

**LONG
WALK
HOME**



PARTICIPANT GUIDE

LONG WALK HOME

SATURDAY, 7 OCTOBER 2023



Event Day

Q. When is the Long Walk Home event on and what time does it start?

A. The Long Walk Home event is on **Saturday, 7 October 2023**.

The **Start Venue will be open from 1:00PM**, with the walk starting at 2:00PM. Please **aim to arrive from 1:00PM** so you can collect your Bib & your Hi-Vis Vest, fill your water bottle, listen to the Welcome & Housekeeping Speeches and meet fellow walkers.

The **Start Line opens at 2:00PM and closes at 2:30PM**. Given council permits, any participants who arrive after 2:30PM will either need to be transported ahead to catch up with the group, or may not be permitted to participate. So please ensure you aim to arrive at 1pm.

Q. Where does event Start & Finish?

A.

START – Gawi Shelter, Pavilion Flat, Parramatta Park. Located near the George St Gatehouse entrance.

FINISH – El Alamein Fountain, Kings Cross off Macleay St.

Q. How do I get to the Start Venue?

A. Parramatta Park is on the western edge of the Parramatta CBD and is an easy walk from Parramatta and Westmead Train Stations or the Parramatta Ferry Terminal.

For further options you can visit www.parrapark.com.au/plan-your-visit/gettingtothepark/

Q. Where are the Check Points along the Course?

A.

CHECK POINT 1 – Archer Park, 2 Waratah St, Melrose Park 2114.

CHECK POINT 2 – Gladesville Reserve, Huntleys Point Rd, Gladesville 2111.

CHECK POINT 3 – King George Reserve, Manning St, Rozelle 2039.

CHECK POINT 4 – Quarry Master Dr, Pyrmont 2010. At the bottom of the footbridge ramp at the east-end of Anzac Bridge.

Q. What facilities are available at or near to each Check Point?

A. Facilities located at or near each Check Point include but are not limited to:

- Event Information Point;
- Water Station
- Self-Serve First Aid;
- Refreshments;
- Toilets;

Q. What is the purpose of a Check Point?

A. The purpose of a Check Point is to:

- Ensure all participants walk over the timing mats (not applicable for Check Point 4) which track the chip on the back of each of the participant bibs. This identifies who has reached each Check Point along the course and ensures that the Event Organisers are aware of any participants who may have chosen not to finish the walk so all participants are accounted for at the end of the event operations.
- To have a rest, refuel with some light refreshments provided by Wayside (you are encouraged to bring your own food as well as these are not substantial), refill your water bottle and have a toilet break.

Q. What is the Check-In Procedure?

A. Please proceed to check in desk when you arrive at the start venue, where you'll receive your high vis vest, and bib which are mandatory to wear throughout the course for safety reasons.

At the Start, Check Point 1, 2 & 3 and the Finish Venue, participants simply need to walk over the timing mats. If a participant chooses not to finish, we ask that they either:

- Inform Check Point Volunteers that they will Not Finish and are leaving the event. **OR**
- Call the Event Day Hotline **0450 411 156** if they have left the event between Check Points.

Q. At What distance are each Check Point?

Check Point	Distance Walked	Distance Remaining
Start Line	0km	29.77km
Check Point 1	9.15km	20.62km
Check Point 2	17.94km	11.83km
Check Point 3	22.96km	6.81km
Check Point 4	25.87km	3.9km

Q. What happens if I fall behind?

A. Organisers will be implementing cut-offs along the course. If a participant fails to reach each Check-Point/Section by the time indicated, they will be given the option to pull out or skip a section. In this instance, an event SAG (support & gear) Vehicle will take them directly to the next Check-Point/ Finish Venue.

Participants must note that the Tail Control will be letting participants know that they are lagging behind the cut-off times and given the opportunity to pick up their pace.

Cut-Off/Skip Location	Cut-Off/Skip Time
Start Line	2:30PM
Check Point 1	5:02PM
Check Point 2	7:29PM
Check Point 3	8:56PM
Check Point 4	9:42PM

Q. How long do you think it will take to complete the walk?

A. For a fit and active person to walk the course at a continuous brisk pace it will take about 4.5 to 5 hours. For someone with a moderate fitness level and/or stopping for breaks along the way it could take 6 – 8.5 hours.

Q. What should I bring with me on the day?

A. Wear weather and walking appropriate clothing including comfortable footwear to participate in the walk.

We recommend that you bring wet weather gear if it is likely to rain and/or sunscreen and a hat. Bring a reusable water bottle and preferred snacks. There will be water stations to refill along the way and opportunity to purchase additional supplies from local shops if needed.

A fully charged mobile phone. You're also encouraged to bring a portable charging pack in case needed.

