

# Event Day Booklet



## a walk **in** the park

**Sunday 27 August 2017**

Federation Square, Melbourne

Whatever your connection, show your support and take A Walk in the Park

IN THIS TOGETHER  
**parkinson's**  
VICTORIA

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## Message from Parkinson's Victoria

Whatever your connection, thank you for being a part of A Walk in the Park!

2017 marks the 200th anniversary of James Parkinson's essay identifying the condition and the global Parkinson's community has worked hard to spread the message that 200 years without a cure is too long.

Locally, the last day in August is all about coming together to show our support to everyone impacted by Parkinson's – recognising their strength, vitality and mantra to never give up.

Whoever you're walking for – we hope you can share in the celebration, enjoy a leisurely walk on our new course, and all the entertainment and activities planned for the day.

I would like to acknowledge all the fundraisers who have so generously donated to A Walk in the Park, so that we can continue to provide support services and education to improve the lives of people with Parkinson's in Victoria. Thank you to our major sponsors also - without your support, events of this scale would not be possible.

To assist in making our ninth walk the best yet, here is your Event Day Booklet. You'll find information on how to plan your day, what's on and details of our new course designed specifically for 2017.

I look forward to walking with you!



**Emma Collin**

**Chief Executive Officer  
Parkinson's Victoria**

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## Registrations

It's not too late to invite family and friends to come along...or even get a few more members into your team!

### On the day registration

Our Registration marquee opens at 8.30am. Tell your friends and family to arrive early so that they can enjoy all the activities and entertainment on the day!

### On-the-day registration prices:

**Adult - \$55**

**Senior / Concession - \$40**

**Child (5 – 15 years) - \$20**

**Child (under 5) - free**

**Dogs - \$10**

Cash, eftpos, Visa and Mastercard accepted.

If you haven't raised \$25 for a t-shirt, now's the time to do so! Simply raise \$25 or more at [melbournewalkinthepark.org.au](http://melbournewalkinthepark.org.au) before **5pm Friday 25 August**, and you'll be able to pick one up on the day.

## Fundraising

If you have raised over \$25, either as an individual or per team member, your limited edition A Walk in the Park 2017 t-shirts will be available for collection from **8.30am on Sunday 27 August** at the Registration marquee.

As a team leader you will receive a specially designed Team Leader t-shirt.

If you have raised over \$75 as an individual, your A Walk in the Park beanie will also be available to pick up.

We suggest arriving early to pick up your item/s so you will have plenty of time to enjoy all the entertainment and activities.

*Please note: T-shirts and beanies can only be collected on behalf of immediate family and friends (providing they are aware you are doing so). If you are part of a larger team, each person is required to collect their individual t-shirts unless alternative arrangements have been made.*

### Over \$500

Raise over \$500 and you'll receive an invitation to our celebratory A Walk in the Park morning tea for you and a guest at the Hawthorn Arts Centre in October.

### 1K Club

Raise over \$1,000 and join us in the Parkinson's Victoria marquee. To recognise your incredible contribution you will receive:

- A unique A Walk in the Park 2017 t-shirt
- A Walk in the Park beanie
- Entry to VIP marquee for light refreshments on the day
- Opportunity to meet Parkinson's Victoria board members and others in the Club
- Certificate of Appreciation
- Special access to the head of the Start Line (with the highest fundraiser cutting the official start ribbon)
- Invitation to our celebratory A Walk in the Park morning tea at the Hawthorn Arts Centre in October for you and a guest.

## Plan your day

### Getting there

Located in Melbourne's CBD, Federation Square is accessible by public transport and car. Please consider:

**Train:** Flinders Street Station is located opposite Federation Square on Swanston Street and services all metropolitan train lines.

**Tram:** Tram stops are located on Swanston Street and Flinders Street.

**Bus:** Bus stops are located at the corner of Flinders and Russell Streets, and Flinders and Elizabeth Streets.

**Plan your journey online at:** [ptv.vic.gov.au](http://ptv.vic.gov.au)

**Car parking:** Federation Square car park is accessed from Russell Street and Batman Avenue at a flat rate of \$16 on Sundays. Car parks in close proximity include Flinders Gate, Victorian Arts Centre and Southbank. Metered parking is available along St Kilda Road.



