

B Fit 4 Shaw – 2012 City Walk

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 Pier, Nepean Hwy Frankston 3199

The Walk begins at 7am sharp. This means at 7am we start walking. It is highly recommended you that arrive at least 30-45 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.

Ticketed parking is available, however we strongly suggest you have a friend or family member drop you at the starting area. This will benefit in several ways: 1. Ease traffic in the car park, 2. You won't have to go back to get your car at the end of the event, 3. You will save on parking fees! The Frankston City Council were gracious enough to approve this event. We want to ensure they are happy with how it runs, if we don't congest the car park it will keep them happy! :)

Toilet Facilities:

There are public toilets available at the start / registration area and we will have portable toilets available.

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 comfortable. Dress appropriate for the weather conditions. The weather can be unpredictable, especially in Melbourne! So ensure you are prepared for all occasions.
- ***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, B Fit 4 Shaw can supply tape at a cost (it is quite cheap and

given the pain it can help avoid, well worth it! For enquiries contact - Bree@Bfit4Shaw.com.au

- **A hat**, sunscreen, sunglasses, rain coat. Helps protect us from the elements.
- **Your back pack** - food and drink (we will supply each participant with a drink bottle however it is recommended you carry reserves)
- **Sunscreen**- It is very likely to be warm and you will be outside in the sun for a number of hours. It is advisable to ensure you take effect measures to avoid sunburn

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 that participating in the Oxfam Trailwalker.

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 drink stations approximately every 5-7km 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. Limited first aid will be available at drink stations and checkpoint. However any issue requiring attention beyond basic first aid will require the event officials calling an ambulance for you.
- **Money**- Estimate a minimum of \$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!) It is also advisable to pack your debit / credit card in the event you need additional funds.
- **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.

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. **Full = 47km, Adventure = 37km, Half = 27km** and **Stroll = 17km. 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.

You will also have your participant number marked on your calf and arm to help assist in identification.

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 basic 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

When you reach your intended finishing checkpoint (Stroll, Half, Adventure or Full) you will report to check in staff. At this point you will be marked off the role and hand your ribbon in. This will mean you have officially finished from the event. You will need to ensure you have organised means of transport to leave the event.

If you need to retire, please do so at the nearest checkpoint. When you arrive at the checkpoint check in staff will note you are retiring early. If you are retiring for medical reasons you and are unwell, sick or injured event organisers reserve the right to phone an ambulance on your behalf. This is for your safety. It is very important all participants are safe and not endangered.

Extra supporters/ Walkers

Please be aware that people who are not registered for the event are prohibited from participating. They are covered in any way by the public liability of the event. This event costs a considerable amount of money to run and ensure it is conducted in a safe manner. This includes securing considerable Public Liability insurance. This insurance does not cover members of the public who try to join in the walk without officially entering. Simply put – If someone sneaks into the event and

hurts themselves – we have nothing to do with it. And they potentially jeopardise the safety of legitimate participants and also the future viability of the event.

Toilets

There will be public toilets at numerous points along the event course. Please be aware the toilet facilities along the course are public, not private. As such we will be using them in conjunction with members of the public. We ask that you be courteous and respectful at all times to all members of the public.

Weather

The event is held in February, traditionally a warm month in Melbourne. Please ensure you take sufficient steps to minimise any adverse impact from the weather. That is wear a hat, wear clothing to cover your skin, apply sunscreen, ensure you drink sufficient fluids, take rest breaks regularly, keep in contact with event officials notify them immediately if you or you see anyone beginning to feel unwell or symptoms of heat exposure.

Water

There are taps and public drinking areas along the beach. Please fill your bottles/ water bladders when you see a tap. Drink stations will carry water, however it is important particularly if the weather is warm to ensure you have sufficient water. An extra drink bottle is suggested or utilising public drinking fountains in between drink stations.

The Challenge

Walking any enduring distance is a challenge of physical, mental and emotional strength. We will be there with you to support you on your journey. Regardless of what distance you do, be proud that you have taken the opportunity to test yourself and hopefully achieve a personal milestone for yourself!

Taping of your feet

It is highly recommended (both by event organisers and past participants) that you tape your feet. Blisters are the number cause of participant withdrawal. A little blister can make a long walk unpleasant!

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 orientated 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