

# Important Information for Walkers at the 2018 Canberra Walking Festival

Thank you for registering for the 2018 Canberra Walking Festival. The committee has been working hard to deliver another wonderful event this year at a **new location** – the historic and beautiful **Albert Hall**.

Please carefully check your Canberra Walking Festival 2018 registration email (sent from [info@registernow.com.au](mailto:info@registernow.com.au)) to confirm the distances you are walking each day. Each distance has a different start time (details below). Changes may also be made on the day, subject to space availability for the buses on Sunday.

Most of our participants walk on both days of the weekend. If you are just registered to walk one day, it is not too late to walk both days to earn the Canberra Two Day Walker medal – just pay for the extra day when you check in.

**In order to make your participation in the event safe and trouble free, please CAREFULLY NOTE the following:**

- 1.** Saturday and Sunday route maps are available on our website, together with gpx files for you to download onto your smart phone or GPS device if you wish (instructions are provided). Paper copies of the maps will be provided at check-in.
- 2.** You will collect a walker record card prior to your first walk at the Canberra Walking Festival when you check-in (see 6 below). **You must carry your Canberra Walking Festival record card each day you are walking**, as it will be stamped at each checkpoint on your route, and provides proof for the distances claimed for those participating in the IML and IVV awards.
- 3.** The walk starts and finishes at the Albert Hall (the Control Centre for the event). A [locality map](#) is available on our website, and shows parking options.
- 4. Free Parking** is available nearby on Saturday and Sunday. Parking fees apply on Friday (credit card only). Note: The parking within the grounds of the Albert Hall is reserved for event staff.
- 5. Public Bus Transport** is also available. The Blue Rapid 300 series of buses stop immediately in front of the Albert Hall (3 stops from the City and 3 stops from the Woden bus stations). For public transport information go to <http://www.transport.act.gov.au/>. More transport information is also available at <http://aussiewalk.com.au/cwf/accommodation/>, including important information about free bus transport from the Abode Woden to Albert Hall (on Sunday morning only).
- 6.** On arrival at the Albert Hall each day, you must "check-in" inside (see the "Start and Check-in Times Schedule" below). At check-in you will receive your walker record card, lanyard and map. You will also be given a colored peg that corresponds to your route. Please fix the peg to your lanyard so it is visible to the route marshals along the way.
- 7.** Catering is provided at the Albert Hall by the Badimara Scout Group on Saturday and Sunday, with sandwiches, tea, coffee, soft drinks and cake on sale from 7:30am, and a sausage sizzle from 11am. A coffee van will be on site on Sunday, and a limited licenced bar will also be operating (\$5/beer/wine). More information at [aussiewalk.com.au/catering-at-the-2018-canberra-walking-festival/](http://aussiewalk.com.au/catering-at-the-2018-canberra-walking-festival/).
- 8.** This is a walking event with controlled start and finish times. You are required to attend the pre-start briefing for your distance, as there may be last minute route changes.
- 9.** The event will go ahead regardless of the weather. At this stage the forecast is for sunny days, with maximums in the mid to high 20s after a cooler start to the day. Sun protection is advised regardless of the temperature when you start your walk.

- 10.** The Saturday routes around Lake Burley Griffin are mostly on paved surfaces, with some grass and trail sections on the first half of the marathon route. Walkers may choose to walk on the grassy verge if they prefer.
- 11.** With the exception of the 5km route, the Sunday Centenary Trail routes can be challenging in places with many rough, unpaved sections before reaching the Australian National Botanic Gardens. Closed shoes are recommended for all walkers, and hiking poles will also be helpful if you usually use them. Water is available at each checkpoint, but we advise walkers to also carry water.
- 12.** We will have sweep walkers removing the route signs and signalling when checkpoints can close. We do **not** recommend leaving the route because you may end up behind the sweep and get lost.
- 13. REMEMBER: This is not a race! Walk at your own pace and rest when needed. Running is not permitted at any time.**
- 14.** Please note there are **no dogs allowed** on significant portions of the routes on both Saturday and Sunday.

