

## 2017 FALLS CREEK WALKS CAMP - NEWSLETTER 2

**Friday 1 December 2016**

Hi Everyone

It's just under 4 weeks until our summer Falls Creek camp starts so we hope you are all training well and looking forward to a great training block. If you haven't done so yet, please read the first newsletter (<http://www.vrwc.org.au/documents/2017%20FallsCreekCamp%20Flyer.pdf>) to remind yourself of the camp details.

**Camp Attendees** We have the following attendees coming for some or all of the camp. Can you please check your entry and make sure we have it correct. If we have it wrong, can you please advise us immediately.

**Week 1: Fri 30 Dec - Thur 5 Jan (6 nights) - ie arriving on Friday 30 Dec**

**Week 2: Thur 5 Jan - Thur 12 Jan (7 nights) - ie departing on Thurs 12 Jan**

<b>Staff – Non walkers</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Nights</b>
Simon Baker (VIC)	Y	Y	13
Tim Erickson (VIC)	Y	Y	13
Sabrina George (VIC)	Y		6
Terry Swan (VIC)	Y		8
Wayne Henderson (VIC)		Y	7
Robyn Wales (QLD)	Y		6
Helen Scarborough (QLD)	Y		6
<b>Walkers</b>	<b>Week 1</b>	<b>Week 2</b>	
Adam Garganis (VIC)	Y		4
Brad Simpson (VIC)	Y	Y	13
Caitlin Hannigan (QLD)	Y		6
Danny Hawksworth (VIC)	Y		6
Declan Tingay (WA)	Y	Y	13
Emily Hamilton (VIC)	Y		6
Emmet Brasier (VIC)	Y		6
Hayden Walmsley (VIC)	Y		6
Hayley George (VIC)	Y		6
Jasmin Dighton (NSW)	Y	Y	13
Jason Kozica (VIC)	Y		4
Jess Pickles (QLD)	Y	Y	13
Kyle Swan (VIC)	Y	Y	13
Luke McCutcheon (QLD)	Y	Y	13
Philippa Huse (VIC)	Y		6
Rebecca Henderson (VIC)		Y	7
Reese Walmsley (VIC)	Y	Y	13
Simone McInnes (VIC)	Y		6
Stephanie George (VIC)	Y	Y	13

What a great group! Some “veterans” of previous camps and lots of new walkers joining us!

Week 1 is fully booked with all available 24 beds allocated. We have booked 18 beds for week 2 and we currently have 12 beds allocated. So there are spots left for the second week and we are talking to a few people who may join us. It also means that if walkers who are coming for the first week want to stay on for a few extra days, that may be possible also.

## Reminders

**Dates** From Friday 30<sup>th</sup> December 2016 to Thursday 12<sup>th</sup> January 2017 (13 days)

**Transport** We have booked a 12 seat bus this year so if you don't have your own transport arranged, there will be room on the bus. The bus will leave from Tim's place by 9AM on Friday 30<sup>th</sup> December - 1 Avoca Cres, Pascoe Vale 3044 - and then we can travel *en convoy* to Falls Creek.

The bus will be used to help with transport back to Melbourne after the camp completes. Any overnight accommodation in Melbourne will also be organised, as will final transport back to Melbourne airport for your flight home.

I think our travel arrangements look a bit like this - let me know if any entries need correction.

<b>Staff/Parents</b>	
Simon Baker (VIC)	TBA
Tim Erickson (VIC)	Bus both ways
Sabby George (VIC)	Own car
Terry Swan (VIC)	Own car
Wayne Henderson (VIC)	Own car
Robyn Wales (QLD)	Own car
Helen Scarborough (QLD)	Car with Robyn
<b>Walkers</b>	
Adam Garganis (VIC)	Own car
Brad Simpson (VIC)	Own car
Caitlin Hannigan (QLD)	Bus both ways
Danny Hawksworth (VIC)	Own car
Declan Tingay (WA)	Bus both ways
Emily Hamilton (VIC)	Bus up, parents pickup at end
Emmet Brasier (VIC)	Own car
Hayden Walmsley (VIC)	Bus up, lift back to be organised
Hayley George (VIC)	Car with Sabby
Jasmin Dighton (NSW)	Bus both ways
Jason Kozica (VIC)	Own car
Jess Pickles (QLD)	Bus both ways
Kyle Swan (VIC)	Car up with Terry, bus back
Luke McCutcheon (QLD)	Bus both ways
Philippa Huse (VIC)	Own transport - parents driving
Rebecca Henderson (VIC)	Car with dad Wayne
Reese Walmsley (VIC)	Bus both ways
Simone McInnes (VIC)	Own car
Stephanie George (VIC)	Own car

### **Confirmation of Arrival and Departure**

Those of you flying to and from Melbourne should **confirm** flight times and flight numbers with Tim so we can arrange pickup and overnight accommodation.

**Payment** **Camp participants should have paid their deposit by now - thanks everyone. We ask that the remainder of your payment be completed by Thursday 15<sup>th</sup> December. Payment should be via electronic funds transfer into the following account**

Bank: ANZ  
Acct Name: Mr and Mrs T J Erickson  
BSB: 013035  
Acct Number: 951241467

Mark with your name and something like "Falls Creek Camp 2017" if you can. Then email Tim to advise date and amount paid.

