



2022
Participant Handbook

THANK YOU FOR JOINING THE 2022 WALK WITH WOMEN

The Wonder Woman Walk (now Walk With Women) was founded by Helen Powell, who sadly passed away in 2020 from ovarian cancer. Helen was a fierce and vibrant woman who was committed to raising awareness of ovarian cancer and communicating the desperate need for greater research funding.

We continue her legacy with the annual Walk With Women along the beautiful Mornington Peninsula.

“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 a couple of days before the event and keep it on your phone for event day access or print it out and take a copy with you on the day.

Thank you again, for taking part in the 2022 Walk With Women, we hope you enjoy!

GENERAL EVENT INFORMATION

DATE: Sunday 6th February 2022

MEET TIME – 30 KM: 8.00am
START TIME: 8.30am
CUT-OFF TIME: 3.00pm sharp

START LINE LOCATION: Safety Beach Sailing club – 185 Marine Dr, Safety Beach VIC 3936,

MEET TIME – 5 KM: 1.00pm
START TIME: 1.30pm
CUT-OFF TIME: 3.00pm sharp

START LINE LOCATION: Blairgowrie Shopping Precinct, Cnr St John's Wood Road & Nepean Hwy, Blairgowrie

FINISH LINE FOR BOTH DISTANCES: Sorrento Beach – 2 Esplanade, Sorrento VIC

BUS STOP FOR RETURN TO START LINES:
Gravel Carpark, Opposite Bowen Road, Sorrento Foreshore (about 500m back along the beach from the finish line)

KEY CONTACTS

In case of emergency please immediately call 000.

We request that you also call/text details to the Walk With Women team so that we can support the emergency response.

If you require first aid, please call/text Kevin (St John's) on 0412 874 720.

We request that you also call/text details to the Walk With Women team so that we can support the first aid response.

To report a hazard along the course, please call/text Georgie on 0407 326 603 or Arbel on 0435 375 157.

Incident/Enquiry contact numbers:

What	Name	Number
First Contact	Georgie Herbert (Walk With Women Staff)	0407 326 603
Second Contact	Arbel Givargis (Walk With Women Staff)	0425 375 157

Name	Number
First Aid Manager St Johns – Kevin	0412 874 720
Morn Pen Shire Offices	1300 850 600
Emergency services	Call 000
SES	132 500
Frankston Hospital	9784 7777
Rosebud Hospital	5986 0666
Vic Roads Emergencies	131 170

BEFORE THE EVENT

1. Check the weather forecast for the Mornington Peninsula to inform suitable attire.
2. 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 Blairgowrie Shopping Precinct. There is no Walk With Women specific parking allocated.
3. Once parked, head to the start line – you will see a registration table and signage.
4. Meet Walk With Women staff at registration table to check your name off, receive your drink bottle, wristband (essential) and any other course or walk updates, etc.

WHAT TO BRING/WEAR

- Appropriate walking shoes/runners
- Please bring a **mask** with you for buses post-event
- Reusable water bottle – Walk With Women or your own, refill water stations are supplied along route
- Food/snacks suitable and sufficient to fuel you for the walk
- Appropriate clothing – sun smart, wind proof, warm layers, depending on forecast, consider things like a change of socks if wet weather is forecast
- Sun hat and/or sunglasses + sunscreen
- Mobile phones (fully charged) and wallets/ID
- Small personal first aid items – like Band-Aids for blisters
- Small bags or backpacks are encouraged to carry the essentials with you e.g., snacks, sunscreen, phones.

REMEMBER

- This is a Walk, not a run! For everyone's safety please only *walk* the course.
- Both Walk distances have a finish time of 3pm which gives ample time to complete the walk – even at a casual walking pace.
- Water/food stations will be packed up along the course at the times nominated the course description on the next page of your handbook.
- Anyone still on the course after 3pm is welcome to continue to walk; however, will no longer be under the management of the Walk With Women team – which unfortunately means no further water/food stations or first aid access and no guarantees of catching the last bus back to your car, nor a pic with the finish line arch for your socials!

COURSE DESCRIPTION – 5KM & 30KM

A link to the Course Map (via Google Maps) can be found [here](#). **Below are some key points along the course, noting that distances indicated are approximate.**

DISTANCE	LOCATION	ADDITIONAL INFORMATION
0 km	Safety Beach Sailing Club 30km Walk With Women Starts here!	Public toilets and water fill up available at the official start line. Follow the "Bay Trail" all the way to Rye! You'll note that it winds through caravan parks, and car parks. Please proceed through these with care. The official welcome is at 8am and start time is 8.30am!
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 – keep an eye out for one of our volunteers to top up your water bottle. We'll be open until 11am. Public toilets also available.
15 km	Tootgarook Boat Ramp	Walk With Women drink station will be available – keep an eye out for one of our volunteers to top up your water bottle. We'll be open until 12.30pm
20 km	Dundas Street Rye	Walk With Women drink station will be available – keep an eye out for one of our volunteers to top up your water bottle. We'll be open until 1.30pm. 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. Please use the established pedestrian crossing only – one of our friendly volunteers will be here to assist!
25 km	Blairgowrie Shops 5km Walk With Women starts here!	Walk With Women drink station and 5km Check in will be on the lawn near the Blairgowrie Shops. Arrival for the 5km is 1pm and we'll send you off at 1.30pm after the official welcome. We'll have the water station open until 2.30pm for 30km walkers. 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!
30 km	Sorrento Foreshore FINISH LINE is here!	You've made it to the finish! Congratulations! Refreshments and a snack will be available here, please don't forget to check out. The bus stop will be about 500m back from where you came from opposite Bowen Road. We close at 3pm – so make sure you're there by then!

