



Cancer  
Council  
Tasmania

# Women's 5km WALK RUN



## Event Guide 2023

**Sunday, 10 September**

**City Park, Launceston**

**Harcourts**  
Launceston



# From the CEO

Thank you for supporting our Women's 5K Walk/Run and contributing to the sea of pink across the city as you participate in this wonderful event. As much as it is a fun activity it is also the opportunity for us to promote health awareness and the importance of taking steps to reduce your cancer risk. Being active is one of those steps, so today you are already on the way to a healthier life. Every Tasmanian has a cancer story and many people participating in this year's Women's 5K Walk/Run will be running for someone they love or may have lost to cancer.

In supporting Cancer Council Tasmania, you are supporting many people who have been impacted by cancer and ensuring continuity of our services and programs that are having a positive impact on the lives of Tasmanian's. Thank you again. Enjoy your walk/run.

**Penny Egan**

Chief Executive Officer



**Cancer  
Council**  
Tasmania

# Event Information

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## Before the Day

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- Register for the event before Friday 8 September.
- Race Bib collection and Merchandise available at INTERSPORT in Launceston, from Saturday 2 - Saturday 9 September.
- Also available at City Park on the day.

## On the Day

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- City Park will be open from 8:30am.
- Bring your own water bottle - refill stations available at City Park.
- Water cup stations will be provided on route and at City Park.
- Drop personal items at the Bag Minding tent, located at site 3.
- Please remember to always keep left when on the 5km route.
- Dress up in pink or crazy costumes - prizes up for grabs!
- We ask all walkers and those with prams to stay at the back of the park.
- Race starts at **10am**
- Stay SunSmart during the 5km: wear a hat, sunscreen and sunnies.
- We encourage spectators to socially distance in City Park or head out into the city to watch the run.
- **If unwell or displaying COVID-19 symptoms please stay home.**  
**Please maintain 1.5m distance and wear a mask where possible.**



# Event Day

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**Sunday 10 September**



**8:30am Event open at City Park.**

**9:30am Warm up with My Gym.**

**9:55am Onstage Entertainment.**

**10:00am W5K Run Starts.**

**10:05am W5K Walk Starts.**

**10:25am Onstage Entertainment.**

**11:20am Prize Winner Presentation.**

**11:30am Event Close.**



# Site Plan



**1. Rego/ Bib Collection**

**2. Merchandise**

**3. Bag Minding**

**4. Stage**

**5. Rose Coffee**

**6. IGA Fruit**

**7. Shine Nutrition & Co.**

**8. NSCC Giant Games**

**9. My Gym**

**10. Intersport**

**14. Flowers on Riverside**

**18. Photo Wall**

**19. Water Station**

**20. St Johns Ambulance**

**21. Water Dispenser**

**22. Gantry**

**23. Port-a-loo's**

# Stalls on Site

## FOOD & COFFEE VENDORS:

- Rose Coffee Van
- Shine Nutrition & Co. - Energy Teas

## INFORMATION & MERCHANDISE:

- Women's 5km Walk/Run registration & race bib collection.
- Women's 5km Walk/Run merchandise stall.
- Bag minding services are available in City Park - gold coin donation.
- St. John's Ambulance will be present in City Park.
- CBD roads will be closed from 8:30am.
- After the race return your Race Bibs to the registration site and we can use them again next year.

## ACTIVITIES:

- Northern Suburbs Support Centre - Giant Games
- Tribute Wall: Flowers on Riverside

## SPONSOR STALLS:

- My Gym
- Intersport
- Balance Foot Studio - foot and blister care
- Flowers on Riverside
- IGA Tasmania - Fruit Stall



# 5km Route

**Women's**  
WALK **5km** RUN

START/  
FINISH

PARK

CAMERON ST

GEORGE ST

PATERSON ST

ST JOHN ST

YORK ST  
TURNAROUND  
POINT

YORK ST

CHARLES ST

PRINCE'S  
SQUARE

FREDERICK ST



# LOOK OUT FOR PACE RUNNERS

This year we are lucky to be joined by the Tasmanian Road Runners (TRR), who will act as running pacers at the event, and are known as TRR Angels.

