



PARTICIPANT INSTRUCTIONS

SUNDAY
19 May 2024
Rond Terrace,
Commonwealth Park

1.5km walk,
5km Walk, Nordic
Walk and Run



The Hospital Research
 Foundation Group
Parkinson's



**NATIONAL
 TRIANGLE**
 CANBERRA
 AUSTRALIA

Presenting Partner:



**Capital
 Chemist**

supported by the

TALL
 FOUNDATION



**KING & WOOD
 MALLESONS**



**THE
 JETTY**

www.WalkToFightParkinsons.com.au

Welcome

Thank you for joining the **Walk to Fight Parkinson's!** I'm so excited to have you on board to raise vital funds, and show our support for people living with Parkinson's and their families here in the ACT. Sadly, there's still no cure, but your participation will make a real difference for those in our community.

One step at a time, we will walk, stroll, run, and Nordic Walk to maximise choice, independence, mental health and wellbeing for people impacted by Parkinson's and other neurological disorders.

I can't wait for you to join us on Sunday **19 May 2024** at the stunning **Rond Terrace** in Canberra. The Event Village will open at 8am, with the **first event starting at 9.30am**. Please find full details on the running order in this booklet.

Please arrive in plenty of time before your chosen event to collect your race bib, and be sure to bring along the whole family for a fun-filled morning with live entertainment and delicious catering options!

I'm so proud of the incredible difference you are making, and I can't wait to walk, run and Nordic Walk with you.

Good luck!

Yours sincerely,



Carrie and the Walk to Fight Parkinson's team

The Hospital Research Foundation Group - Parkinson's ACT

Event Information

THERE'S STILL TIME TO ENTER

There's still time to donate! Your friends and family can support you with a kind donation. For last minute registrations and to make a donation head to

www.WalkToFightParkinsons.com.au.

SUPPORT COMPANION

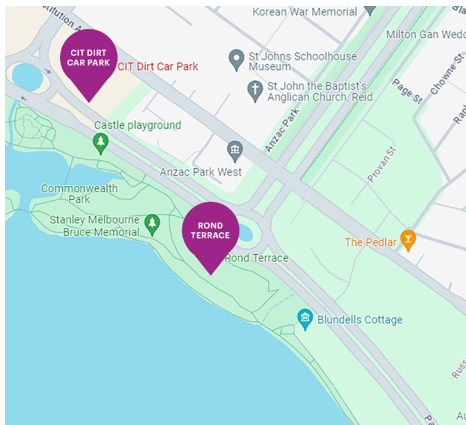
You can bring a support companion to walk with you for free, but they must be registered too. If you would like to bring a support companion and you didn't register them when signing up, or you're not sure, please email us at events@hospitalresearch.org.au.

RACE DAY PARKING

There is limited parking at Rond Terrace and the surrounding areas.

We recommend either parking at CIT Dirt Car Park or using public transport to arrive at the event.

Please remember that Parkes Way is a no parking zone.



RACE BIB COLLECTION

Everyone will need to collect their race bib from the collection point at Rond Terrace. Bib collection opens from 8am. Please allow plenty of time to collect your bib before your event start time. You must wear your bib during your race – **no bib, no entry!** You will be emailed a QR code before the event which you will need to show at the bib collection point. This can be a printed copy or on your phone.

TIMING & RESULTS

All 5km run, walk and Nordic Walk participants will be timed. The timing chip is attached to your race bib. Preliminary results are available immediately on race completion and official results are available from 5pm on Sunday 19 May 2024.

Race results will be available at www.WalkToFightParkinsons.com.au.

The 1.5km event will not be timed.

