



2023  
Participant Handbook

# THANK YOU FOR JOINING THE 2023 WALK WITH WOMEN

Walk With Women was founded by long-time friend and ambassador of the OCRF, Helen Powell. Helen sadly passed away from ovarian cancer in February 2020. It was Helen's wish for the event to continue and grow. The OCRF continues her legacy with the annual Walk with Women even along the scenic Mornington Peninsula and across the country as people participate virtually.

*"Get involved if you can. However, you can. It's all for a good cause. And be sure to have fun – compulsory fun."*

*– OCRF ambassador, Helen Powell*

We're looking forward to a safe, enjoyable day with friends and family in one of the state's most scenic regions.

This handbook details everything you need to know about the day – course information, key contact numbers, what to bring with you, tips ahead of your walk and more.

We recommend you read this from start to finish before the event and keep it on your phone or print it out and take a copy with you on the day.

Thank you again for joining us as we walk for our wonder women!

## GENERAL EVENT INFORMATION

DATE: Sunday 12<sup>th</sup> February 2023

**START LINE 30km LOCATION:** [Marine Dr, Safety Beach VIC 3936](#).

MEET TIME 30 KM: 6.45am\*

START TIME: 7.30am

FINISH LINE CUT-OFF: 2.00pm sharp

*\*Due to large registration numbers this year, we ask that you arrive as close to 6.45am as possible to ensure we can have everyone checked-in and warmed up before event start time.*

**START LINE 5km LOCATION:** [Sorrento Foreshore, War Memorial](#)

MEET TIME 5 KM: 10:15am\*

START TIME: 11am  
FINISH LINE CUT-OFF: 2.00pm sharp

*\*Due to large registration numbers this year, we ask that you arrive as close to 10.15am as possible to ensure we can have everyone checked-in and warmed up before event start time.*

**FINISH LINES:**

Both walk distances finish at Sorrento Beach – 2 Esplanade, Sorrento VIC

**BUS STOP LOCATION FOR RETURN TO SAFETY BEACH:**

Gravel Carpark, Opposite Bowen Road, Sorrento Foreshore (about 500m back along the beach from the finish line)

To find on Google maps, please search **Peninsula Real Fruit Ice Cream**.

## KEY CONTACTS

**In case of emergency please immediately call 000.**

We request that you also call/text details to the Walk With Women hotline on **0407 326 603** so that we can support the emergency response.

If you **require first aid** or would like to **report a hazard** along the course, please call the Walk With Women hotline on **0407 326 603**.

We request that you also text your location to the Walk With Women hotline so that we can support the first aid response in locating you.

**Event and emergency contact numbers:**

Name	Number
<b>Emergency services</b>	Call 000
<b>Walk With Women Hotline: First Aid/Hazard Reporting</b>	0407 326 603
<b>SES</b>	132 500
<b>Frankston Hospital</b>	9784 7777
<b>Rosebud Hospital</b>	5986 0666
<b>Vic Roads Emergencies</b>	131 170

## BEFORE THE EVENT

1. Please save the Walk With Women hotline number in your phone **0407 326 603**
2. Please download the Vic Emergency App to your smart phone. [Apple](#) Iphone or [Google](#) phones.
3. Check the weather forecast for the Mornington Peninsula to inform suitable attire.
4. Research start line parking locations, ensure you allocate time to travel and park your car.  
Carpooling is recommended. For 30km Walkers, there are a few car parks off Marine Dr and on side streets off the main roads. For 5km Walkers, there is street parking in and around the Sorrento Foreshore War Memorial.  
There is no Walk With Women specific parking allocated.
5. Once parked, head to the start line – you will see the registration area clearly marked. This is where you will sign in.
6. Meet Walk With Women staff at the registration desk to check your name off\*, receive your drink bottle, collect any other merchandise\* ordered online, advise of any medical conditions to event medics.
7. Coffees and a group warm up will be offered to all participants before a short opening ceremony.