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### What to wear

Wear comfortable clothing and shoes. Consider a waterproof jacket and umbrella depending on the weather. Don't forget to wear your event bib!

### What to bring

It's important to stay hydrated, especially if it's a warm day. Bring along your water bottle and 'fill up' for free at the City West Water hydration station, located at the river end of Federation Square.

### Meeting points

It is best to organise a meeting place with your team before the day. The River Terrace is a great place to meet with some good spaces for photographs.

### Extreme weather

A Walk in the Park continues even if it rains! In the event of an extreme weather situation causing cancellation, we will post a notification at [melbournewalkinthepark.org.au](http://melbournewalkinthepark.org.au) as soon as possible.

### Event bib

Your event bib signifies your entry to A Walk in the Park 2017.

If you registered after 15 August 2017, or have not received your bib, pick your bib up at the Registration marquee from 8.30am.

a walk **in**  
the park

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## Event overview

**Date:** Sunday 27 August 2017

**Location:** Federation Square – Corner Swanston Street and Flinders Street, Melbourne

**Start time:** Pre-walk entertainment including a warm up, live music and activities begins at 9.30am at Federation Square.

The walk takes off at 11am.

### Course:

Due to ongoing construction on the Swan Street Bridge, this year our walk will take us down St Kilda Road and through the Kings Domain for a true Walk in the Park!

Both the 2km and the 4km walk will take off next to the Main Stage at Federation Square. Turn left down St Kilda Road and across the Princess Bridge. The 2km walk continues down St Kilda Road, crossing Linlithgow Avenue. At Government House Drive walkers will turn left, heading back up Linlithgow Avenue – crossing the road once more – and heading back along St Kilda Road towards Federation Square.

The 4km walk starts alongside the 2km walk, turning off St Kilda Road just before Linlithgow Avenue. You will be taken on a scenic walk through the Queen Victoria Gardens and Kings Domain before re-joining the 2km walkers on Government House Drive and making your way back to Federation Square via Linlithgow Avenue and St Kilda Road.

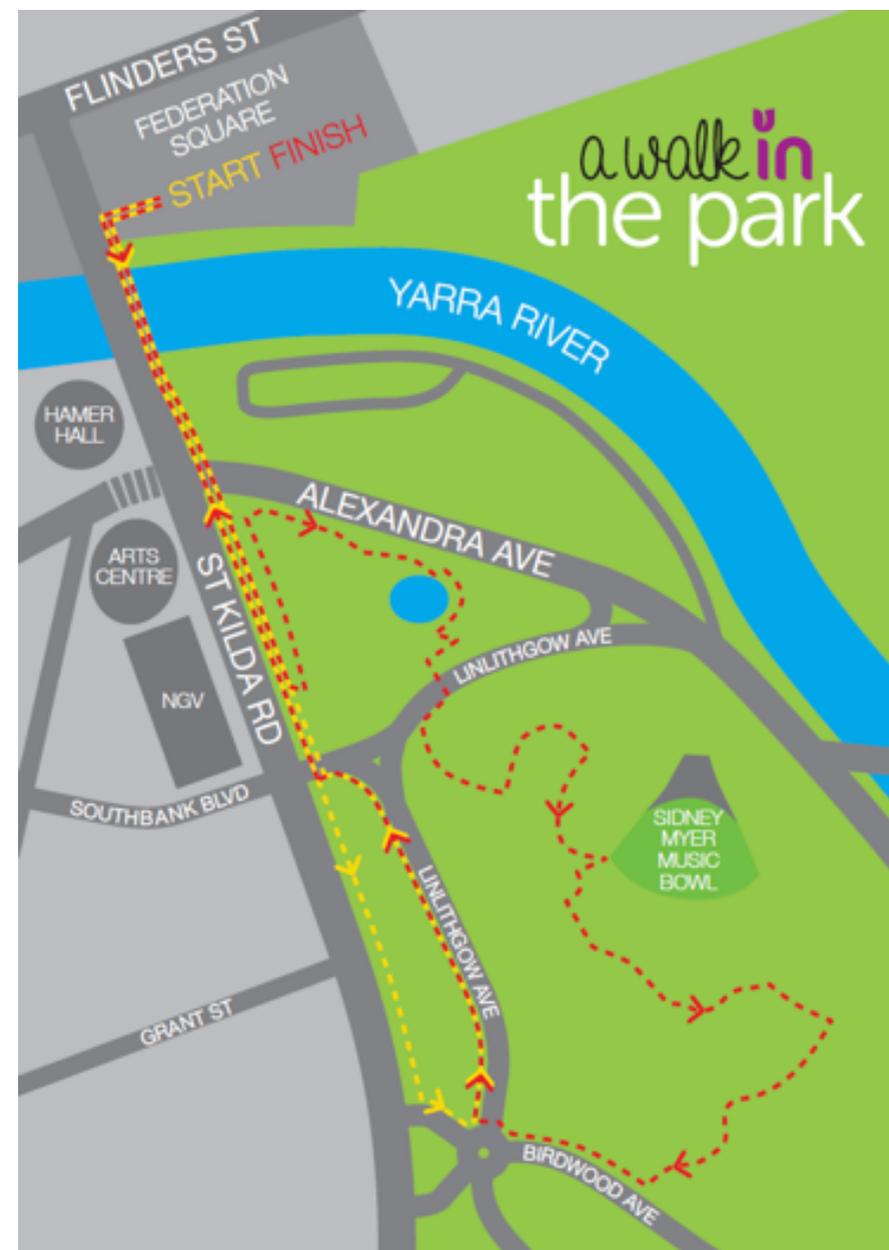
The course is mobility friendly and suitable for wheelchairs and prams.

