity / Safety Entry form and make payment.

COMPETEITORS need to meet at the lookout **1 hour prior to your scheduled start time** for registration, briefing and number allocation on Saturday 1st June 2019.

Each participant will be given a number which they need to pin to their shirt or the handlebars of their bike (see below for details) to allow their time to be recorded.

ELECTRONIC TIMING BRIEFING

- 1) Electronic Transponder Timing will be used to record your finish time and intermediate times.
- 2) You have been allocated a race number bib and it has an electronic timing tag on the back linked to you. Do not use someone else's number bib.
- 3) If you are running or walking, pin the bib at waist height to the outside front of whatever top you will be wearing.
- 4) If you are riding, attach the bib with cable ties to the handle bars or cables at the front so it faces forwards, is vertical and does not touch your frame
- 5) Do not bend or fold the tag or tamper with it.
- 6) Your time and number will be recorded when you pass through a timing point provided your race number bib is visible. Covering it with clothing or your hands as you operate a watch will prevent it recording.
- 7) You must pass through all intermediate timing points on your way to your finish.
- 8) Please make sure you start at the correct time. The starter will let you know which event will be starting at what time:

- a) 10:00am - Bike riders in ALL events.
 - b) 10:30am - 42.2km runners, 21.1km runners and walkers.
 - c) 11:00am – 10km runners and walkers.
 - d) 11:30am - 5km runners and walkers.
 - e) 2:00pm – Kids Fun Run 2.4km.
- 9) Race number bibs are not disposable & must be returned to officials.
- 10) If you cut the course short (for example by skipping a lap, or taking a shortcut), do not cross over the finish mat as we may inadvertently think you have won the race.
- 11) If you do not complete your course you must return your bib to officials who will be near the finish line.
- 12) If you lose your bib during the race you must go to the Timing Manager as soon as you cross the finish timing mat.

When you get back to the finish line please return your bib to the registration tent (where you picked it up) and pick up your participant packs.

WHAT TO BRING: All Participants will need to bring their own hats, sunglasses, sunscreen (to apply at the beginning of the day) and water for the beginning. Please also ensure that you wear appropriate footwear.

PERSONAL BELONGINGS: Whilst participating in the event, you are still responsible for all of your belongings. It is suggested that if you need to carry anything with you during the event perhaps take a small back pack with you, e.g. to carry Ventolin puffer, extra water, car keys etc.

WHAT IS PROVIDED: Water, Powerade, Glucose lollies, Sunscreen, First Aid and Medical supplies will be available at the Checkpoints which will be spaced along the track no more than 2.5kms apart. Food and drink will be available for purchase at the lookout. There will be a free community lunch. Water will be supplied free of charge.

A Toilet (port-a-loo) will be available at the start / finish line at Lookout #1, and there will also be a toilet located at each checkpoint along the track.

More information on the Marathon can be found on: www.greatkanku-breakawaysmarathon.com.au

EMERGENCIES / INJURIES

Every checkpoint will have a first aid kit and a snake bite first aid kit. If you need assistance, please let a checkpoint volunteer know and they will assess if they can help you, or if the medical team is called. The event organiser will then be notified.

We will have onsite medical based at the lookout or on the course. If there is an emergency or serious injury call 000 and advise staff at Lookout #1 immediately. Incident report forms will be available for use if needed.

If you see snakes or any other dangerous fauna, please avoid them and advise participants of their whereabouts.

Although these road closures have an exemption for emergency services vehicles and event organiser's vehicles, it is to be noted that these vehicles will only be in the road closure areas if it is 100% necessary, which will be determined by the event organiser. If this happens to be the case, all personnel (employees, participants, attendees, volunteers and stall holders) that need to be informed, will be. If a vehicle has to enter the road closures, they will be required to use their flashing lights (emergency services vehicles), their hazard lights (emergency services vehicles, all vehicles) and their beacon light (event organiser's, DCCP vehicles, all vehicles).

If a vehicle is required to enter the course for whatever reason, they will adhere to these conditions: Hazard lights will be on at ALL times, will not exceed a speed limit of 40km/hrs and when approaching a competitor they may need to sound the horn to make them aware of your presence.