You **MUST** wear your **hi-vis yellow event vest and event bib**, which will be provided to you on the day. These are a mandatory safety requirement for the walk and must be worn at all times and kept visible. If you put jumpers on, please put the vest on top and pin your bib to your jumper or vest so that we can identify you.

Q. Will water be available throughout the course?

A. Yes, water fountains and refill stations, to fill your own drink bottles, have been identified along the course, at the Start/Finish Venues and at or near to each Check Point and can be viewed and navigated to using the LWH Participant Google Map (see bottom of page 3).

Q. Will the event be cancelled if it is raining?

A. No, the event will not be cancelled should the weather be wet. We do, however, advise that walkers bring wet weather gear should the weather forecast be for rain. It may only be cancelled under extreme circumstances.

Q. What is the accessibility of the course?

A. This course has areas that are not pram or wheelchair friendly. We recommend taking on the virtual challenge where you can join us by choosing a more suitable course for yourself.

Q. Emergency Procedures?

A. It is important to stay calm and think clearly when confronted by what appears to be an emergency situation.

**Remember: For an Emergency Call '000' on your mobile first then contact us on the
Event Day Participant Hotline 0450 411 156**

Before doing so, remember to:

1. **IDENTIFY** what and where the emergency has occurred,
2. **VERIFY** that there is an emergency and not a miscommunication,
3. **KNOW YOUR LOCATION** identify the nearest icon or cross street,
4. **COMMUNICATE** the issue to the **Event Day Participant Hotline 0450 411 156**
5. who will advise the event medical teams.
6. **AWAIT INSTRUCTIONS**

It is vital that the Event Organisers to be notified of any calls that are made. It is important that you take note of the participants bib number as we can use this to identify a person or find their emergency contact details.

Q. Medical Assistance?

A. First aid is provided by Medifast EMT Medics with 2 response vehicles around the course. The 4 Check Points have self-serve First Aid if required.

In the case of an emergency, '000' should always be the first point of call.

If it is a minor slip, trip or fall that has occurred on the course and not near a Check Point, the participant can call the **Event Day Participant Hotline 0450 411 156** who will notify the Medifast EMT Medics to attend and if required an Event SAG Vehicle can come and collect the participant to transport them to the next Check Point/Finish Line or public transport.

Q. What is the Event Day Participant Hotline number?

A. 0450 411 156

Q. How will I know where the course is?

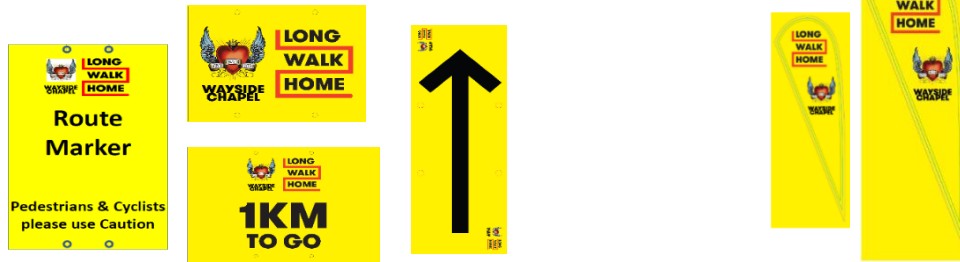
A. Below is the link to the course map which you can access using your phone. Please ensure you have Google Maps downloaded and have had a try at exploring the map (which includes km markers, toilets, water stations and Check Points along the course) ahead of event day. Link to course map (this is also accessible via the 'Event Info' section of the Long Walk Home website):

<https://www.google.com/maps/d/edit?mid=1DgIQiMdTj7rTlbTLjtnBT9r4WP4lhn4&usp=sharing>

Q. Do I need to walk in a certain direction?

A. Yes, the course is set up for you to **walk in one direction only**. It is a Point-to-Point walk.

There will also be fluorescent yellow event signage and volunteer course marshals in orange hi-vis vests along the route to point you in the right direction.



Course Route Markers

Tear Drop Banners

Q. What is the level of difficulty of the course?

A. The majority of the course is an easy level walk. There are some sections of the course that would be considered a medium level course. The distance is the challenge.

Q. Is this course accessible for prams and wheelchairs?

The course has areas that are not pram or wheelchair friendly. We recommend taking on the virtual challenge where you can join us by choosing a suitable course for yourself.

Q. Do I have to walk the course?

The Long Walk Home is purely a walking event and doesn't accommodate running, biking, skateboarding, rollerblading, etc **There are no road closures for this event so you must abide by normal pedestrian road rules.** Bikes, skateboards, rollerblades and other moving equipment will not be considered participants in the event.

Q. What if I can't walk the entire 28km, is there transport available?

A. You can alert one of the volunteers or staff who will coordinate a vehicle to collect you and take you to the Finish Venue. And/or Call the Event Day Participant Hotline **0450 411 156**.