**Trip Time:** The distance from Melbourne to Falls Creek is approximately 385km and the expected driving time is 4.5 hours. The last section from Mt Beauty to Falls Creek is a winding steep mountain drive of just under 30km.

Those of you coming from Sydney or Canberra can turn off at Wodonga and go via the Kiewa Valley Highway to Mt Beauty.



**Altitude:** Falls Creek altitude is 1600-1700m (higher than Thredbo) and you feel it! We help you through this transition to altitude by adjusting the first few days of training to suit your adaption. Fortunately it is not too extreme and as long as you are well trained and fit you will find the experience valuable.

However, There is a tendency for athletes attending their first camp to train very hard for the first few days and then struggle for the subsequent training due to fatigue. Plan to ease into the camp and use the time there to build up your training not hammer yourself into the ground.

#### **Altitude training**

You might want to peruse the AIS advice care of Dr Philo Saunders on training at altitude, since it will be a different experience if you have never tried it.

<http://www.runningtechniquetips.com/2011/08/altitude-training-for-runners/>

#### **Weather**

While the weather is usually fine and can be quite hot, this is alpine country and conditions can change quickly, bucket down with rain or get quite cold, especially overnight. You need to come prepared for all sorts of weather. It is usually very warm down in the valley which suits us as we will make one or two trips down to Mt Beauty for swimming during the camp.

#### **Cooking**

Dinner will be fully catered each night. Sabrina George has worked out a 2 week menu and will coordinate cooking for the first week. This is built into the daily cost.

Everyone can prepare their own breakfast and lunch from our supply of cereals, bread, milk, juices, condiments and such like. We will maintain sufficient stocks for everyone's needs.

If you have special dietary needs, you may need to bring your own goods but please contact us and we may be able to support your needs.

**Help** Walkers will be expected to maintain their own living quarters and help keep the living areas clean, help with cooking, washing up and the usual camp chores. Rosters will be put in place for dishwashing, general cleaning, rubbish removal, etc.

**Alcohol** Our apartments are “dry” because of the large number of young walkers. If you are 18 years of age or older and fancy a drink, you are free to visit one of the many venues around Falls Creek but obviously responsible drinking is the norm.

**Training Pgm** A provisional plan is included. Those of you coming up during mid-camp can adjust as you go in order to get used to the altitude

**Camp Activities**

Brad Simpson and Sabrina George will be coordinating a number of fun camp activities to help fill in those non-training hours. We also have TVs and DVDs in all accommodation blocks and you are most welcome to bring your own videos. We will also bring a variety of DVDs and other things for general sharing.

**Webpage** See <http://www.vrwc.org.au/vrwc-falls creek.shtml> for the latest information.

Feel free to contact either Simon or Tim for any further information

Simon Baker  
0406 074 628  
simon.baker@depi.vic.gov.au

Tim Erickson  
0412 257 496  
terick@melbpc.org.au

Here is a provisional training plan, based on what we did last time. It may change in places as we progress through the fortnight. This is just a heads up for those first timers so that you know what sort of fortnight you can expect.

	Monday 26th	Sun 25 <sup>th</sup> Dec	Mon 26 <sup>th</sup> Dec	Tues 27 <sup>th</sup> Dec	Wed 28 <sup>th</sup> Dec	Thu 29 <sup>th</sup> Dec	Fri 30 <sup>th</sup> Dec
AM							Depart Melbourne
						Interstate athletes arrive Melbourne	Arrive Falls Creek
PM							Run or walk (4k/6k)
	Sat 31 <sup>st</sup> Dec	Sun 1 <sup>st</sup> Jan	Mon 2 <sup>nd</sup> Jan	Tues 3 <sup>rd</sup> Jan	Wed 4 <sup>th</sup> Jan	Thur 5 <sup>th</sup> Jan	Fri 6 <sup>th</sup> Jan
AM	Steady session 8/10/12 km	Long Session (12/16/24+km)	Recovery (hike/bike)	Interval session (Fartlek or 1k multiples)	Swim in Mt Beauty if weather is good	Steady session 8/12/16 km	Long Session (12/16/24+km)
	Recovery in Lake	Recovery in Lake	Recovery in Lake	Recovery in Lake			Recovery in Lake
PM	Run (4k/6k)	Gym or Run (4k/6k)	Optional run along viaduct	Gym or Run (4k/6k)	Rest/Run	Optional run along viaduct	Run (4k/6k)
	Sat 7 <sup>th</sup> Jan	Sun 8 <sup>th</sup> Jan	Mon 9 <sup>th</sup> Jan	Tues 10 <sup>th</sup> Jan	Wed 11 <sup>th</sup> Jan	Thurs 12 <sup>th</sup> Jan	Fri 13 <sup>th</sup> Jan
AM	Steady session 8/12/16 km	Long Session (12/16/24+km)	11AM - Amazing Race activity - rest day	Interval session (Fartlek or 1k multiples)	Steady session 8/12/16 km	10AM - Depart Falls Creek	Interstate athletes depart Melbourne
	Recovery in Lake	Recovery in Lake	Swim in Mt Beauty if weather good	Recovery in Lake	Recovery in Lake		
PM	Run or walk (4k/6k)	Gym	Rest	Gym	Run (4k/6k)  Out to dinner - Pizzas		