Note: If a vehicle must enter the course, ALL checkpoint volunteers will be informed and they in turn will do their best to notify the competitors as they pass by check points.

BE SUN SMART

Skin cancer is the most common cancer diagnosed in Australia. More than 430,000 Australians are treated a year for skin cancers. Of these, over 10,500 new cases of melanoma are diagnosed. Each year there are around 1600 deaths from melanoma and non-melanoma skin cancer.

The major cause of skin cancer is too much exposure to ultraviolet (UV) radiation from the sun. Skin can burn in as little as 15 minutes in the summer sun so it is important to protect your skin from UV radiation.

Protect yourself against sun damage and skin cancer by using a combination of these five steps:



1) Slip on sun protective clothing

Choose clothing that:

- Covers as much skin as possible eg. long sleeves and high necks/collars.
- Is made from close weave materials such as cotton, polyester/cotton and linen.
- If used for swimming, is made from materials such as lycra, which stays sun protective when wet.

2) Slop on SPF 30+ sunscreen

Make sure your sunscreen is broad spectrum and water-resistant. Sunscreen should not be used to increase the amount of time you spend in the sun and should always be used with other forms of protection. Apply sunscreen liberally to clean, dry skin at least 20 minutes before going outside and reapply every two hours.

3) Slap on a hat

A broad brimmed, legionnaire or bucket style hat provides good protection for the face, nose, neck and ears, which are common sites for skin cancers. Caps and visors do not provide adequate protection. Choose a hat made with closely woven fabric – if you can see through it, UV radiation will get through.

4) Seek shade

Staying in the shade is an effective way to reduce sun exposure. Make use of trees or built shade structures, or bring your own! Whatever you use for shade, make sure it casts a dark shadow and use other protection (such as clothing, hats, sunglasses and sunscreen) to avoid reflected UV radiation from nearby surfaces.

5) Slide on some sunglasses

Sunglasses and a broad brimmed hat worn together can reduce UV radiation exposure to the eyes by up to 98 per cent. Choose close-fitting wrap-around sunglasses that meet the Australian Standard AS 1067. Sunglasses are as important for children as they are for adults.

Where can I get reliable information?

Cancer Council Helpline 13 11 20 cost of a local call anywhere in Australia. Cancer Council Australia website (with links to state and territory Cancer Councils): www.cancer.org.au

Remember to take extra care between 10am and 3pm when UV radiation is most intense.

Look out for the SunSmart UV Alert which tells you the time period in which you need to be SunSmart – it appears on the weather page of most daily newspapers and on the Bureau of Meteorology website: www.bom.gov.au/weather/uv

Check your skin regularly and see a doctor if you notice any unusual skin changes.

If you have a lesion that doesn't heal, or a mole that has suddenly appeared, changed in size, thickness, shape, colour or has started to bleed, ask your doctor for a skin examination. Treatment is more likely to be successful if skin cancer is discovered early.

If you have any concerns or questions, please contact your doctor.

EXERCISE INTENSITY

Exercise intensity refers to how hard your body is working during physical activity. For maximum health benefits, the goal is to work hard but not too hard. If you have a medical condition, are overweight, are aged over 40 years or haven't exercised regularly in a long time, see your doctor for a medical check-up before starting any new exercise program.

The body's response to exercise

Your body's response to moderate intensity exercise normally includes:

- Faster heart rate
- Feeling warmer
- Mild to moderate perspiration
- Mild muscular aches for a day or two afterwards, if you are not used to the physical activity.
- Faster breathing
- Slight swelling of the hands and feet

Warning signs

If you experience any of the following symptoms, stop exercising and seek medical help:

- Breathing problems such as wheezing or coughing
- Extreme breathlessness
- Extreme perspiration
- Severe muscle pain or cramps
- Severe pain in any muscles or joints
- Extreme and long-lasting fatigue after exercising
- Chest pain or pressure
- Dizziness, fainting
- Nausea

Measuring exercise intensity

You may need to experiment to find out which method of measuring exercise intensity suits you best. The different measurement methods include:

- Target heart rate
- Exertion rating scales
- Talk test
- Self-monitoring.