There will be toilet stops and water stations on both the 2km and 4km courses.

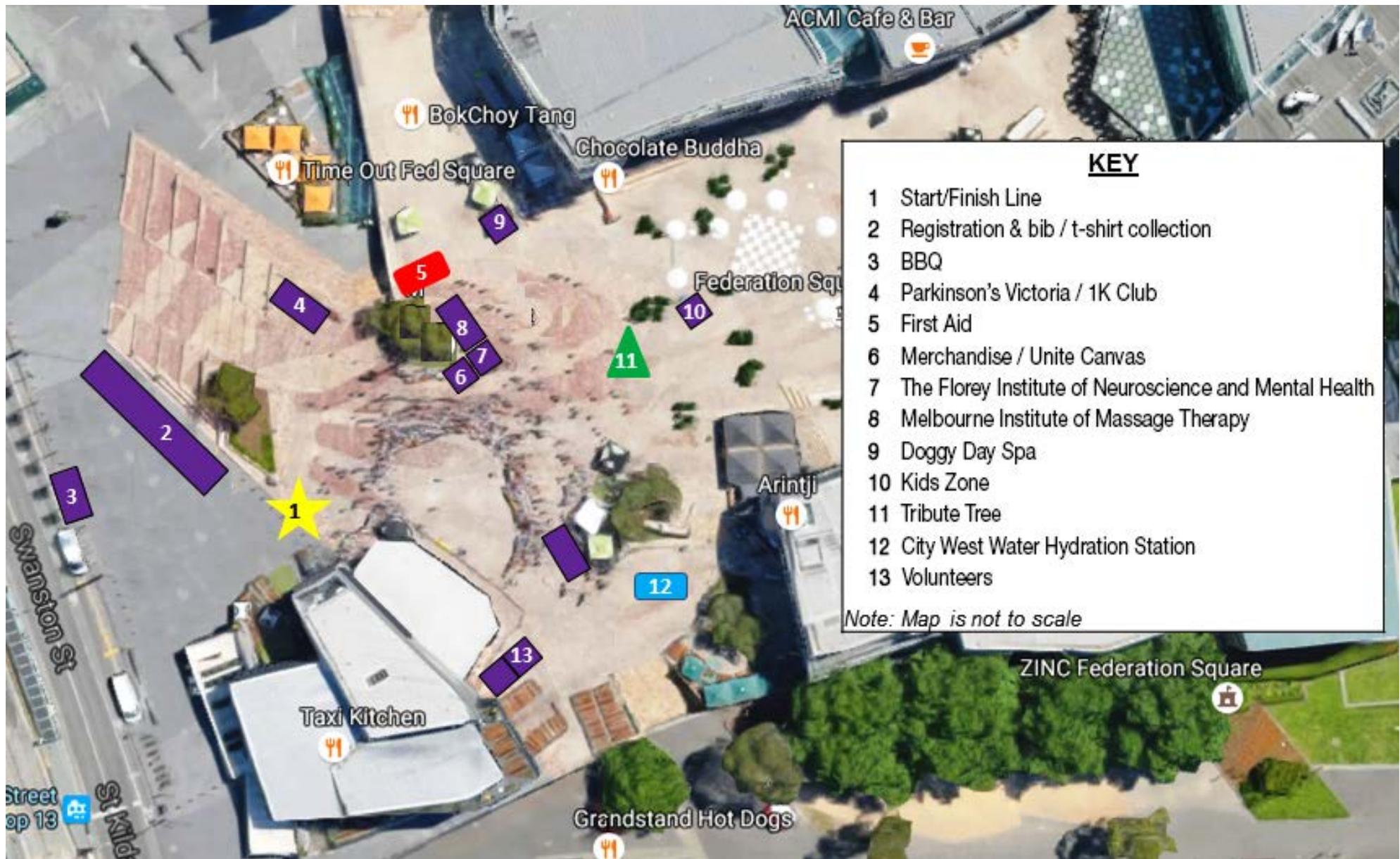
### Health and safety recommendations

- Ensure you are fit to participate and seek medical advice if you are unsure
- Make sure you are well hydrated prior to and during the event. You are welcome to carry a drink bottle with you
- Be aware you are a pedestrian on public roads and please follow instructions from course marshals

## Course map



## Finding yourself at Federation Square



## Event day program

WHEN	WHAT'S ON	WHERE
8.30am	REGISTRATION & COLLECTION: marquees open for participants picking up t-shirts, bibs and on the day registrations	Federation Square (Swanston Street Forecourt)
9am	ENTERTAINMENT: fun family activities begin. Rotary Club of Glenferrie BBQ commences service	Federation Square
9.55am	WELCOME	Federation Square, main stage
10.30am	WARM UP: Join Jill Goss for a fun group warm up	Federation Square, main stage
10.40am	AMBASSADOR WELCOME: A special message from Shane Jacobson, A Walk in the Park Ambassador	Federation Square, main stage
10.55am	GET READY TO WALK: Participants move to event start line	
11am	A WALK IN THE PARK 2017 starts	
12.30pm	PRESENTATIONS: Announcement of prize winners and special acknowledgements	Federation Square, main stage
1.00PM	Event concludes	Federation Square

## Event day

### Food

When you've finished walking, grab yourself a sausage and cold drink. Proudly managed by the Rotary Club of Glenferrie, all proceeds from the BBQ will be donated to Parkinson's Victoria.

### Water

Water stations are located at intervals along the course and in Federation Square for you to fill up your water bottle. You can also purchase bottled water from the BBQ.