*\*To ensure a smooth event registration process: If you are in a registered Team, we ask that ONE person per group checks ALL team members in at registration.*

*\*Please have your mobile phone ready with a receipt of the merchandise ordered online that requires collection at registration desks.*

## WHAT TO BRING/WEAR

- o Appropriate walking shoes/runners
- o Reusable water bottle if you are not collecting a Walk With Women drink bottle (we will not be able to mail these out later)
- o Food/snacks suitable and sufficient to fuel you for the walk
- o Appropriate clothing for local forecast
- o Mobile phones (fully charged), mobile phone charger (recommended)
- o Small personal first aid items e.g. band-aids for blisters
- o Small bags or backpacks to carry the essentials with you e.g., snacks, sunscreen, phones.

## REMEMBER

- o This is a Walk, not a run! For everyone's safety, please only *walk* the course.
- o Both Walk distances have a finish cut-off time of 2pm which gives ample time to complete the walk – even at a casual walking pace.
- o Anyone still on the course after 2pm is welcome to continue to walk; however, will no longer be under the management of the Walk With Women team.
- o The end of walk festivities at Sorrento Foreshore will begin pack down just after 2pm on Sunday.
- o This also means no further water/food stations or guarantees of catching the last bus back to your car.
- o Please call the hotline **0407 326 603** if you believe you will not make the 2pm finish line cut off time.

## COURSE DESCRIPTION – 5KM & 30KM

Links to the Course Maps (via Google Maps) can be below:

[30km Walking Route](#)

[5km Walking Route](#)

**Below are some key points along the course, noting that distances indicated are approximate.**

DISTANCE	LOCATION	ADDITIONAL INFORMATION
0 km	Safety Beach Sailing Club <b>30km Walk With Women Starts here!</b>	Public toilets and water taps available at the official start line. Follow the "Bay Trail" all the way to Rye. You'll note that the trail winds through caravan parks, and car parks. Please proceed through these with care and consideration of campers.
5 km	Dromana Beach	Public toilets available, here & you can also top up your water bottle.
10 km	Rosebud Pier	Walk With Women drink station will be available here. This station will pack down at 10:30am. Public toilets also available here, we recommend you utilise these, as they are the last public toilets until Rye.
15 km	Tootgarook Boat Ramp	Walk With Women drink station here. This station will pack down at 11:30am.

20 km	Rye Pier	<p>Walk With Women drink station here. This station will pack down at 12:00pm.</p> <p>Cross the Nepean Hwy from the Bay Trail at the Dundas Street Traffic Lights and walk on the other side of the road on the footpath to Blairgowrie shops.</p> <p>Please use the established pedestrian crossing only – one of our friendly volunteers will be here to assist.</p>
25 km	Blairgowrie Shops	<p>Walk With Women drink station will be available here. This station will pack down at 1.00pm.</p> <p>Cross from the footpath back to the beach side of Nepean Hwy to finish the walk back on the Bay Trail. A volunteer will be here to assist, please only cross at the pedestrian crossing and cross with care.</p>
30 km	<p>Sorrento Foreshore</p> <p>BOTH WALK DISTANCES FINISH HERE.</p>	<p><b>30km walkers, you've made it to the finish line. Congratulations!</b></p> <p>Enjoy the BBQ, cold drinks, yoga and atmosphere on offer!</p>