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. Also note that if the weather is good, it's expected to be busy through these areas. A number of the 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 area, 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 are welcome to make quick stops for food and drink for a refuel! If you are crossing a busy road e.g. the Nepean Highway, we strongly recommend using an established pedestrian crossing – Walk With Women organisers cannot take responsibility for any accidents or injuries if you leave the defined Walk course.
- The Walk will cross the Nepean Highway at two points for our 30km Walkers (at Dundas Street in Rye and again at the Blairgowrie Shops) and at one point for the 5km crew (at Blairgowrie shops) – volunteers will be station to assist you, please ensure you cross only at the marked crossing and only when the green man says 'go'!

Signage along route:

- Official traffic signage and custom Walk With Women signage will be placed along the route, 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 tee and lanyard.
- Please be friendly and patient with our volunteers and staff as they endeavour to help you have a fabulous day!
- Feel free to flag an hazards or concerns to Volunteers and Staff as you meet them along the way if you prefer this to texting them through (please don't wait to find a staff member or volunteer in an emergency though!)

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, but otherwise check the link to the map and zoom in to spot them.

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.
- There are plenty of bins (recycling and general waste) along the route – keep an eye out for them at toilet blocks, gazebos, and throughout the camping grounds.

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 texting 0407 326 603.

FIRST AID & EMERGENCIES

- St Johns Ambulance will be present at the Walk With Women, for any first aid needs. To have a first aider attend to you, please contact Kevin on 0412 874 720. Please also report it to Walk With Women organisers by texting or calling 0407 326 603 with as much information as possible regarding location, nature of injury, name of injured person, etc.
- For any emergencies, please immediately call emergency services on 000 and notify Walk With Women organisers by calling or texting 0407 326 603 with as much information as possible regarding location, nature of incident, name of the injured person(s), etc.
- The Walk With Women organisers will advise Walkers via SMS in the event of a major emergency affecting participants and the ability to complete the Walk. Please keep your phone handy at all times.

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 of course welcome to use public water fountains wherever possible and we encourage you to top up whenever you see a tap, especially if its hot!
- You're also encouraged to bring electrolytes to add to your water – powdered Powerade/Gatorade or Hydralite are all great options.

Heatstroke/heat exhaustion warning signs:

While we are expecting an enjoyable, scenic day of walking, 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, however, that if your reason for leaving the Walk is *other* than for a medical/injury reason, in doing so you will need to arrange your own transport back to your car or wherever you next need to be. Public bus, or Uber are both good options.

We ask that you text Georgie on 0407 326 603 or Arbel on 0425 375 157 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 St John's 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:

- 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.
- Wear a mask in densely populated areas, and where its not possible to maintain a 1.5m physical distance
- Wear a mask indoors e.g., toilet blocks
- Wash hands regularly if visiting the toilet, stopping at a Walk With Women drink station, etc
- Try and maintain a 1.5 metre distance where possible from other walkers, and other Trail users and pop your mask on when you cant

POST-WALK INFORMATION/TRANSPORT

Crossing the Finish Line

- Please check your name off when you finish the Walk with one of our Finish Line Volunteers as this enables us to keep track of who is still on the course.
- You'll be able to take some celebratory photos with the finish line archway and Walk With Women Instagram frame once you cross the finish line and mingle with other walkers on the picturesque Sorrento foreshore.

Getting back to your car

- There will be 2 x 24-seater charter buses on rotation, taking walkers back the 5km and 30km starting points.
- 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.
- Please allow 30+ mins to travel back to the 30km starting point.
- Due to the 30km round trip, we will endeavour to get you back to your car as quickly as possible; however, there may be a small wait time if buses are occupied.
- You'll be popped onto a bus on a first there first on basis, with the first bus leaving as soon as sufficient people are there to fill it, and the last bus leaving at 3.30pm.
- Our friendly volunteers will be at the bus stop to help you board in an orderly and safe fashion.

Important:

To board the buses, it is a requirement that **masks are worn** properly and a **proof of vaccination** is supplied, as per government regulations.

SOCIAL MEDIA

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. 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

While Helen – the Walk's founder, would have insisted you have fun – compulsory fun, she was also a huge advocate for sharing the statistics surrounding ovarian cancer to create awareness and start conversations 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.
- 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 48 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.
- The same ovarian cancer treatment and drugs have been used 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.
- About 70% of all ovarian cancer patients will experience a recurrence after successful treatment – typically within two years.