

Walk for Epilepsy



INFORMATION GUIDE

Sunday 21st October 2018

11am Princes Park, Carlton



Social Media

Share the fun you had at
Walk for Epilepsy by tagging us
@epilepsyfoundationaus
on Facebook, Instagram and Twitter
#epilepsyfoundationaus #walkforepilepsy



Information

Please contact
Epilepsy Foundation if you have
any queries **1300 437 453**



Welcome

Thank you for supporting the inaugural Walk for Epilepsy 2018. Your fundraising efforts will make a lasting difference in the lives of many people.

Every day we try to make life better for people living with epilepsy and this is made possible because of the support of people like you. The Epilepsy Foundation encourages the community to get involved with fundraising so people living with epilepsy don't have to go it alone.

It's not too late to increase the difference you make in the lives of people living with Epilepsy! Today is the perfect day to share your photos at Princes Park. Use **@epilepsyfoundationaus** to tag your photos.

Enjoy your day, and thank you for your support!

Thank you

To our Sponsors



Mount Waverley
Rotary Club



City West Water™

Event Time



9:30am	Registration/Collection opens
10:00am	Main Stage activities commence
11:00am	Walk commences
1:00pm	Event concludes

We recommend you arrive no later than 10.00am to leave time to park and register.

The event will conclude at 1.00pm

Event Location and Parking



Walk for Epilepsy is located at the beautiful Princes Park, Carlton and is accessible via car or public transport.

Parking: There is ample free parking available on Royal Parade and surrounding streets, however be sure to double check the parking signs.

Public Transport: Princes Park is accessible via tram Route 19, with the closest stop to the event site being Levers St Stop 17 on Royal Parade. Plan your journey online at: www.ptv.vic.gov.au

What to bring on the day



Please check the weather on the day. This is Melbourne! You may need wet weather clothing or suitable attire for warm weather. Comfortable shoes are a must. Please bring a hat and wear sunscreen. A back pack or bum bag is useful to store personal belongings.



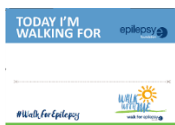
If you wish to purchase food, coffee and merchandise please bring money. It is a good idea to bring your own bottle of water if you can. A hydration station will be on site for you to re-fill your bottles and there are water fountains located along the course.

Donations



Donations can be made online via your fundraising page right up until midnight on Saturday 20th October. We will also be taking donations at the event from the Registration Marquee.

Participation bib collection



Pre-registered participants can collect their souvenir event bib from the registration marquee in the event precinct on the day of the event. The registration marquee will be open from 9.30am.

On-the-day registrations



If you missed the online cut off, not to worry - we will be taking registrations on the day from 9:30am.

Adult (18yrs)	\$50
Senior/Student/Concession	\$35
Child (6-8yrs)	\$20
Child (5 and under)	FREE

Cash or EFTPOS payments accepted.

Food and Drink



The friendly crew from the Mount Waverley Rotary Club will be on site from 9:30am serving bacon and egg rolls, sausages, burgers and veggie burgers. They will also be selling hot and cold drinks.



Event activities



Entertainment will start from 9:30am.

There will be plenty on offer to entertain the whole family including



- Live music on the main stage with Hay Bax
- Roving balloon artist
- Face painters
- Arts & crafts
- Storm Troopers
- Fire truck



Incentives and Prizes



Walk for Epilepsy T-shirts

If you have reached our t-shirt fundraising target you can collect your t-shirt at the registration desk on the day. If stock permits you may be able to purchase t-shirts on the day.



Medals

All participants who complete the walk will receive a souvenir medal as they cross the finish line.



1K Club

Raise over \$1,000 and in recognition of your magnificent fundraising efforts you'll receive an invitation to join us in the Epilepsy Foundation VIP Marquee. Meet our CEO and other VIP guests and also be at the head of the start line.

Personal Belongings



We do not have the facilities to store any personal belongings so please ensure you do not leave any personal items unattended and that you are able to carry any personal belongings comfortably on the day. It is a good idea to bring a back pack, bum bag or bag that you can wear across your chest.

Restrooms



There will be porta-loo facilities located within the event precinct. Permanent toilets are also located around the course.

Health and Safety



Keep to the left - At all times while on the course please remain on the left hand side to allow for cyclists and pedestrians to pass safely.

Course marshals - will be located throughout the course for your safety. If you have any questions or any issues please approach one of our friendly marshals who will be able to assist you and call for help if necessary.

First Aid – Onsite Medical Services will have one medic positioned within the event site and two medics patrolling the course on bikes.

Emergency Assembly Points - Should an emergency situation arise we ask that participants and volunteers move to one of the two evacuation points identified as follows;

- Lawn 5 (center of Event Precinct) for any incident outside of the event site
- Ikon Park Carpark for any incident within the event precinct

Tribute Wall

The Tribute Wall will be there for you to show your support for someone special. The bib given to you at the registration table has a section on which you can write a special message, and pin up on the wall.

The Course



There are 2 different course options available

- 3.2Km Walk - 1 lap
- 6.4km Walk - 2 laps

If you are planning on doing the 6.4km walk we encourage you to start towards the front of the crowd when you are called to marshal.

The course is mobility friendly and suitable for wheelchairs and prams. There are toilet stops and water fountains located along the course.

Volunteer course marshals will be stationed along both courses to guide you and answer any questions you may have along the way.

Share your photos / feedback

We would love to see your photos and hear your feedback!

Email events@epilepsyfoundation.org.au

Or tag us, **@epilepsyfoundationaus**, on Instagram, Facebook and Twitter

#epilepsyfoundationaus #walkforepilepsy



Epilepsy Foundation of Australia @epilepsyfoundation



@epilepsyfoundationaus



@epilepsy_fdn



donate: walkforepilepsy.com.au



	START / FINISH LINE
	WATER / BUBBLE TAP
	PUBLIC TOILETS
Note: Map not to scale	