DISTANCE	LOCATION	ADDITIONAL INFORMATION
0 km	<p>Sorrento Foreshore</p> <p><b>5km Walk with Women Starts here!</b></p>	<p>5km official start line is here. Public toilets and water taps available at the official start line.</p> <p>Start the walk along Point Nepean Road, towards shelly beach, there we will have Walk with Women volunteers and traffic management ensure you cross safely.</p>
1 km	Sorrento Park	<p>The only public toilets available on this route are here, we recommend you go and top up your water bottle if needed.</p> <p>Follow Walk with Women arrows on the ground and look out for volunteers along the way to guide you.</p> <p>Please take care as you will be crossing roads, look out for cars and be mindful when crossing driveways.</p>
2.5 km	Hemston Ave	<p>Turn right towards Shelley beach. You will be required to trek down the steps and walk along the beach back towards Sorrento.</p> <p>Please follow cones and look out for Walk with Women volunteers if you need assistance.</p>
3.5 km	Millionaires Walk	<p>Trek up the steps and right towards the Millionaires walk.</p> <p>Paths are quite narrow and contain some low hanging trees, please be mindful. Although you are on a public route, you are surrounded by properties, so please be considerate.</p>
4 km	Final stretch	<p>Completing the Millionaires Walk, head right onto Lentell Ave and then left on point Nepean rd. Walk with Women volunteers will help guide you to the finish line.</p>

		You will pass back through the Sorrento Park, the public toilets available again should you need to go or top up your water bottle.
5 km	Sorrento Foreshore  BOTH WALK DISTANCES FINISH HERE.	<b>5km walkers, you've made it to the finish line. Congratulations!</b>  Enjoy the BBQ, cold drinks, yoga and atmosphere on offer!

## GENERAL COURSE INFORMATION

### Caravan parks/campgrounds:

- The Bay Trail passes through various local campgrounds and caravan parks. Please proceed with caution as some parts of the trail are shared with vehicles. We also ask that you are respectful of local campers and keep noise to a minimum – particularly in the earlier hours.
- Toilet blocks in caravan park and campgrounds are locked with an access code and are not accessible for Walk With Women participants – these are only for campers. Please don't request access codes from campers, there are ample public toilets along the course.

### Carparks/ boat ramps / road crossings:

- There are some points at which the Bay Trail passes through small carparks and crosses small side roads. Due to it being a busy period for the peninsula, please ensure you are proceeding with caution and ensure that minors are always with adults, particularly in these areas.

### Crossing busy roads/highway:

- As the 30km is a very long walk, you will be crossing busy roads e.g. the Nepean Highway. We ask that you use an established pedestrian crossing – Walk With Women organisers cannot take responsibility for any accidents or injuries if you leave the allocated walk course.
- The Walk will cross the Nepean Highway at two points for our 30km Walkers (at the Rye Pier) and at two points for the 5km crew (at Sorrento esplanade) – volunteers and traffic marshals will be stationed to assist you, please ensure when you are crossing at the marked crossings, ensure it is when the green man says 'go'!

### Signage along route:

- Official traffic signage and Walk With Women signage will be placed along the route. Please observe these should you need any direction or reminders.

### Volunteers & Walk With Women staff along route:

- You'll be greeted along the way by our Volunteers and Staff – who will be identifiable by their Walk With Women red visibility vest.
- Please be friendly and patient with our volunteers and staff as they endeavour to help you have a fabulous day!

### Toilets:

- There are multiple public toilets along the route. Some with longer distances between them than others. We recommend going when you can, not when you need! Some of them are outlined in the table above and on the course map here.

#### **Littering/Looking after the environment:**

- We have a zero tolerance to littering on the Walk With Women. Please hold onto any rubbish/food scraps until you locate a public waste bin.

#### **Reporting an issue:**

- If you notice anything unsafe, potentially hazardous, or you think worth mentioning to our Walk With Women organisers along the way, please do not hesitate to report it by calling or texting the walk with women hotline: **0407 326 603**

## DOWNLOAD THE VIC EMERGENCY APP

**To assist the Walk With Women organisers in keeping all participants safe, we require that all participants and volunteers download the VicEmergency App to their phone prior to event day.**

- Features of the app include notifications of **fire, floods, fallen trees, motor vehicle accidents, hazardous material spills, dangerous animals and other possible hazards**.
- Please set up appropriate 'Watch Zones' for the area they you be in the lead up to the event, and for the Mornington Peninsula and enable push notifications to receive updates for these Zones.

