

BLAZING TRAIL Transcript. SouthBound Collective

TIMECODE	SPEAKER	DIALOGUE
00:29	Caine	Mount Barney is such a beautiful spectacular place.
00:34	Caine	As you ascend the mountain you go through different stages and experience different parts of that.
00:40	Caine	It's a special place to me because I've spent so much time basically suffering, while I'm there, really hurting, you know to chase the goal of becoming a competitive trail runner.
00:52	Caine	So because of that, I feel like I've lost a little bit of myself to the mountain along the way.
00:57	Caine	I'm Caine Warburton, I'm a firefighter, I'm a passionate trail running athlete, a husband and a father to a beautiful daughter.
01:25	Caine	To describe what trail running feels like, it's probably a little bit personal, but to me, it's a lot of suffering. There's a lot of pain, anguish, there's a lot of sweating, there's a lot of falling over sometimes.
01:41	Caine	The experience is a humbling one and I think that's why I really enjoy it because it centres me and it lets me know that I have limitations and I have to work hard at something that's not going to come naturally.
01:57	Caine	Kind of like being a jet pilot, you have to be super centred and in the moment every second of the journey. That's why the experience is so centering for me.
02:07	Caine	Because it lets me forget everything else and just be in the moment for those 45 minutes of descent and that's why Mount Barney is really special.
02:57	Caine	Ok so you can see down here, we've got one of the

BLAZING TRAIL Transcript. SouthBound Collective

		landowners has put in a hazard reduction burn actually.
03:03	Caine	What they'll be doing now, is um, burning off the excess fuel load to negate the risk of severe bush fires in this coming season.
03:11	Caine	He's likely been doing this because of the fire that we had here at Barney.
03:30	Indie	Well, Dad has a lot of trophies, um he has running runs, mostly running ones I think, yeah no he just has running ones.
03:41	Indie	He was really cool medals, Mum has some too um but Dad has the most in the family.
03:51	Caine	So over my ten plus years of competition I've racked up 47 podium finishes from my 56 career race starts which I'm pretty proud of and I'd like to see that hit 50 before I, I finally give up and hang the shoes up. That would be a bit of a goal I think.
04:09	Caine	So when it comes to training I'm pretty lucky because I get to train to be a trail runner and I'm also lucky enough that my job requires me to be in the gym as well so, for me I have to juggle both types of training and do things like trail running and long runs and speed work and I also love to jump in the gym, thankfully, and doing weights and conditioning in the gym helps me with my job as a firefighter.
04:35	Caine	Firefighting is a, is a dangerous occupation. There's no doubt about that.
04:40	Caine	It's hard to describe, um you know why you would want to take such a risk, knowing sometimes when we go to a house fire or a factory fire that there could be things inside that or events that may happen during that job that could quite easily injure us or kill us.

BLAZING TRAIL Transcript. SouthBound Collective

04:58	Caine	For me, I suppose the reason why I choose to do that is I feel like there's only a certain number of people within the community who would be willing to take those risks and do those things and someone has to do those jobs.
05:26	Innes	So then we come to October November and Mount Barney National Park starts to burn.
05:35	Innes	Every time I would speak to a ranger, a police person, a fire person it was that same conversation: Wow, we've never felt this before, gee whiz, we normally stop it at this creek Innes but it's jumped that creek. It normally wouldn't do this.
05:54	Innes	This particular fire and this fire season proved us and them wrong.
06:04	Caine	I was very excited to be able to go and try to do something with that fire and what we, what could be done because it had been burning for quite a long time and multiple efforts to contain it had failed.
06:17	Caine	So when I got the opportunity to go and help I was pretty excited and I honestly thought with my knowledge of the mountain and my experiences there that maybe we could make something work.
06:28	Caine	So it was pretty devastating when it was clear that the only way to stop that fire from progressing and potentially going as far as New South Wales was to burn the park.
06:40	Innes	Those fires were an indication that what is going on in our world we need to pay more attention to, we need to give back to nature.
06:50	Innes	And we feel it's based on us getting out and recreating in nature.
06:56	Innes	Our goal is to convert that to a want to protect and

BLAZING TRAIL Transcript. SouthBound Collective

		preserve nature for future generations.
07:07	Caine	So I hadn't been back to Mount Barney since we were there fighting the fires in 2019.
07:13	Caine	So to go back and to run the mountain again was a pretty eye-opening experience.
07:18	Caine	Coming back I noticed straight away that the forest canopy had been completely removed which opened the mountain landscape and allowed a lot more light to be coming in onto the trail,
07:32	Caine	And also some of the really large trees, the really majestic large old wood had burnt through and some of those had fallen as well.
07:40	Caine	When I came towards the summit of the mountain it was really eye-opening and dramatic at the changes on the summit plateau itself because the fire had removed all of the vegetation from there.
07:52	Caine	So the view admittedly was much better but the summit itself was probably not as warm and welcoming as it had once been.
08:00	Caine	Mount Barney itself definitely still has the bones. It still has its soul. The journey is just a little bit different.