WAVE START TIMES

09:30	5km Run
09:40	5km Nordic Walk
09:45	5km Walk
10:15	1.5km Walk



Event Timetable

8am	Event Village Opens
	On the day registrations open Race bib collection point open
9.00am	Official welcome from Chief Minister Andrew Barr
9.20am	5km warm up with Litza Cooper
9.30am	5km run begins
9.40am	5km Nordic Walk begins
9.45am	5km walk, presented by Morgans Financial, begins
9.45am	Bushlarks performance
10.05am	1.5km warm up with Litza Cooper
10.15am	1.5km walk begins
10.30am	Presentation of 5km placegetters
10.35am	Dancing with Parkinson's
11.00am	Hayley Jensen performance
11.45am	Brewn performance
12.30pm	Final announcements

Race Details

BAG DROP

Free clothing storage is available at the event. Your race bib features a tear-off strip for you to attach to your backpack or clothing bag. Please do not leave any valuables at the bag drop as, we cannot accept responsibility for valuables that are lost or stolen.

MEDALS

Medals will be available at the finish line for all participants, no matter the event you have chosen! We can't wait to celebrate with you!

PLACEGETTERS

Placegetters will be awarded based on gun time rather than adjusted time for each race (net time). If any participant thinks they will place in their category, they must start at the front of their wave. Placegetter trophies will be presented to winners from the stage at the Event Village for the following categories:

- 1st, 2nd and 3rd Male and Female – 5km run
- 1st, 2nd and 3rd Male and Female – 5km Nordic Walk

TOILETS

Public toilets and an additional accessible portable toilet will be located at the Event Village. Other public toilets are available around the lake.

FIRST AID

St John's Ambulance will be available in the Event Village and at the finish line.

VOLUNTEERS

We are extremely grateful to all our volunteers who have donated their time to make Walk to Fight Parkinson's a success. They will be there to help on event day and easily identifiable through 'Volunteer' t-shirts to answer questions, help you in the Event Village, and act as marshals on the courses.



Course Information

START LINE

All events start at the Event Village on Rond Terrace.

DRINK STATIONS

There will be a drink station at approximately the 2.5km mark on the 5km course.

There will be another drink station at the finish line. Make sure to bring your reusable drink bottles!

CYCLISTS AND OTHER WALKERS

The route for Walk to Fight Parkinson's is on public shared paths, and you may encounter other runners, pedestrians and cyclists along the way. We anticipate the crossing of Commonwealth Ave to be particularly busy for cyclists and runners. Please be mindful, courteous and aware of other users of the shared paths.

COURSE MAPS



Exclusive Merchandise

Look the part at Walk to Fight Parkinson's 2024 with our range of limited-edition merch!

Order yours today at www.WalkToFightParkinsons.com.au/Shop



Beanie
\$30



T-shirts
\$40



Cap
\$20

Every purchase helps fund life-changing research and services for those living with Parkinson's in the ACT, so you'll get to **look good while doing good!**

Products will also be available to purchase from our Event Village on event day, subject to availability.

Please note, we are a cashless event, so all purchases will be available via card transactions only.



Fundraising

By taking part in the Walk to Fight Parkinson's, you are making a difference to the health and wellbeing of our friends and family living with Parkinson's in the ACT. Thank you!

You can make an even greater impact by fundraising! Did you know:

- **\$25** can help cover the cost of a Parkinson's support line call
- **\$75** helps ensure we can run vital support groups that help people manage day-to-day challenges of living with Parkinson's
- **\$120** helps us provide occupational therapists for people living with Parkinson's and other neurological and movement disorders to improve wellbeing
- **\$155** can help fund innovative treatments such as laser light therapy to improve the symptoms of Parkinson's

One step at a time, we can raise vital funds to support those affected by Parkinson's in the ACT.

Head to your [Fundraising Dashboard](#) today to check out our handy tips, tricks, and useful downloads to support you make an even bigger impact.

FUNDRAISING IDEAS TO HELP FIGHT PARKINSON'S THIS MAY!



BAKE SALE

Bake some treats for your colleagues or neighbours in exchange for a donation



GAMES NIGHT

Invite friends over for a night of fun and set donation challenges for participation



BOOK SALE

Have an overflowing library at home? Sell them to your friends for a donation! You might even like to auction some rare titles



DOG WASH DAY

Offer to give your neighbourhood's furry friends a pamper in exchange for a donation



HOST A DINNER

Instead of going out, have a dinner in and encourage your invitees to donate what they would spend



TEAM UP WITH A LOCAL BUSINESS

Reach out to your local cafe to establish a donation jar or proceed from each sale



Scan to go to
your Fundraising
Dashboards

Event Village

BIB COLLECTION, BAG DROP & MERCHANDISE

Your one stop shop to collect your race bib, drop off your bags and grab any merchandise before your race. Be sure to visit in plenty of time before your event start time!

