

# Australian Alpine Walking Track Charity Challenge Trek

27 October - 7 November 2016

The Australian Alpine Walking Track winds 655kms from Walhalla in Victoria to Tharwa in NSW. The eviDent Foundation's 2016 inaugural Alpine Walking Track Challenge will encompass one third of the trail, through one of the most pristine alpine environments in Australia. It is considered one of the best walks in the world! The walk is so challenging that few people have ever done the whole track... but these few will soon embark on the Challenge of a lifetime! **'No-one has ever become poor by giving'** - Anne Frank

## DR JEREMY STERNSON CHAIR, eviDent FOUNDATION



I am going to walk 230kms along the Alpine Walking track from Mt Hotham to Mt Kosciuszko in only 10 days, with a full pack, to raise money and awareness for the eviDent Foundation.

eviDent is a charity that aims to improve the oral and dental health of Australians through clinical research. Oral Cancer is the 8th most common cancer in the world and kills 50% of its victims.

eviDent is funding a project that will assess a simple and cheap test that can diagnose early oral cancer and determine who is at high risk.

Potentially this low cost test could be in every dentists' and doctors' clinic and may save numerous lives. This is just one of many important projects that the eviDent Foundation funds and assists. My walk will have me ascend and descend 8850 metres which is the same as climbing Everest from sea level and down again.

**Donate to support Jeremy:**

<https://personalchallenge.gofundraise.com.au/page/JeremySternson>

## MR DAVID PORTER FEARLESS LEADER



David is a reformed lawyer who grew up bushwalking in the Blue Mountains and the other Great Divide national parks in NSW. David had summited every mainland peak over 2000m, which,

as mountaineering exploits go, counts for nought. David and Jill's honeymoon involved a traverse of the Western Arthur range in Tasmania. David once tried to drag a 6-month pregnant Jill to French Ridge Hut, half way up Mt Aspiring in New Zealand, but had to abandon it because of the weather.

## MS JILLIAN PORTER



I decided I need another challenge in my life so I've joined a group of crazy dentists and mad bushwalkers to walk from Mt Hotham to Mt Kosciuszko (or part way between the two). I'll be aiming to walk for 4 days while a few hardcore walkers will be doing the full walk over 10 days.

It's all for a good cause - the eviDent Foundation raises money for dental research to improve dental health throughout Australia. Importantly, one of the projects it supports is research into testing for oral cancer.

## MS BONNIE DUYVERMAN



This challenge is all about stepping outside my comfort zone. You can usually find me at a winery talking about all things grape related, and when I'm not talking about it I'm drinking it! If I'm not doing that I'm in a fine dining restaurant talking about

food. Time for less talk, more do! I've spent a bit of time in North East Victoria and have always wanted to see more of the High Country. I'm looking forward to challenging myself, meeting new people and raising some money for a great charity. The scenery is definitely going to be the icing on the cake. Mmm cake. Will there be cake?!

**Donate to support Bonnie:**

<https://personalchallenge.gofundraise.com.au/page/BonnieDuyverman>

## DR MELISSA DOWLING DENTIST



This Cup weekend marks the start of a huge adventure challenge. I am going to walk 87kms along the Australian Alpine Walking

track from Mt Hotham towards Mt Kosciuszko in only 4 days. The walk will involve scarce tracks, difficult navigation, steep inclines and declines and lots of bad dental jokes.

I will be carrying a full pack and a hair dryer (essential safety gear item). The amount

of climbing I will be doing is around 3435 metres and 4735 descent...that's like climbing 21,000 stairs and descending 25,000.

Not only do I aim to complete the walk and raise money for the eviDent Foundation Charity, but I am also aiming to go for 4 days in the bush without killing my husband...yes, Jeremy is tagging along to do the ten day walk! Surely spending 4 days with Jeremy should be enough of a challenge without the walk!

Please also consider the poor people who have to walk with him for the ten days...they are the real martyrs!

The eviDent Foundation raises money to support practice based dental research and improve the oral and dental health of all

Australians. Some of the notable research it is undergoing is on [www.evident.net.au](http://www.evident.net.au)

Oral cancer is the 8th most common cancer in the world and kills 50% of its victims. One of eviDent's projects is looking at a very simple, effective and cheap test to help identify oral cancer early and people who may be at high risk. This could dramatically save lives.

Please support me and help improve the oral and dental health of Australia.

**Donate to support Melissa:**

<https://personalchallenge.gofundraise.com.au/page/melissadowling>

## DR ALICE GUBBINS DENTIST



I enjoy being in the outdoors, but I have just taken on a very big challenge - I am going to walk 183km along the

Australian Alpine Walking track between Mt Hotham to Mt Kosciuszko in only 6 days!