## FIRST AID & EMERGENCIES

#### **Non emergencies:**

- ColMed Medical vehicles will be present at the Walk With Women, for any first aid needs that are non-life-threatening or require emergency services, please call the walk with women hotline: **0407 326 603**
- We we request as much information as possible to deploy first aid medics: location, nature of injury, injured person, access for vehicle etc.

#### **Emergencies:**

- For any emergencies, please immediately call emergency services on 000.
- Once you have done this, please notify the Walk With Women hotline by calling **0407 326 603** with as much information as possible regarding location, nature of incident, name of the injured person(s), etc.

## SMS COMMUNICATION SYSTEM

- The Walk With Women organisers will advise walkers via SMS of any major emergency or incidents that will affect participants' ability to complete the Walk. For this reason, please always keep your mobile phone nearby.



# HYDRATION & HEATSTROKE

- Please ensure you keep hydrated for the length of your walk.
- You will be able to refill your reusable drink bottle with various Walk With Women water stations along the route at the 10km, 15km, 20km and 25km marks, as well as at the Start and Finish lines.
- You are welcome to use public water fountains wherever possible and we encourage you to top up whenever you see a tap, especially if it's hot!
- We encourage you to bring electrolytes to add to your water – powdered Powerade/Gatorade or Hydrolyte are all great options.

## **Heatstroke/heat exhaustion warning signs:**

As we are walking in summer, temperatures may be high, and if so, please ensure you do all that you can to avoid heatstroke/heat exhaustion by:

- Wearing light and loose clothing
- Wearing a hat, sunscreen (frequently reapplied!) sunglasses
- Keeping well hydrated and eating enough food to sustain your Walk
- Seeking shade as much as possible – i.e. if there's a shady side to the path, walk there rather than in direct sunlight
- Taking frequent or necessary breaks in shade/shelter
- Walking at the pace and in the distance that is suitable to your fitness and training

If it is hot, please look out for any early signs of heat exhaustion and heat stroke in yourself and your fellow Walkers and be proactive in seeking first aid and preventing it from worsening,

## **Heat exhaustion symptoms:**

- Headache
- Body temperature more than 40 degrees Celsius
- Muscle cramps
- Exhaustion and general weakness.
- Nausea and/or vomiting
- Dizzy spells
- Pale, cool, clammy skin at first, becoming flushed and red later
- A rapid, weak pulse.

## **Heat exhaustion treatment:**

- Help the person to lie down at total rest in a cool or shady area to monitor
- Remove excessive clothing and loosen any tight clothing
- Cool by fanning and moisten skin if possible
- If fully alert and responsive, give them frequent small drinks of water
- If muscle cramps occur, gently stretch the affected muscles to ease pain
- If unresponsive, place in the recovery position.
- If the person is unable to drink vomiting, unresponsive, or does not improve **call 000 for an ambulance**

## **Heatstroke symptoms:**

- Typically, no longer sweating.
- Red, hot and dry skin.
- A body temperature more than 40°C.
- A rapid, strong pulse.
- Rapid, noisy breathing.

- Irrational or aggressive behaviour.
- Deterioration of the conscious state.

**Heatstroke treatment:**

- Call 000 for an ambulance immediately
- Cool the person using wet towels or a wet sheet with a fan directed across the surface.
- If ice packs are available, wrap them in towels and place them around the neck, groin and armpits.
- If shivering occurs reduce active cooling.
- Monitor the person continually
- If unresponsive or not alert, place in the recovery position.
- Prepare to give CPR if necessary.

## TAPPING OUT OF THE WALK EARLY

30km is a long way to walk, and for many of our participants, so is 5km! If you decide to leave the walk early, you're welcome to do so. You may also need to finish up early in the event of an injury or medical issue.

**Please note:** that if your reason for leaving the Walk is for anything *other* than a medical/injury reason, you will need to arrange your own transport back to your car or home. Public bus routes, local taxis, or Uber are both good options.