PARKINSON'S ACT FAMILY ZONE

Visit our family zone and keep the children entertained with colouring- in activities! You'll also be able to chat with our lovely staff about the various support services and recreational groups we run in the ACT.

MEGA RAFFLE

Do you want to win a **Fiji Airlines voucher valued at \$500**? Make sure to grab a ticket to enter our **MEGA RAFFLE**, kindly donated by Canberra Airport. Tickets are just \$10, with every dollar going directly to The Hospital Research Foundation Group – Parkinson's ACT!

RUNAWAY COFFEE VAN

Here to keep you well hydrated, well caffeinated and well fed! The Runaway Coffee Van specialises in great coffee and warming hot chocolates, and also offers a variety of hot pies, sausage rolls, donuts and muffins to keep hunger at bay!

ROTARY SAUSAGE SIZZLE

Our friends at the Rotary Club of Weston Creek are on hand all morning for you to grab a sausage and a cold drink, before or after your race! Delicious!

PAINTING WITH PARKINSON'S

Our painting support group will have a small art exhibition on the day for you to enjoy. You'll be able to chat with the friendly group facilitators to find out how you can get involved, and greeting cards made from the artwork will also be available to purchase.



Entertainment

Entertainment sponsored by The Jetty Bar & Cafe



WARM UP WITH LITZA COOPER

Join Litza Cooper for a fun and energising warm up to get your body moving and ready to take on

your event! Just bring yourself and Litza will bring the energy to get you started. Open for everyone to get involved.

Litza has an incredible background in both fitness and nursing – working as both a registered nurse, a yoga instructor, and at commercial gyms across Australia and Southeast Asia!

HAYLEY JENSEN

Canberra's own award-winning Hayley Jensen first shot to fame as a finalist in Australian Idol, before making a chair turning return to the small screen on The Voice. Since then, Hayley has taken the country music scene by storm with her #1 album, Breakin' Hearts.



BUSHLARKS – CHOIR FOR PEOPLE WITH PARKINSON'S

This weekly voice and singing activity is for people with Parkinson's, their carers' and friends. The Bushlarks members' meet weekly to sing together, socialise over a coffee or tea, and have fun, all the while strengthening their voices and breathing...and making a beautiful noise!

ZEST – DANCING FOR WELLBEING

ZEST will be demonstrating some of their dance moves and grooves, and will provide an opportunity for you to give it a try on the day. ZEST offers movement classes specifically designed for people living with Parkinson's, and also for adults who want to keep their body and brain active and healthy, regardless of mobility, skill or age.

STEPHEN CENATIEMPO

Best known for his regular weekday breakfast show on 2CC, award winning Stephen Cenatiempo will be joining us to host the event.





About Us

The Hospital Research Foundation Group

– **Parkinson's** exists to maximise choice, independence, mental health and wellbeing for people impacted by Parkinson's or other neurological/movement disorders through support, education, advocacy and research.

THRFG - Parkinson's provides support, recreational, exercise and allied health services to the 13,000+ people living with Parkinson's disease and other movement disorders and their families across the ACT, SA and NT. This is from the moment they are diagnosed and throughout their disease progression.

We are also committed to improving vital support services in regional and remote areas and investing in world-leading research to help stop, slow, reverse and cure Parkinson's.

Our Services

Our expert team at THRFG – Parkinson's offers a range of allied health services (occupational therapy, counselling), peer support groups, social activities, exercise and education sessions to help you live well with Parkinson's.

Our client services coordinator is available Monday to Friday to provide support and general information about Parkinson's and to connect you with our services. Please call **1800 644 189**.

Find out more:

www.FightingParkinsons.org.au



@HospitalResearchParkinsonsACT





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