

# Reach the Beach for Smiles and Teeth

**17-20 March 2023**

## **Wilson's Promontory National Park**

Immerse yourself in the peaceful surrounds of nature, whilst supporting the eviDent Foundation's goal for better oral health.

### **Everyone will be smiling!**

Enjoy the beautiful Southern Prom Circuit trail, weaving through rainforests to the sublime white sandy beaches and crystal-clear waters of Wilson's Promontory.

Join colleagues and friends in this unforgettable opportunity!

For more information contact us at [ask@evident.net.au](mailto:ask@evident.net.au) or call 03 8825 4600.

**eviDent**  
Foundation

[evident.org.au](http://evident.org.au)

Photo courtesy Parks Victoria



Photo courtesy Parks Victoria

# The experience

Three days and three nights venturing 41km of the southern circuit of Wilsons Promontory National Park. You will be taken on an incredible journey, climbing through the eucalypt forest, experiencing white sandy beaches and crystal clear waters. Reward yourself with a journey to the Wilsons Promontory Lightstation, a prime destination for hikers, where you will be spending your final night.

Your journey through the Southern Prom will truly be unique and rewarding. Come along and be part of eviDent's group of 14 hikers, all raising money for vital oral health research. Limited places, don't miss out!

## Highlights:

- Breathtaking scenery
- Unforgettable panoramas
- Two nights camping in remote locations
- One night stay at the lighthouse
- Being part of the eviDent team

## Included:

- BBQ dinner before the walk
- Meals and camping fees during the hike
- One nights accommodation at the lighthouse
- Safety equipment, telecommunications for emergency use
- Tips on training and gear
- Fundraising support to help you achieve your fundraising target
- Celebratory drink at the end of the walk

## Not included:

- Personal travel insurance
- Personal spending
- Travel to/from Wilsons Promontory
- Tents, bedding and equipment

## Key dates:

### 17 March 2023

- Arrival, team BBQ and camping at Tidal River.

### 20 March 2023

- Final day walking back to Telegraph Saddle, celebratory drink at the end of the walk.

## Rates

- **Student: \$600** (of which \$100 is tax deductible) registration with a fundraising target of \$1000
- **Duo: \$600 per person** (of which \$100 per registration is tax deductible) registration with a fundraising target of \$1000 per person
- **Solo early bird\*: \$650** (of which \$150 is tax deductible) registration with a fundraising target of \$1000
- **Solo regular: \$700** (of which \$150 is tax deductible) registration with a fundraising target of \$1000
- **Duo kinder\*\*: \$1200** (of which \$300 is tax deductible) registration with a \$1500 fundraising target

\*Solo early bird rate ends 31 December 2022

\*\*One adult must accompany one child (5-17 years)

**To secure your place, please complete the registration form at the end of this brochure.**

**Registrations close 17 February 2023. Limited places - don't miss out!**

**Register  
with a friend  
to get \$50  
off your  
registration!**

# Preparing for the walk

## Arrival information

Hikers are invited to meet at the Tidal River campground by 6pm on Friday 17 March 2023, where you will spend your first night. The team will have the opportunity to set up camp before regrouping for a BBQ dinner at 7pm.

## Commencing the hike

After breakfast, hikers will meet at 7:30am at the Telegraph Saddle car park on Saturday 18 March.

## Physical rating

The hike is considered moderately demanding and you will need a reasonable level of fitness. You will be walking for 4 to 7 hours a day whilst carrying a pack. You should train to prepare for the hike by building up your walks to 5 hours a day, with some hill climbs. You are responsible for carrying your pack, so keep it as light as possible.

## Meals

All meals are included whilst hiking (breakfast, lunch and dinner). Some snacks are supplied, but it is recommended that hikers carry high energy bars or snacks to suit their needs. Vegetarian, allergies and intolerances such as gluten and nuts can be accommodated.

## Fundraising

As well as having an amazing hiking experience with a fantastic group of people, we want you to feel great about fundraising for eviDent! The money you raise from this event will help eviDent fund key oral health research work which will have a tangible benefit for the people of Australia.

We have set a fundraising target of \$1000 for each person taking part in the walk (excluding duo kinder). The staff at eviDent are here to help you to set up an online GoFundraising page, as well as to support you with tips and ideas to help you not only reach your target but exceed it. We know that you can do it, and we will help you as much as we can to get there!

# Itinerary

4 Days / 3 Nights – 41km

## Arrival, Friday 17 March 2023 – Tidal River campground

Arrive at the campground at 6pm. Meet the team and enjoy a BBQ dinner at 7pm.