We ask that you text the Walk With Women hotline with the names of anyone planning to not finish and where you've tapped out. For those who have sought treatment for an injury or medical issue sustained on the Walk, suitable transport plans will be made for you in consultation with ColMed medics and/or emergency services.

## COVID-SAFETY

Thankfully, this event will take place out in the open, fresh air. However, we ask that you continue to observe covid-safety protocols:

- WWW will be conducted in consultation with the VIC Government's latest COVID19 guidelines.
- It is highly recommended that you are double (or triple) vaccinated against Covid-19 to participate – remembering that many of our patient ambassadors are immunocompromised and some will be joining us on event day, as will their families/carers on
- Please don't attend if you are feeling unwell or have any Covid symptoms – even if minor. There is a 'virtual' Walk With Women running throughout February which we can transfer your registration to for when you're feeling better.
- If you have had Covid recently, and have recovered, consider whether your fitness level is back to where it needs to be to safely participate. If not, we can transfer your registration to the 'virtual' Walk With Women.
- Wash hands regularly if visiting the toilet, stopping at a Walk With Women drink station, etc

# POST-WALK INFORMATION/TRANSPORT

## Crossing the Finish Line

- Some festivities are planned to greet you as you cross the finish line: BBQ, cold drinks, post-walk cool down, music and more!
- Please check your name off when you finish the Walk with at the registration desk or with one of our volunteers. This enables us to keep track of who is still on the course.
- Please also advise volunteers or staff if you have registered for a bus seat back to the 30km start line.

## Buses to 30km start line:

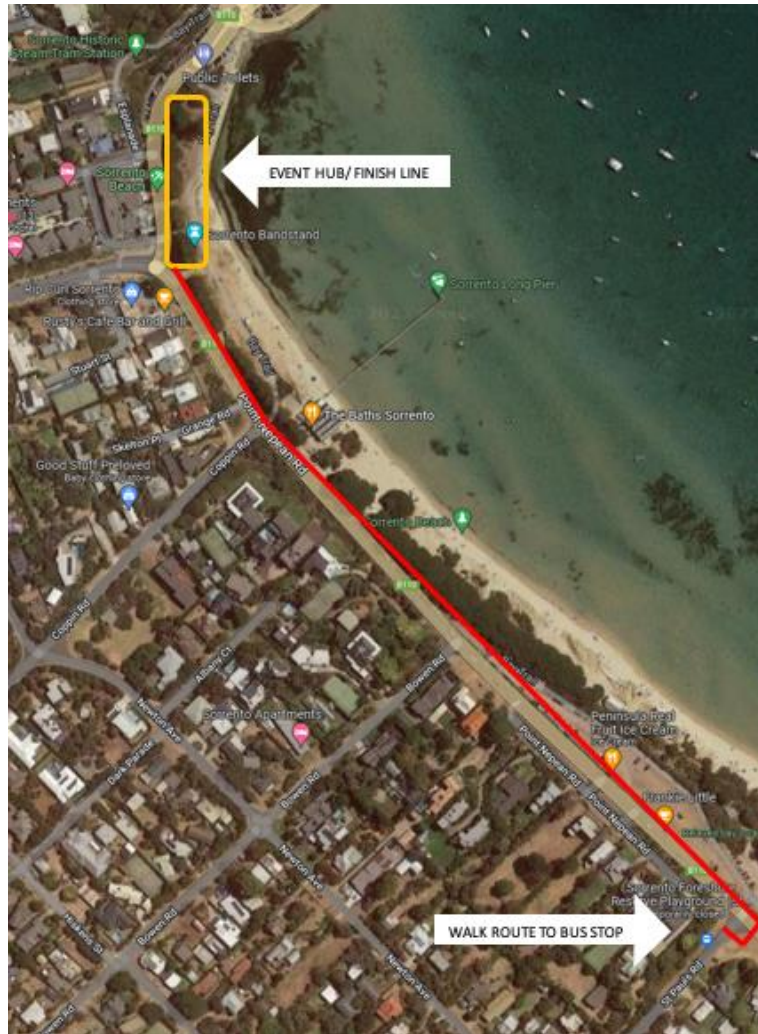
- There will be three chartered buses, organised to transport walkers back to the 30km starting point for those who have registered for this transfer.
- Buses will leave from the gravel carpark opposite Bowen Road on the Sorrento Foreshore; this is about a 500m walk from the finish line back along the trail from where you'll have walked from.
- Buses will arrive at 12:15pm, 1:00pm, 1:45pm with the last bus departing at 2:30pm sharp.
- To secure your spot in line, collect a ticket from the volunteers at the finish line as seats will be prioritised by a first served basis
- Please allow 40+ mins to travel back to the 30km starting point.
- The last bus will be leaving the finishing line at 2:30pm sharp!
- Our friendly volunteers will be at the bus stop to help you board in an orderly and safe fashion.