### Merchandise

Limited edition A Walk in the Park 2017 t-shirts will be available for purchase at the Merchandise marquee.

### Raise your hand and show your support

On the day, you'll have the opportunity to add your handprint to our #UniteCanvas. Visit us at the Merchandise marquee, get some purple paint and raise your hand to show you support the 27,000 Victorians living with Parkinson's.

### Mobility aids

Traveller's Aid Australia offers mobility equipment for hire. They are located at Flinders Street Train Station between platforms 9 and 10 on the main concourse. It is recommended that you book ahead for all equipment hire to ensure that you don't miss out.

Phone Traveller's Aid on (03) 9610 2030 or book online at: [travellersaid.org.au/our-services/mobility-equipment-hire](http://travellersaid.org.au/our-services/mobility-equipment-hire)

# Entertainment and activities

## Warm up with Jill Goss Main stage

Despite not being much of a walker, and finding it hard to stand for long periods, Jill Goss has trod the path of Parkinson's Victoria's annual Walk in the Park for the past eight years. "As I always say, I've got Parkinson's, but it hasn't got me," Jill says proudly.

Join Jill as she warms up the crowd pre-walk.



## Sausage sizzle by Rotary Club of Glenferrie

Swanston Street  
Forecourt

All proceeds from the BBQ will be donated to Parkinson's Victoria.

## Appearance by Shane Jacobson Main stage

Shane is an Australian actor, director, writer and comedian, best known as star of the 2006 film Kenny. Shane is host of the new reality show Little Big Shots due to air in Australia soon and featuring performances and talents of children aged 3 to 13 years old.