## Day 1, Saturday 18 March 2023 – Telegraph Saddle to Little Waterloo Bay (11.9km – 4 to 5 hours)

Your first day on the track will be along a lovely trail starting at the Telegraph Saddle Lookout, commencing the hike via the Telegraph Track. From there you will cross Growlers Creek which will lead you to the Waterloo Bay walking track, whilst enjoying stunning views of the turquoise waters of Little Waterloo Bay. The track will eventually lead to the Little Waterloo Bay campsite, where you will spend your first night.

## Day 2, Sunday 19 March 2023 – Little Waterloo Bay to Lightstation (10.9km – 4 to 5 hours)

Day two is the shortest hiking day and you may like to start it with a swim at Little Waterloo Bay. Along the way, you will have the opportunity to soak in the abundant nature and wildlife, whilst documenting your adventure through colourful photographs, before reaching the Wilsons Promontory Lightstation, where you will spend your second night. The Lightstation is only accessible on foot and will be an unforgettable experience. You'll experience a little luxury, with showers, cooking facilities and beds at the Lightstation. Bonus!

## Day 3, Monday 20 March 2023 – Lightstation to Telegraph Saddle (18.1km – 6 to 7 hours)

On your final day you will be challenged by a long hike through eucalypt forests and sandy, coastal tee-tree scrubs, eventually returning to Telegraph Saddle, your starting point. You will then head to a nearby town to enjoy a celebratory drink with the team.



Map courtesy Parks Victoria

## Terms and Conditions

Please read the following terms and conditions carefully before accepting them.

I understand that participating in the eviDent Reach the Beach for Smiles and Teeth ('the challenge') and any associated training, including training organised by the eviDent Foundation ('eviDent') carries with it certain dangers including the risk of physical or mental injury (including the aggravation, acceleration or recurrence of such an injury), death and/or property damage and I accept (to the maximum extent permitted by law) all risks associated with my participation. I understand that participating in the challenge and training will involve walking on roads and rugged, isolated and often remote tracks. I am aware of the hazards involved. The hazards include, but are not limited to, road or track surfaces, remoteness from assistance or medical aid, the strenuous nature of covering 33 kilometres on foot (including walking at night), becoming lost, vehicle traffic, actions of participants, organiser's personnel, supporting agencies, weather conditions, sleeplessness, hypothermia and heat exhaustion, condition or suitability of participant's clothing, footwear or equipment. In my judgment I have sufficient competence and experience to participate safely in the challenge and training.

I certify that I am physically fit, will sufficiently train for participation in the challenge and have not been advised otherwise by a qualified medical person. I confirm that eviDent has not provided me with medical advice regarding my participation in the challenge and/or training (and are not responsible for providing me with such medical advice).

I agree that, to the extent permitted under section 139A of the Competition and Consumer Act 2010 (Cth) and/or section 22 of the Australian Consumer Law and Fair Trading Act 2012 (Vic), eviDent, challenge sponsors, challenge producers, landowners, volunteers, community organisations and all State, Federal and Local Government authorities with responsibility for the locality in which the event may be staged and their or its respective officers, directors, employees, independent contractors, representatives, agents and volunteers ('Indemnified Parties') exclude all liability in respect of any:

- a. death;
- b. physical or mental injury (including the aggravation, acceleration or recurrence of such an injury);
- c. contraction, aggravation or acceleration of a disease; or
- d. coming into existence, aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs that is or may be harmful or disadvantageous to an individual or the community or that may result in harm to an individual or the community, where such liability would otherwise arise under or in relation to any warranty or guarantee:
- e. that the challenge and/or training will be provided with due care and skill;
- f. that the challenge and/or training will be fit for any particular purpose;
- g. that the challenge and/or training will (or might reasonably be expected to) achieve any particular result; or
- h. that the challenge and/or training will be supplied within a reasonable time, except that the exclusion of liability will not apply to significant personal injury caused by the reckless conduct (as defined in section 139A(5) of the Competition and Consumer Act 2010 (Cth)) of the supplier of the relevant services or with reckless disregard, with or without consciousness, for the consequences of the act or omission (within the meaning of section 22(3)(b) of the Australian Consumer Law and Fair Trading Act 2012 (Vic)).

On behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, I:

- a. RELEASE AND DISCHARGE the Indemnified Parties, to the maximum extent permitted by law, from any and all liability for death, disability, personal injury, property damage, property theft and all other loss, damage or liability whatever and however occurring (whether under tort (including negligence), statute, contract, equity or otherwise) which I or any other person may suffer as a result of or in connection with, directly or indirectly, my participation in the challenge and/or training and I waive all and any rights, claims, actions or suits against the Indemnified Parties which but for the execution of this Acknowledgement Waiver, Release and Indemnity I may have had against the Indemnified Parties or any of them now or in the future;
- b. INDEMNIFY AND HOLD HARMLESS and will keep indemnified each of the Indemnified Parties whatever or however caused which may be brought against them or any of them which arises in connection with my participation with the challenge and/or training.

Without limiting the above, to the maximum extent permitted by law, I release the Indemnified Parties from all liability for:

- a. any consequential loss; and
- b. any economic loss, suffered or incurred by me or any other person arising out of or in connection with my participation in the challenge and/or training.

Nothing in this document prevents the Indemnified Parties from relying on any laws (including statutes and common law) that limit or preclude their liability.

Nothing in this document excludes any term or guarantee which, under statute, cannot be excluded however the liability of the Indemnified Parties is limited to the minimum liability allowable by law. In particular, I understand that I may have rights under consumer guarantees set out in the Australian Consumer Law.

I hereby consent to receive medical treatment, which may be deemed necessary in any event of injury, accident and or illness during the event. I understand treatment requested from allied health volunteers is at my own risk.

I understand that during the challenge, training and/or related activities I may be photographed or filmed. I agree to allow my photograph, video or film likeness to be used for any legitimate purpose by eviDent, the sponsors and or assigns.

I agree to comply with all instructions issued to me by or on behalf of the Indemnified Parties in relation to my participation in the challenge and/or training.

I understand that my registration may be voided if through my actions or behaviour, in the opinion of the organisers, or I bring the challenge into disrepute. I further understand that the organisers reserve the right to reject any registration without having any justification for their actions.

I agree to the minimum financial commitment for the challenge I have chosen and will send to eviDent by the Friday of the week prior to the challenge. I understand that I will be responsible for making up any shortfall in the fundraising target.

eviDent reserves the right to alter the trail without notice and/or cancel the challenge in consultation with and under the direction of Emergency Service agencies and major event stakeholders/landowners. If the Challenge is cancelled, I understand that I have the option of requesting a 50% refund of my registration fee.

# Reach the Beach for Smiles and Teeth

Supporting eviDent's research for better oral health in Australia

17 – 20 March 2023

## Registration form

Registrations close 17 February 2023.

**Options** (Solo early bird rate ends 31 December 2022)

- Student** – \$600 registration (\$100 tax deductible) and \$1000 fundraising target
- Duo\*** – \$600 per person when registering for two (\$100 tax deductible) and \$1000 fundraising target each

My Duo's name is: \_\_\_\_\_

\*You must register with your bestie to get \$50 off your registration!

- Solo** early bird – \$650 early bird registration (\$150 tax deductible) and \$1000 fundraising target
- Solo** regular – \$700 regular registration (\$150 tax deductible) and \$1000 fundraising target
- Duo kinder\*\*** – \$1200 (of which \$300 is tax deductible) registration with a \$1500 fundraising target

Child's details: Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Dietary requirements \_\_\_\_\_

\*\*One adult must accompany one child (5-17 years).

### My details

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Gender: M  F

Email: \_\_\_\_\_ Ph: \_\_\_\_\_

Address: \_\_\_\_\_

Dietary requirements: \_\_\_\_\_

### Emergency contact information

Name: \_\_\_\_\_ Ph: \_\_\_\_\_

Relationship: \_\_\_\_\_

### Payment information

Please make cheques payable to eviDent Foundation

Credit card: MasterCard  Visa  Amex  (Diners Club not accepted)

Card number \_\_\_\_\_ Exp date \_\_\_\_ / \_\_\_\_

I hereby authorise the eviDent Foundation to debit my credit card:

- \$600 (Student)  \$600 (Duo per person)  \$650 (Solo early bird)  \$700 (Solo regular)  \$1200 (Duo kinder)

### Agreement

By returning this form, I am confirming that I am over 18 years old and have read and accepted the terms and conditions for this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

This document will be a Tax Invoice upon payment. You will receive a welcome pack and a tax receipt to your nominated address.

Return your form to [ask@evident.net.au](mailto:ask@evident.net.au)

Level 3, 10 Yarra Street (PO Box 9015), South Yarra VIC 3141  
Ph: (03) 8825 4600 Email: [ask@evident.net.au](mailto:ask@evident.net.au) | Website: [evident.org.au](http://evident.org.au)  
ACN 152 078 487 | ABN 81 152 078 487 | Fundraiser No. FR0011984  
The Australian Taxation Office has endorsed the eviDent Foundation as a Health Promotion Charity

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