

# Women's WALK 5 km RUN



Cancer  
Council  
Tasmania



## Event Guide 2022

**Sunday 11 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 at the event will be running for someone they love or may have lost to cancer. #Do it for them.

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



# Event Information

## Before the Day

- Register for the event before Friday 9 September.
- Race Bib collection and Merchandise available at INTERSPORT in Launceston, from Saturday 3 until Saturday 10 September.
- Also available at City Park on the day.

## On the Day

- 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 11 September**

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

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

**9:55am ALLSTAR Cheerleaders**

**10:00am W5K Run Starts**

**10:05am W5K Walk Starts**

**10:25am DJ eLTee**

**11:20am Prize Winner Presentation**

**11:30am Event Close**



# Site Plan



- |  |                                  |
|--|----------------------------------|
| <b>1. Rego/ Bib Collection</b>           | <b>11. Balance Foot Studio</b>   |
| <b>2. Merchandise</b>                    | <b>12. bob Hair on Tamar</b>     |
| <b>3. Bag Minding</b>                    | <b>13. Bolder Skincare</b>       |
| <b>4. Stage - MC RUSS &amp; DJ ELTEE</b> | <b>14. Freemasons</b>            |
| <b>5. Rose Coffee</b>                    | <b>15. IGA Fruit</b>             |
| <b>6. PCYC Kids Activities</b>           | <b>16. Water Cups</b>            |
| <b>7. Apricus</b>                        | <b>17. Toilets</b>               |
| <b>8. Massage Tent</b>                   | <b>18. St John Ambulance</b>     |
| <b>9. My Gym</b>                         | <b>19. Photo Wall</b>            |
| <b>10. Intersport</b>                    | <b>20. Water refill Stations</b> |

# Stalls on Site

## FOOD & COFFEE VENDORS:

- Rose Coffee Van
- Apricus - Food Stall

## INFORMATION & MERCHANDISE:

- Women's 5K registration & race bib collection
- Women's 5K merchandise stall
- Bag minding services are available in City Park - gold coin donation
- St John Ambulance will be present in City Park
- CBD roads will be closed from 8:30am

## ACTIVITIES:

- Massage - Gold coin donation for leg massage
- PCYC Children Activities
- bob Hair on Tamar - Hair Braids and Glitter

## SPONSOR STALLS:

- My Gym
- Freemasons
- Intersport
- Balance Foot Studio - foot and blister care
- Bolder Skincare
- IGA Tasmania - Fruit Stall



# Principal Sponsor

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**Harcourts** Launceston

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



# Event Sponsors

## MEDIA SPONSOR



## COUNCIL SPONSOR



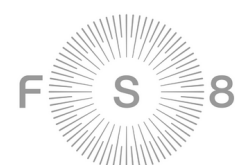
## PREMIUM SPONSORS



## CORPORATE SPONSORS



## SUPPORTERS





# 5km Route



# What's at City Park

From 8am bob Hair on Tamar will be offering:  
hair braids for \$10 and pink glitter for gold coin  
donation (located at their salon).



ROSE COFFEE  
TASMANIA

Rose Coffee will be making beautiful brews from  
8am.



Apricus will be providing healthy breakfast  
options for spectators and race finishers!

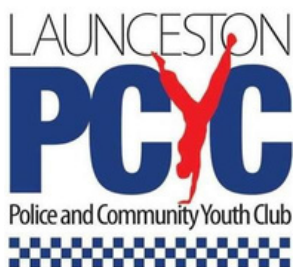


Join My Gym at 9:30am to get warmed up  
for the run! Meet at the stage.

MYGYM  
*it's your gym*



Allstar Cheerleaders will be entertaining and  
cheering us on our way!



PCYC will have the children entertained with  
the activity zone.

# Merchandise



**Cap \$15**



**Beanie \$15**



**T-shirt  
\$25**

**Buff \$10**



**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



#w5k22

#womens5k

#doitforthem



# #DOITFORTHEM

**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 around 10 Tasmanians receive a cancer diagnosis.**

**Every year 1,250 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 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

## How to *easily* reach your \$200 fundraising goal

Raising \$200 has never been so easy! And the great news is, when you have raised \$200, you will receive a free Women's 5km t-shirt!



# Incentives

Raise over **\$200** and receive a **FREE t-shirt**.

Raise **\$500** and go into the draw to win a **Bolder Skincare Pack**.

Raise over **\$800** and go into the draw to win a **5 visit pass to My Gym**.



## keep it COVID safe.



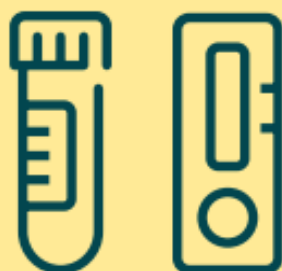
keep vaccinations  
up to date



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:**

**Martin Brinkman**

**Jarryd Holmes**

**Toby Mahoney**

**Rod Neville**

**Carolyn Roney**

**Alicia van Ek**