Target heart rate

Target heart rates for fitness and health gains are between 40 and 85 per cent of your maximum heart rate (maxHR). Maximum heart rate is calculated as 220 beats per minute (bpm) minus your age.

Keep your heart rate at the lower end of your recommended range if you are just starting regular exercise. Gradually increase the intensity of your workouts as your fitness improves. Your heart rate should also stay in the lower ranges during warm-up and cool-down periods.

If you have a medical condition, are overweight, are aged over 40 years or haven't exercised in a long time, see your doctor. Your heart rate target range may need to be professionally recalculated to take your health and general fitness into account.

Some medications can alter your heart rate response to exercise, so make sure you discuss the medications you are taking and how they may affect your exercise plans with your doctor.

Target heart rate chart

Age (years)	Heart beats p/min target range (40-85% of maxHR)
20	80-170
25	78-166
30	76-152
35	74-157
40	72-153
45	70-149
50	68-145
55	66-140
60	64-136
65	62-132

Pulse rate

Taking your pulse at regular intervals lets you know whether you are exercising within your target heart range. Some tips:

- Take your pulse before the warm up.
- Take your pulse again when you've been exercising for about 5–10 minutes. Continue taking your pulse at regular intervals.
- Take your pulse at the end of your activity bout and then again 2–5 minutes after you have stopped exercising – a drop of approximately 12 bpm after you stop activity indicates that your recovery is adequate.

How to measure your pulse

The radial pulse is located on your inner wrist. To measure it, you should:

- 1) Put the first three fingers of one hand against the inner wrist of the other hand just below the thumb
- 2) Move your fingers slowly across the wrist until you detect a tendon
- 3) Press your fingers into the hollow next to the tendon on the thumb-side – your artery lies just beneath the skin
- 4) Don't push too hard when taking your pulse or you'll squash the artery and impede blood flow
- 5) Using a watch with a second hand, count your pulse for 15 seconds. Multiply this figure by four to get your beats per minute (For example, 31 pulse beats over 15 seconds equals a pulse rate of 124 beats per minute).

You can also take your pulse by pressing your fingers lightly against one of your carotid arteries, located on either side of your windpipe. Once again, don't push too hard.

Factors known to influence heart rate

It's not just exercise that affects your heart rate. Your beats per minute could be raised by a number of internal and external factors including:

- Hot weather
- Caffeine intake
- Medications.
- Time of day
- Hormone fluctuations
- Cigarette smoking
- Stress or anxiety

Talk test

Talking is a reliable way to measure exercise intensity. Suggestions include:

- If you can talk and sing without puffing at all, you're not pushing yourself hard enough
- If you can comfortably talk but not sing, you're exercising at the right intensity
- If you can't talk at all without gasping, slow down the pace

Exertion levels

This method requires you to rate how hard you're working by observing your body's physical signs.

Aim to experience the exercise signs 3–7 in the chart below to keep within your target heart rate. As an activity becomes easier, the rating should decrease and then you know it's time to increase the intensity of the activity.

Level Exertion	Physical signs
0 None	None
1 Minimal	None
2 Barely there	Sensation of movement
3 Moderate	Stronger sensation of movement
4 Somewhat hard	Warmth or light sweating
5 Hard	Sweating
6 Harder	Moderate sweating
7 Very hard	Moderate sweating, but can still talk
8 Extremely hard	Heavy sweating, can't talk
9 Maximum effort	Very heavy sweating, can't talk
10 Maximum effort	Exhaustion

Self-monitoring

Recent studies show that paying attention to how you feel while you exercise may be one of the most effective ways to measure exercise intensity. Signs of discomfort that suggest you're working too hard include:

- Breathlessness
- Muscle weakness and fatigue
- Feeling like you're just not enjoying yourself anymore

Becoming aware of the intensity of your exercise will help you to ensure that you exercise at the right intensity to achieve the many health benefits associated with moderate exercise.

Where to get help

- Your doctor
- Exercise physiologist
- Physiotherapist

CYCLING TIPS

The health and safety tips below will help you get the most out of your cycling and reduce your risk of injury...