His mother Jill Goss has Parkinson's and we are honoured to have him as our Ambassador for A Walk in the Park.



## The Florey Institute of Neuroscience and Mental Health Marquee 7

Visit this marquee to learn more and register your interest for a pre-symptomatic research study that is currently recruiting volunteers over 60 who do not have Parkinson's.



## Free face painting and colouring in for the kids Marquee 10



## Tribute Tree Between Kids Zone and The Florey marquee

Write your tribute to someone special on your bib and fasten it to your clothes before you arrive at the event.

Once you've finished walking, attach your bib to our Tribute Tree. It will hang with hundreds of others in memory and support of people living with Parkinson's – a powerful reminder that we are in this together.



## Main Stage Drummers Main stage

Move to the beat of the drums while you wait for your wave to take off!



## Annabelle Eve and band Main stage

Star of 2014's The Voice Australia, join Annabelle Eve and band on the main stage for incredible tunes across the morning.



## Free massage for dogs by Canine Balance Marquee 9

Sarah McFarlane is a Certified Canine Rehabilitation Therapist and Massage Therapist who presents workshops Australia wide and designs individual programs from rehabilitation to cross-fit training for dogs of all ages.



## Free massages from students at Melbourne Institute of Massage Therapy Marquee 8

The Melbourne Institute of Massage Therapy and Myotherapy (MIMT) provides a wide range of massage courses to meet any of requirements. Learn about massage as a hobby to spoil your family and friends, start a massage career or enhance your existing massage qualification!



## Raise your hand and add your handprint to our #UniteCanvas Marquee 6

Raise your hand to show your support to the 27,000 Victorian's living with Parkinson's. Add your handprint to our #UniteCanvas and stand amongst the Parkinson's community.



## Event day

### Emergency assembly

In the unlikely event of an emergency, please note the following:

#### Emergency Assembly Area Locations

All areas and tenancies will use the following Emergency Assembly Areas:

- Primary: River Terrace (Outside Birrarung Marr)
- Secondary: Flinders St East of Russell St

#### Alert Tone (Continuous BEEP-BEEP-BEEP):

On hearing this, occupants should remain calm, but be prepared to evacuate if necessary.

#### Evacuation Tone (Continuous WHOOP-WHOOP-WHOOP):

On hearing this, as instructed by Wardens, occupants should calmly evacuate via the nearest safe exist and proceed to the nearest safe assembly area.

## Event day

### Wheelchair access

Federation Square has a number of wheelchair and pram-friendly ramps and lifts, and a carpark onsite. The entire course is wheelchair and pram accessible.

### Storage

There are no storage facilities available on site, so try to limit what you bring to the event. If you require storage for bags and belongings, Traveller's Aid Australia at Flinders Street Train Station provide storage facilities.

For more information visit:

[travellersaid.org.au/luggage-storage](http://travellersaid.org.au/luggage-storage)

### First Aid

Should you require first aid attendance within Federation Square medics from Acute First Aid will be located at Marquee 6.

If you are out on the course and in need of medical attention please notify your nearest Course Marshall, wearing a yellow support crew t-shirt, and a medic will be called.



### SMILE (and share) on the day!

With 4 photographers, 2 videographers and a huge live screen - we encourage you to share the day's activities with your friends and family on social media.

Simply use the official #awalkinthepark hashtag and then look out for your team on the main screen!

**Facebook:** [facebook.com/parkinsonsvic](https://www.facebook.com/parkinsonsvic)

**Twitter:** [twitter.com/parkinsonsvic](https://twitter.com/parkinsonsvic)

**Instagram:** [Instagram.com/parkyvic](https://www.instagram.com/parkyvic)



## Acknowledgements

### Support Crew

A Walk in the Park would not be possible without the participation and support of our volunteer crew. Their generosity enables our event to run smoothly and their enthusiasm brings a smile to faces no matter what the weather brings. They are doing their best to make A Walk in the Park an uplifting event for everyone, so please be sure to say hello!



## Corporate Partners

It is the generous support of our corporate partners that enables Parkinson's Victoria to raise awareness and funds for people living with Parkinson's.

We greatly appreciate the commitment, shared vision and vital contributions of our A Walk in the Park 2017 corporate partners.

### Platinum Partner



### Silver Partners

Medtronic



### Supporting Partners

