

## **NQ DEFENCE LEGACY TRAIL 2016**

In this year, the  $100_{th}$  Anniversary of the Battle of Pozieres, where Australian troops suffered 23,000 casualties and 6,800 deaths, it is important to reflect not only of the sacrifices of the men and women of the Australian Defence Force, but also the sacrifices and heartache that continues for their families.

Since 1923 Legacy has been there to assist the families of those who paid the ultimate sacrifice. Townsville Legacy supports 743 widows and widowers and 50 children, who have lost a husband, wife, father or mother from World War II to the current War in Afghanistan.

This year's major Legacy fundraiser hosted by The 3rd Brigade, is an ultra trail run event, to be held on Saturday 3rd September. Teams of six will be challenged across the 52km Pozieres' Challenge or the 22km Lavarack Trail Run. Both courses include military team building activities. There's a 5km course available for individuals and juniors.

All competitors will be challenged through the Lavarack Obstacle Course.

A Corporate Team Challenge will develop team work and leadership through the 5km course and additional military challenges. Corporate teams will have exclusive access to specialised Army facilities including the simulated weapons range, enhancing their 'Army experience'.

All teams will be required to pay a registration fee, for which they will receive an event t-shirt and other race equipment. All successful finishers will receive an event medallion.

Teams are invited to fundraise for Townsville Legacy, through team sponsorship, pre- event fundraising activities or donations, with an event target to raise \$50,000. Teams are asked to commit to raising \$1000. Prizes will be awarded for the team or individual that raises the most funds for Townsville Legacy. The Pozieres' Challenge will traverse the banks of the Ross River before competitors ascend Mt Stuart, with never before public access through the Lavarack Barracks Military Area. There's a less aggressive hill climb for the shorter courses. Lavarack Barracks will also open the gates to the public in conjunction with the trail run, providing a demonstration of military field displays. Spectators can observe competitors compete in a gun run, stretcher carry, the obstacle course and an undisclosed initiative activity. The simulated indoor range will also be open to the public. The 1 RAR Band will feature throughout the day's event. We ask the Townsville community to show their support to this valuable cause. If you would like to support this event in ways other than competing please contact the event organiser HQ3Bde.CommunityEngagement@defence.gov.au Click here to register now https://www.trybooking.com/195972.