### **Important Safety Messages:**

- 15.** If you feel unwell at any time - please stop and rest. If you are unable to go any further, or need assistance, telephone the Control Centre (Ph: 0468 952 150 – the number is also on your route map and on the walker record card), or ask another walker to advise the next checkpoint. Transport to the Control Centre and/or medical assistance will then be arranged. In the event of an emergency, call 000.
- 16.** For those of you with a smart phone, there is a great application called **Emergency +** which can be used to call for emergency assistance (eg ambulance support). The app can identify your exact location, even if you are on a trail away from proper roads. Hopefully you won't need it, but it is a nice security blanket – and it works anywhere in Australia.
- 17.** If you decide to pull out of the walk completely, you must advise an official or the Control Centre.
- 18.** Those participants who have an **Asthmatic** or other medical condition, please ensure you have your medication with you, also a copy of your Asthma management plan, if applicable.

### **START, CHECK-IN TIMES SCHEDULE AND FINISH ARRANGEMENTS**

Note: More detailed instructions for the pre-Festival walks have been emailed separately to those registered, and also posted to our website.

**THURSDAY: Mt Majura and Mt Ainslie Walks (Guided, 16km & 9km options):** Arrive at the Remembrance Nature Park behind the Australian War Memorial by 9:30 for a 9:45am start. If you are claiming IVV credit, \$5 is to be paid on the day for the IVV stamp – or can be claimed on Friday afternoon at the Albert Hall.

**FRIDAY: Capital Walk (Guided, 11km):** Arrive at the Albert Hall by 10:50 for an 11am start. If you are claiming IVV credit, \$5 is to be paid on the day for the IVV stamp.

**FRIDAY: Welcome Walk (Guided, 5-6km):** Check-in at the Albert Hall from 2:30pm for starts from 3-3:15pm. If you are not pre-registered, you can pay \$5 on the day. After the Welcome Walk, the Official Opening of the Canberra Walking Festival will take place, with light refreshments starting at 5pm. (Note: Paid parking is in force on Friday, credit card only.)

## **SATURDAY: Loop the Lake**

- 42.2km check-in commences at 7:00 for a 7:30am start (briefing at 7:20)
- 21km early starters check-in commences at 7:15 for a 7:40am start (briefing at 7:30)
- 21km late starters check-in commences at 9am for a 9:30am start (briefing at 9:20)
- 5km & 11km check-in commences at 9:30 for a staggered start from 10am (briefing at 9:50)

## **SUNDAY: Centenary Trail (point-to-point walk with bus transport to start)**

- 26km check-in commences at 7:30 for an 8am bus departure (briefing at 7:50)
- 21km check-in commences at 8:30 for a 9am bus departure (briefing at 8:50)
- 10km check-in commences at 9:30 for a 10am bus departure (briefing at 9:50)
- 5km check-in commences at 9:50 for a 10.15am bus departure (briefing at 10:05)

## **FINISH ARRANGEMENTS:**

All walkers should finish before **4pm on Saturday and Sunday.**

**At the end of your walk each day, you again need to report at the Control Centre** to have your name checked off and collect the relevant awards and IML/IVV stamps as appropriate. The 2018 Two Day Walker medal will be available on Sunday for all participants who walk on Saturday **and** Sunday.

New walkers are invited to purchase one of the original "two day walker" bronze medals as a souvenir if interested from the merchandise counter on Sunday (but must have walked on Saturday **and** Sunday to qualify).

## **CLOSING CEREMONY**

We invite all walkers to stay for the formal closing of the walk on Sunday 8<sup>th</sup> April at 3pm. Special awards will be presented to our volunteers and IML walkers.

