

# BF4S Annual City Walk for Oxfam

## Event Information Sheet

**(Please read before you arrive on the day.)**

Firstly, congratulations on pledging your dedication to this epic and fun event. This event will be an adventure to remember forever. It will be a hard and challenging day; yet will be jam packed with a lot of fun and laughter.

The following information is VERY important. Please read each section carefully so that you know what will happen on the day.

### **Event day- Morning**

**Please note:** We have changed the starting venue due to overwhelming demand for this event. Due to the enormous support and number of people participating the new start location will be-

**Frankston Basketball stadium 90 Bardia Avenue, Seaford 3198** \* Please attached map for details.

The Walk begins at 7am sharp. This means at 7am we start walking. It is highly recommended you that arrive 30 minutes prior to ensure you are organised and not rushed or stressed. It will be a fun, exciting and adventurous day arriving that little bit early will help ensure everything runs as smooth as possible.

Parking is available at the stadium it is free of charge. As it is a public car park, parking will be at the car owner's risk. It is recommended you do not leave any valuables in your car if you choose to park there.

### **Toilet Facilities:**

There are NO toilets available at the start location. We suggest you stop at the McDonalds nearby located on the corner of Frankston Dandenong Rd & Ballarto Rd Frankston North. This is located approximately 3kms from the start location.

Throughout the walk there will be numerous public toilet facilities available to access.

### **What you will need to bring:**

It is recommended you arrive ready to leave for the walk. Please remember the following:

- ***Comfortable clothes-*** Wear your normal work- out clothes. Make sure they are loose and comfortable. Dress appropriate for the weather conditions. As of Tuesday the 25<sup>th</sup>, the forecast for the day of the walk is for a minimum of 16 and a maximum of 29.
- ***Socks and shoes-*** Make sure that your shoes are well worn in and the correct size for your feet.
- ***Anti-blister tape-*** Your feet are taped with anti blister tape. Very limited **emergency only** tape will be available on the day, so please ensure you have organised with Bree prior to the event or have purchased your own tape. (If you have organised with Bree it is your responsibility to ensure that you have the tape before Sunday.)

- A hat, sunscreen, sunglasses, rain coat. Helps protect us from the elements.
- Your back pack.

We ask that you all try and wear black and pink as much as possible. We would like to be noticed along the way to help raise the profile of the event and raise additional funds. Pink and black are the colours of our BF4S team.

### Your Back Pack

The following is recommended:

- **Pack light**- You have to carry everything the whole way!
- **Water**- most important. You will need either a hydration pack or a water bottle. There will be places to fill these up along the way.
- **Snacks**- These may include muesli bars, bag of dried nuts, fruit, crackers, cheese. Your snacks depend on your own tastes and requirements. This is not the time to try NEW foods that you haven't had before!
- **Small personal first aid kit**- This may include bandaids, spare Mefix (anti-blister) tape, sunscreen, Pawpaw cream, emergency toilet paper etc.
- **Money**- You will need money for the train home, hot chips at the end, and raffles along the way. Estimate \$20. However, you may want to tuck a little extra in for any unforeseen emergencies (you may crave an ice cream as you walk along the St Kilda foreshore!)
- **Mobile Phone**- This is important, not only to take pictures of your adventure on your iPhone to upload to Facebook on the day but also for safety. If you experience any safety or health issues, you must contact **Bree – 0418 394 746**. Bree will assist in actioning a beneficial solution. Please ensure you program Bree's phone number into your phone, prior to the event.

### Your lunch bag (For those doing the 45km ONLY)

This bag will be filled with anything that you may want for the second half of the walk.

- There are mixed opinions in the 'Oxfam' world about the changing of footwear during the walk. As a matter of preparedness, pack a pair of old shoes and fresh socks and decide on the day. If we experience rain and your shoes are wet and heavy, you may wish to change them. This will completely be your choice.
- You will need to pack your lunch. We recommend something with carbohydrate base, for example, pasta, crackers and tuna, zucchini slice or sandwich.
- Any snacks that you may need to 'top' up for the second half of the walk.

### Your Lunch bag (For those doing the 25km ONLY)

Please keep these bags to absolute minimum. All you will require is your actual lunch. It would be advisable to also put in your thongs for your trip home.

**NOTE:** These lunch bags MUST be ready on the morning of the event prior to the start. It will be your responsibility to place your lunch bag in the area labelled '**Lunch Bags**'. If your bag isn't in this area, then your lunch will not be at 25km! Please label your bags with your names, in the event the support crew need to access them quickly.

## Event day Ribbons

All event participants will be given ribbons prior to the event start. The colour will indicate the distance that you are aiming to walk. **Blue= 45km, Red= 25km** and **Green = 15km. The leaders for the day will wear pink ribbons.** All participants need to place their ribbon on their back packs so that we can quickly identify each walker.

## Safety guidelines for the day

Your participation in this event is your acknowledgement you are of sufficient level of health and fitness to safely complete the event. If you have any concerns about your ability to safely participate in this charity event, we recommend you seek advice from your preferred appropriately licensed medical practitioner. You are adults, and have made a willing decision to participate. It is understood you will take your own commonsense precautions and listen to your body along the way.