On the day each 'TRR Angel' will be easily identifiable in their 'TRR Angel' tops with their pace time clearly visible, so follow these people if you're aiming to meet or beat a particular time.

TRR also organise 'Foot Soldiers' whose job it is to come last.





# Principal Sponsor

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**Harcourts** Launceston

**Women's**  
WALK 5km RUN



# Event Sponsors

## MEDIA SPONSOR



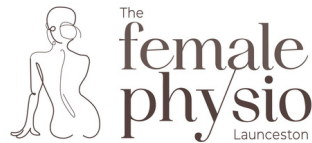
## COUNCIL SPONSOR



## PREMIUM SPONSORS



## CORPORATE SPONSORS



## SUPPORTERS



# What's at City Park



Rose Coffee will be making beautiful brews from 8am.

Shine Nutrition & Co. will be making delicious Energy Teas to give you a boost before or after your 5km.



Purchase a pink carnation from Flowers on Riverside and also receive a wooden heart to write on and place in a large wooden tribute heart memorial box to commemorate your loved ones.

Join My Gym at 9:30am to get warmed up for the run! Meet at the stage.



Northern Suburbs Community Centre will have the children entertained with giant games.



# Merchandise



**Cap \$15**

**SHIRTS \$30**



**Buff \$10**



**Beanie \$15**



**Socks \$10**

**All merchandise is available at  
Intersport, Launceston or on  
the day at City Park.**



# LSKD Merchandise

**Exclusive range of LSKD Hoodies & Pants.**  
**50% of profits go to Cancer Council Tasmania.**

**Hoodies \$80**



**Pants \$80**

All funds raised in  
Tasmania stay in...



# Let's Get Social

@womens5k

@CancerTas



Cancer  
Council  
Tasmania

**Women's**  
**WALK 5km RUN**

#w5k23  
#womens5k



**The Women's 5K Walk/Run is a fundraising event run by and in support of Cancer Council Tasmania.**

**Cancer Council Tasmania is a charity working to minimise the incidence and impact of cancer on all Tasmanians - through advocacy, raising awareness of cancer prevention and offering support and information for anyone affected by the disease.**

**Every day more than 10 Tasmanians receive a cancer diagnosis.**

**Every year 900 Tasmanian families deal with the loss of a loved one through cancer.**

**Our work could not be achieved without the generosity of the Tasmanian community and the support of our dedicated volunteers.**

**Funds raised go to directly to supporting Tasmanians impacted by cancer, through supportive care services such as oncology massage and exercise physiology, client transport to and from cancer appointments, prevention education programs and vital cancer research.**

**We can't do this without you.**

*Thank you!*

W5K Organising Committee

# Fundraising

Help us raise \$160,000 in 2023



## Incentives

- **First 100 participants to raise over \$250 and receive a FREE t-shirt.**
- **Raise \$500 and go into the draw to win an accommodation package thanks to the Old Woolstore Apartment Hotel and Hadley's Orient Hotel.**
- **The Highest Individual Fundraiser will be the recipient of the #1 race bib, a 5 Class Pass for House of Prana Yoga, and the crowning Highest Fundraiser 2023 hat.**

All funds raised in  
Tasmania stay in...





## keep it COVID safe.



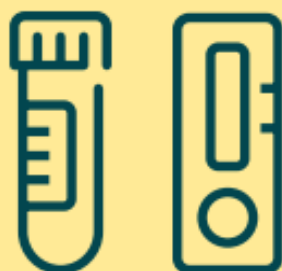
keep vaccinations  
up to date



wear masks  
when needed



stay home  
if sick



symptoms?  
get tested



keep  
hands clean



keep your  
distance

KEEP IT

COVID  
safe

Public Health Hotline 1800 671 738  
[coronavirus.tas.gov.au](https://coronavirus.tas.gov.au)



Tasmanian  
Government

**Thankyou to the**



**Organising Committee:**

**Jarryd Holmes**

**Warren Ferrari**

**Toby Mahoney**

**Rod Neville**

**Carolyn Roney**

**Zoe Vandervelde**

**Jessanna Gent**