## **ANNUAL GENERAL MEETING**

The annual General Meeting of the Canberra Two Day Walk Association will be held at 4:30 pm in the Control Centre on Saturday, 7<sup>th</sup> April. If you enjoyed our event, and would like to help ensure its ongoing success, please consider joining the committee. More information is available from any committee member. Voting is limited to current financial members. (Cost \$5 pa.)

## **SUGGESTED CHECKLIST OF WHAT TO TAKE WITH YOU EACH DAY:**

- Walker Record Card
- Lanyard – please bring your lanyard from previous years if you have one
- Sunglasses
- Reading glasses (if required)
- Sunscreen
- Hat
- Water Bottle
- Snack (if required)
- Jacket and/or Raincoat (hopefully not required in 2018)
- Camera
- First Aid requirements to suit yourself (eg asthma medication)
- Insect Repellent
- Money (for purchasing drinks, food, souvenirs, IML/IVV merchandise etc.)
- IVV passports (if applicable – bring each day)
- IML passport (if applicable – bring on Sunday – or hand in for checking on Friday or Saturday if claiming a special award)

## **ADDITIONAL INFORMATION**

Photos from this year's event will be posted on Facebook at [www.fb.com/AussieWalk](http://www.fb.com/AussieWalk). Please "like" us and leave your feedback on how you enjoyed the walk.

Past walks are featured on YouTube at [www.youtube.com/AussieWalkers](http://www.youtube.com/AussieWalkers).

## IML/IVV INFORMATION

### IML Walking Association (IML)

The IML is an international walking association with its own award system, and this event is an IML accredited event for those who walk the qualifying distance on **both** Saturday and Sunday. The minimum qualifying distance is 20km on both days, except for the over 70s, who need only walk a minimum of 10km each day. Proof of age may be requested.

Participation in this award program is ideal if you are interested in taking part in similar long distance multi-day walking events in other countries. More information is available at the Control Centre or on our website at [aussiewalk.com.au/iml/](http://aussiewalk.com.au/iml/).

If you are an IML walker, bring your IML Passports to obtain this year's Canberra Two Day Walk IML stamp at the completion of your walk on Sunday, between 1 and 4 pm. Walkers claiming special IML awards must present their IML passports to the IML desk on Saturday afternoon for checking.

On Sunday afternoon, IML Passports may also be purchased, as well as Australia Country Bars, and Medals and Pins for those who qualify. If you wish to buy an IML passport, please ensure you bring along a passport-sized photograph to paste into the passport.

### International Volkssport Verband (IVV)

The IVV has also sanctioned our walk as a multi-day event. The IVV is another international association, with its own award system, with numerous accredited IVV walking events around the world and in Australia. You do not need to travel internationally to earn IVV awards. For more information please visit our IVV counter or our website at [aussiewalk.com.au/ivv/](http://aussiewalk.com.au/ivv/).

New Australian IVV record books may be purchased at the IVV counter at the end of each day, with a heavily discounted starter kit available for new IVV walkers. The cost of each record book covers the cost of the IVV awards once earned.

One IVV stamp per day, and a record of the actual distance walked, will be recorded in walkers' IVV books. There is no additional charge for the IVV stamps for the Canberra Walking Festival events, including pre- and post-Festival walks.

If you require IVV stamps for any other walks you have completed, please bring \$5/stamp and your IVV books for stamping on Friday afternoon prior to the Welcome Walk. Only Canberra Walking Festival IVV stamps will be available on the weekend.

### ??? FURTHER INFORMATION REQUIRED ???

See our web-site at [www.aussiewalk.com.au](http://www.aussiewalk.com.au) or contact us at [aussiewalk@aussiewalk.com.au](mailto:aussiewalk@aussiewalk.com.au).

**One last thing:** Don't forget to keep encouraging your family, friends and colleagues to join you for the Canberra Walking Festival. They can enter on the day, and if new walkers tell us that you invited them, you will then earn one of our special **Walk Ambassador** pins.

Online entries for the 2019 Canberra Walking Festival (30-31 March) will open on 1<sup>st</sup> October 2018, so mark your calendars.