The bicycle

- Make sure your bicycle is appropriate for your height and needs
- Regularly check the following things on your bike to make sure it is in good repair: check the tyres, bearings, gears, nuts and bolts, and lubricate the chain and cables.
- Adjust your saddle for your leg length. Your knee should be only slightly bent when your foot is on the pedal with your leg fully extended. You risk knee strain if your knees are too bent
- Your handlebars should be positioned about five centimetres lower than your saddle height
 - **YOU MUST HAVE A WORKING BELL on your handlebars**



The helmet

- Always wear a helmet - wearing a helmet is compulsory by law and could result in a fine if you are caught riding without a helmet
- Make sure your helmet is Australian Approved and fits your head correctly

- If your helmet hits the road or an object, replace it even if it still looks okay
- Look after your helmet - keep it out of direct sunlight when not in use, and clean it strictly according to the manufacturer's instructions

General health and safety suggestions

- Let someone know your intended route and what time you think you'll be back
- Wear sunscreen on skin not covered by clothing
- Take a drink with you to reduce the risk of dehydration
- Pack identification, money and your mobile phone (if you have one) in case of emergencies
- Don't wear headphones as you need to hear what's going on around you
- Cycling shorts reduce the risk of skin irritation because the material doesn't bunch and rub against your buttocks

Road rules

- Treat your bicycle as you would your car, and obey the road rules
- Flag your intention to turn by hand signalling or using your indicators if your bicycle has them
- When turning right, perform a hook turn from the left side of the road
- Ride in a predictable way, about one metre out from parked cars
- Cyclists are permitted to ride two abreast, but you should ride in single file in heavy traffic
- You are permitted to overtake on the left, provided the vehicle you're overtaking isn't turning left or indicating an intention to turn left

Visibility on the roads

- Always wear brightly coloured clothing as it is harder for motorists to see you if you are dressed in dark or dull colours
- Fluorescent fabrics markedly increase your visibility to other road users
- Have lights fitted to your bike, front and back, for night riding
- Reflective garments, including reflectors fitted to the back of your shoes, can increase your visibility at night

Riding tactics

- Altering your riding position from time to time reduces the risk of muscle overuse, stiffness and soreness
- Pedalling in high gear for a long time will stress your knee joints, so switch to lower gears whenever you can
- Maintain the same cycling rhythm when going uphill by changing gears
- Once you've crested the hill, avoid the temptation to coast down the other side - pedal a little bit to reduce the risk of lactic acid build-up in your leg muscles
- Avoid using your brakes continuously when riding down a long hill, because you may overheat your brakes and consequently your tyres. Hot tyres are more likely to burst
- Ride defensively, don't assume that car drivers have seen you - make eye contact with car drivers when negotiating turns or intersections

WALKING TIPS

Walking is an excellent form of exercise for people of all ages and abilities. Start your walking program gradually, increasing length and pace as you get used to it.

General walking tips

If you have not walked distances for some time, you should start slowly. Increase the length and pace of your walk gradually.

- **Warm-up activity** – start slowly, do a few warm-up exercises and stretches first. Don't walk immediately after a big meal.
- **Build activity slowly** – start with a 20 minute walk then increase gradually. Try to walk at least three times per week.



- **Use the correct technique** – walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.
- **Shoes and socks** – wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.
- **Weather** – wear suitable warm, light clothing in the winter and cool, comfortable clothes in the summer. Don't forget your sunscreen and hat.
- **Water** – drink water before and after your walk. Take water with you on your walk, especially in warm weather.
- **Cool down** – make sure you cool down after a long fast walk. Do a few stretching exercises.

Children

- Consider getting them a dog, your child's desire to love and care for the animal may encourage them to take it on regular walks
- Encourage your child's interest in nature through books and websites, then follow-up with 'field trips' so they can discover their favourite animals or plants for themselves
- Schedule a regular family walk – this is a great way to pass on healthy habits to your children and spend time together, while getting fit at the same time
- When walking with children, make sure the route and length of time spent walking is appropriate to their age - approximately 1km per birthday is a good rule of thumb
- Start good habits early. Take young babies and toddlers for walks in their pram. As they get older, encourage them to walk part of the way.