The walk is a big one, with climbs totalling 8850metres AND a similar descent...that's

like climbing Everest from sea level and down again. That climb and distance mixed with carrying a big pack, minimal food and scarce outfit changes might make me interesting company! So, in lieu of coming along to witness that, please consider donating to the eviDent Foundation charity in support.

The eviDent Foundation raises money to support practice based dental research and improve the oral and dental health of all Australians. Some of the notable research it is undergoing is on [www.evident.net.au](http://www.evident.net.au). Oral cancer is the 8th most common cancer in

the world and kills 50% of its victims. One of eviDent's projects is looking at a very simple, effective and cheap test to help identify oral cancer early and people who may be at high risk. This could dramatically save lives.

Please support me and help improve the oral and dental health of Australia.

**Donate to support Alice:**

<https://personalchallenge.gofundraise.com.au/page/AliceGubbins>

## DR FIONA HUNTER DENTIST



This is an event that combines many of my passions of my life: Dentistry, Caring for Patients, Australian Bush, Physical Activity and Personal Challenges, and also

something new - Fundraising, Hiking with a Pack, and the Alpine Walking Track.

eviDent Foundation is an organisation that instigates research that can be applied by general dental practitioners to directly impact how we care for patients. It looks at such diverse areas as oral cancer, enamel damage, implants, bad breath and dry mouth. Oral cancer is difficult to detect, and is thus diagnosed late and patient survival tends to be low. Enamel Hypoplasia affects many people with unsightly spots on teeth, and this project has developed new clinical management protocols.

The Challenge of the hike is across the Victorian and NSW High Plain in early

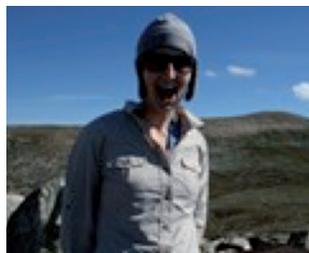
November this year. We will do 25km per day over 6 days, back to back, with a back pack. The pack, at 15kg, is 25% of my body weight! The first day is a 1,500 metre ascent!

So I am asking you to support me in my fundraising for eviDent Foundation.

**Donate to support Fiona:**

<https://personalchallenge.gofundraise.com.au/page/FionaHunter>

## DR AMANDA LEEN ORTHODONTIST



The eviDent AAWT challenge appealed to me as soon as I saw the promotional material. I have been

hearing about this legendary track for years, and have done a few short day-walks along it before. But it's always been a bit of a "one

day" idea because of the immense difficulty of not just the walk itself, but the logistics of it. So now that someone had set a date and sorted out all the administrative details I had to join. The added bonus of being able to raise much-needed funds for dental research was also appealing. The only thing I can't understand is the looks and comments that I have been getting when trying to cajole others into putting their boots on to be a part of it!

So I am going to do the last 6 days of the walk - 143kms through some remote parts of the high country, with steep inclines and less-travelled tracks. Looking forward to nav

checks (what do you mean I still have 142km to go?!), sharing a few stories with fellow walkers, burning calves, spectacular views and finding good bits at the bottom of the scroggin bag.

Thanks to all my sponsors. Even though you didn't put your foot in, the donation to improving oral health is welcome.

**Donate to support Amanda:**

<https://personalchallenge.gofundraise.com.au/page/AmandaLeen>

## MS MEAGHAN QUINN CEO, eviDent FOUNDATION



Working in the charity sector, you need passion, commitment, dedication and a willingness to get the job done...no matter what it takes!

eviDent Board & committee members, investigators and supporters never cease to

inspire me, which is why you see my name on the list of those undertaking this incredible challenge.

The eviDent Foundation receives significant in-kind support, from various sources. My time is one of the in-kind contributions provided to the eviDent Foundation.

When Dr Jeremy Sternson pitched the idea of the Charity Challenge to the eviDent Foundation Board, you would have thought he was selling ice to Eskimos...it was a fantastic idea, but who had the time and expertise to put it all together?! Luckily, Dr Sternson is not only an inspirational leader, he's motivated, passionate, committed, dedicated and does whatever he can to improve the oral health of Australians.

I've talked the talk, I've put my money where my mouth is, and so now it's time for me to walk the talk...literally!

You're welcome to join us...but if you already have other plans for 27 October - 7 November, then you can still show your support by donating. 'We believe that the brave go & do, and that those actions inspire more actions', GoFundraise.

**Donate to support Meaghan:**

<https://personalchallenge.gofundraise.com.au/page/MeaghanQuinn>