Due to the nature of this event – a physical endurance activity in the outdoor elements and conditions, many things are out of our control. If you experience any problems, physical, mental or emotional issues please do the following:

- Locate your closest person with a pink ribbon. These people are the leaders and will help you with your needs and identify the appropriate cause of action.
- Carry a mobile phone. This is essential to keep everyone in close contact. If you are unable to see an event walker in front of you anymore, you will need to call one of the numbers on your event day info. (to be given on the day)
- Follow and obey all road rules. The event will traverse along public walkways, paths and streets. Most of the time we will be on the beach path. Be aware of other pedestrians, cyclists and motor vehicles. At all times be courteous and polite to other path users.

## First aid

Please carry your own personal first aid kits for the day. We will have a cycle support crew on the day with limited first aid equipment. Our support cars will have full first aid kits. Any emergencies on the day will be attended to by calling 000.

## Support Crew

Support crew will be in attendance both in cars and on bikes at different points during the day. The support crew will be working very hard to provide you with everything that you need. However, we do have a limited support crew for each check point, so we ask that you help us in the following ways:

- If you need anything, please contact your walking leaders first. They will have the pink ribbons on their backs.

## Completing the event

**15kms** - Participants finishing at the 15km point will be able to catch the train back to the starting point which is directly opposite Kananook Station (approximately 10-15min train ride.) However, if there are additional participants who decide to withdraw at this point, you will need to take the train back to Kananook station to collect your car.

**25kms** – Participants finishing at the 25km point will be driven back to their cars or the nearest train station, depending on numbers.. Please be aware space is limited and multiple trips maybe required

to insure all participants finishing at this point are transported back to the starting point. The transport volunteers greatly appreciate your understanding and patience.

**45kms** – Those who make it the full 45km will be catching the train back to Kananook. Those that are wishing to catch different lines, or seek alternative transport just need to let us know before you go.

### **Withdrawing early from the event**

If you need to withdraw from the event in between check-points, irrespective of the distance you are aiming to achieve **you MUST notify Bree**. Bree can be contacted on **0418 394 746** please program this number into you phone for the event. This is for your safety as well as the safety of other participants.

Our support crew is limited; we recommend each participant have a friend or family member who is available on the day to be able to pick you up should you need to withdraw early.

### **Extra supporters/ Walkers**

Extra friends and family are encouraged to walk with participants along the way and small sections of the walk. As this event is for charity and not a commercial event it would be greatly appreciated if any friends of family could offer a donation into our money tins. Please be advised that any friends or family who walk with you will be your responsibility to meet up with them at the times that you wish.

### **Toilets**

There will be public toilets at numerous points along the event course. Last year we experienced high demand at each toilet. Please be patient when waiting. Beach toilets often lack toilet paper, so perhaps tuck some in your back pack.

### **Weather**

At this stage, it is predicted to be a very warm day on Sunday – 29 degrees. Please check the forecast on Saturday and adjust your plans accordingly. Be sure to be well hydrated in the days leading up to this event.

### **Raising money on the day**

During the walk there will be raffles and spot prizes. Money tins to shake along the way will also form part of the walk to help raise money as this event will draw external attention from the public. These will be passed through the group throughout the day.

### **Water**

There are taps and public drinking areas along the beach. We will have limited water in each support car. Please fill your bottles/ water bladders when you see a tap.

### **THE 45KM Challenge**

Good luck to those attempting the full 45km trek. It will be a challenge of physical, mental and emotional strength. We will be there with you to support you on your journey.

We will arrive at Flinders street station after 45km of walking. Our support crew will be there waiting. We will be having Lord of the Fries chips... Yum! Please be patient with ordering. We have advised Lord of the Fries so they are ready for lots of hungry faces!!

### **Taping of your feet**

Please ensure that you have your feet taped before you arrive on Sunday. We will have someone available to check your feet and make any adjustments needed.

Please see the picture to show you how the taping is done.



Here is an illustration of possible blister 'hot spots' to tape. It is recommended to err on the side of caution when taping feet, better to cover too much skin rather than not enough. Pay particular attention to:

- The heel
- Arches
- Tops and ends of toes

### **And finally...**

Good luck to everyone attending the walk. Looking forward to meeting new faces, catching up with old friends, and as usual challenging those who are used to these crazy challenges!

And lastly, remember this is a charity event. It is not a race, nor a competition. It is about a group of good natured, friendly, easy going people getting out on a nice sunny day in Melbourne to raise money for a worthwhile charitable cause. This event is not about setting a 'PB' or a 'best time' it is about enjoying a fun, yet challenging walk, meeting new people and just having a good old fashioned time outside!

Wishing you all the best,

### **The Team at B Fit 4 Shaw**

Bree Shaw – 0418 394 746

[www.BFit4Shaw.com.au](http://www.BFit4Shaw.com.au)