Seniors

Regular weight-bearing exercise can improve cardiovascular fitness and bone strength, reduce excess body fat and boost muscle power. Walking is an excellent form of exercise for the elderly, since it is low impact, free and high in health benefits.

- See your doctor for a medical check-up before embarking on any new fitness program, particularly if you are overweight, haven't exercised in a long time or suffer from a chronic medical condition.

People with disabilities

People with disabilities will also benefit from regular exercise.

- See your doctor for a medical check-up before starting any new fitness program.
- An able-bodied person can help someone with a disability to better enjoy their neighbourhood walk or bush walk.

RUNNING & JOGGING TIPS

Roughly three out of every four running-related injuries occur in the lower leg. Common sites include the knee, ankle, shin and foot. Runners are also likely to experience back and groin injuries.

Running does have a risk of injury but if you follow some simple guidelines like warming up, wearing the right clothes and not pushing yourself too hard, most injuries can be prevented.

Common injuries

Common injuries include:

- **Blisters** – caused by the foot sliding or rubbing inside the shoe.
- **Shin pain** – pain and inflammation in the muscles and tendons that run the length of the shin.
- **Soft tissue injuries** – such as a pulled muscle or ligament sprain.
- **Skin injuries** – such as sunburn and bruises. Falling over while running or jogging can cause cuts and abrasions.



Risk factors

Some of the factors that can increase your risk of injury include:

- **Overtraining** – running beyond your current level of fitness can put muscles, tendons and ligaments under strain
- **Incorrect technique** – poor running style can increase the risk of injuries - for example, running flat-footed pulls on the shin muscles and may cause small tears
- **Incorrect shoes** – the wrong type of shoe can increase the risk of various injuries including blisters and shin pain
- **Incorrect clothing** – wearing the wrong clothes can contribute to overheating, sunburn or cold injuries
- **Hard surfaces** – the impact of running on hard surfaces, such as bitumen, can cause injuries including shin pain and stress fractures
- **Other environmental factors** – running surfaces that are too loose and unstable (for example, sand), polluted air, environmental obstacles such as low-hanging tree branches, or sunburn

General health suggestions

Some tips to help prevent injuries include:

- Warm up before running - include plenty of slow and sustained stretches
- Cool down after running
- Drink plenty of water before, during and after your run
- Don't push too hard beyond your current level of fitness - plan to gradually increase how long and how often you run over a few months
- Start slowly at a pace at which you can have a conversation without breathlessness
- Avoid running during the hottest part of the day in summer
- Apply SPF 30+ sunscreen to all exposed areas of skin
- Wear layers of clothing on your upper body to avoid overheating - wear loose cotton clothing
- Consider having regular professional massage to relax tight, sore muscles
- Avoid running near roads as inhaling vehicle exhaust fumes can cause a range of breathing related (respiratory) problems

- Run on a clear, smooth, even and reasonably soft surface - avoid uneven surfaces, sand and concrete
- Gradually introduce surface changes
- Don't wear regular sneakers when running - professionally fitted shoes designed for running will support your feet and reduce your risk of injury

Safety tips

- Choose well-lit populated routes and avoid dangerous and isolated areas
- Make sure that drivers can see you if you're running at night by wearing reflective materials/light colours
- Run with a buddy - if you are running by yourself, tell someone you're intended route and when you plan to return
- Take your mobile phone with you in case of emergencies
- Don't wear headphones - you need to hear the impending danger of a car horn or dog snarl

What to do if you injure yourself

- Stop running- trying to 'push through' the pain will only make the injury worse
- See your doctor promptly for diagnosis and treatment
- Treat soft tissue injuries such as ligament or muscle sprains with rest, icepacks, compression and elevation
- Do not run again until the injury has completely healed - in the meantime, switch to a low impact form of exercise that doesn't aggravate the injury, such as swimming
- Ask your doctor, physiotherapist or other health professional for medical advice before you start running again
- Consider getting advice from an exercise physiologist

Where to get help

- Your doctor
- Sports physician
- Ambulance in an emergency Tel. 000
- Physiotherapist

If you have any questions please contact Chevahn Hoad at the District Council of Coober Pedy during business hours on 08 8672 4600 or email choad@cpccouncil.sa.gov.au