Q. I have access to the Course Route on my phone, am I able to use this whilst walking the course?

A. Yes, but participants are reminded that they need to be aware of their surroundings and handheld electronic devices are not to be used when crossing the road. Always Stop, Look, Listen & Think. Please also ensure your phone is fully charged, and you are encouraged to bring along a portable charger pack should you need one.

Q. Where are there toilet facilities along the course?

A. Toilets have been identified along the course, at the Start/Finish Venues and at/near to each Check Point and can be viewed and navigated to using the LWH Participant Google Map (see bottom of page 3).

Toilets can also be located via the following link; <https://toiletmap.gov.au/6998>

In the case you need to use the bathroom and there is not one within reasonable distance, please contact the Event Day Participant Hotline **0450 411 156** and we will organise a Deployment/SAG vehicle to collect you if you do not have your own vehicle.

Start Venue:

- Murray Gardens (opposite Pavilion Flat) – Parramatta Park Trust
- Old Government House, off Governor Macquarie's Carriage Drive – Parramatta Park Trust
- Bowling Green, off Railway Parade – Parramatta Park Trust

Start Venue -> Check Point 1:

- Rydalmere Wharf, Rydalmere – City of Parramatta
- Halvorsen Park, Ermington – City of Parramatta
- George Kendall Riverside Park – City of Parramatta
- West Ryde Boat Ramp, Wharf Road, Melrose Park (open 24/7 accessible toilets, M & F open between sunrise & sunset) – City of Ryde

Check Point 1 -> Check Point 2

- Memorial Park, Meadowbank (open Fri until 6pm) – City of Ryde
- Epping Boat Shed, Meadowbank – City of Ryde
- Anderson Park, 6 Rothesay Ave, Ryde (closes at 10PM) – City of Ryde
- Kissing Point Park Boat Ramp, Putney – City of Ryde
- Morrison Bay Park, Putney – City of Ryde
- Gladesville Reserve, Crown St, Henley (open until 7PM) – Hunters Hill Council

Check Point 2 -> Check Point 3

- Birkenhead Point Outlet Centre, Drummoyne (open until 6PM)

Check Point 3 -> Check Point 4

- Ampol Foodary Rozelle, 121 Victoria Rd, Rozelle (open until 11PM)
- Victoria Rd, Rozelle – Inner West Council

Check Point 4 -> Finish Venue

- Pyrmont Bridge West, Pyrmont (under Bridge) – City of Sydney
- Pyrmont Bridge East, Pyrmont (under Bridge) – City of Sydney
- Fitzroy Gardens, 15 Elizabeth Bay Rd, Elizabeth Bay – City of Sydney (open 24/7) – located beneath the Police Station building adjacent to Fitzroy Gardens.

Participant Rules

The event organiser (Wayside Chapel) requests that all participants taking part in the Long Walk Home event, are to abide by the Event Rules listed below:

- You will only be considered a participant of the event if you are a registered participant wearing the Event Hi-Vis Yellow Vest (must always be visible) & Bib that has been provided to you as part of your registration.
- Participants must walk the Course from Point A (Parramatta Park) to Point B (Kings Cross).
- The Long Walk Home event is purely a walking event and does not accommodate any running, bike riding, skateboarding, scooters or rollerblading etc.
- There are no road closures for this event. Everyone must abide by normal pedestrian road rules. When walking, Stop, Look, Listen and Think!
- Participants are asked to be respectful of the speed of other walkers using the pathways and keep to the Left. Be mindful of cyclists and shared pathways.
- Participants are asked to walk in single file on narrow sections of the course when required.
- We advise against the consumption of alcohol whilst participating in the Long Walk Home event.
- We advise against the use of headphones whilst participating in the Long Walk Home event.
- All Long Walk Home event sites including the course are non-smoking areas.
- We ask you to be respectful to event volunteers who are donating their time to assist in staging the event.
- We ask you to place waste in bins provided by the event and council's and not in residential bins. Otherwise, please take all rubbish with you.
- Participants are asked to respect the environment you are walking through and the non-event community.
- We ask all participants to plan for their walk, taking into consideration individual circumstances, forecast weather conditions and to be respectful towards other participants and the general public who will also be using the same footpaths, shared areas and being self-aware of the multiple road crossings that participants will encounter around the course.
- We don't want to leave anybody behind. We ask that you follow the guidance of the volunteers at each Check Point (excluding Check Point 4) and the Finish Venue as they ask you to walk over the timing mat which will track a chip that is attached to the back of your event bib and confirm you are progressing through the course.
- If you are going to depart the event before completion, please let the Check-Point Volunteers know that you will not be finishing or contact the Event Day Hotline **0450 411 156** and let them know if you are not near a Check-Point.