## Public Bus Route 788 to Safety Beach:

- Alternatively, if you are crossing the finish line and would like to get to your car park outside of the shuttle times, we have sourced directions and times for the local bus route on Sunday that can be found here:

Depart	12:19pm (12:09)	1:03pm (12:53)	1:40pm (1:30)	2:24pm (2:14)	2:58pm (2:48)	3:43pm (3:33)	4:17pm (4:07)	5:03pm (5:53)	5:37pm (5:53)
** Bus trip takes approx. 1hr to arrive at safety beach please allow 10minutes either side as arrival times may vary in peak season									

- **Departs from Websters Corner/St Pauls Rd**
- **Disembark at stop 98: Safety Beach Sailing Club**



## PHOTOGRAPHY & VIDEOGRAPHY

We will have a photographer and videographer on the event day. Imagery/motion will be captured throughout the day and may be used for future Walk With Women promotions.

Anyone who wishes to not have their image taken should alert a staff member or volunteer.

## SOCIAL MEDIA & SOCIAL COMPETITION

We'd love you to get busy on your social media throughout your Walk With Women experience! 30km (or even 5km) is long enough to capture the perfect video or photo from your time meandering along the Mornington Peninsula Foreshore.

Don't forget, there are some great prizes to be won for the most creative photos or videos during the Walk With Women campaign!

Make sure you tag the @OCRF in whatever you capture and post from the day on social media using the hashtag #WalkWithWomen

**Event hashtag: #WalkWithWomen**

**Instagram: @OCRF**

**Twitter: @ocrfAustralia**

**Facebook: @ocrfAustralia**

**Linked In: @ovarian cancer research foundation (OCRF)**

## KEY FACTS/STATS ABOUT OVARIAN CANCER

Here are some statistics to help you spread awareness and raise vital funds for ovarian cancer research:

- Ovarian cancer is the most lethal gynaecological cancer, yet is critically underfunded.
- Today, four females will be diagnosed with ovarian cancer
- Symptoms are generally vague and mimic other common female complaints – swollen or bloated pelvis, appetite loss of feeling full quickly, tiredness, unexplained weight changes.
- Invasive surgery is currently the only way of accurately diagnosing ovarian cancer
- Over 50% of women believe a pap test detects ovarian cancer – it doesn't.
- There is no early detection test for ovarian cancer. Ovarian cancer research is critically underfunded.
- More than 70% of women are diagnosed in the advanced stages – only 29% of these women will survive beyond five years
- In Australia, one woman dies every eight hours from ovarian cancer
- Currently, the five-year survival rate (likelihood of surviving 5 years) for ovarian cancer is just 49 per cent, compared to 92 per cent for breast cancer, 84 per cent for uterine cancer, 70 per cent for bowel cancer and 74 per cent for cervical cancer.
- Ovarian cancer treatments and drugs have hardly improved since 1992.
- An early detection test could save the lives of more than 8,000 Australian women and girls over a decade or save 1.3 million lives globally over the next decade.
- Around 70% of all ovarian cancer patients will experience a recurrence after successful treatment – typically within two years.

END