



**Cancer
Council**
Tasmania



Women's WALK 5km RUN

EVENT GUIDE 2021

City Park Launceston

Harcourts
Launceston



from the CEO

Thank you for supporting our Womens 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 Tasmanians.

Thank you again. Enjoy your walk/run.

Penny Egan



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Harcourts Launceston

Event Information

Before the day

- Register before Tuesday 7 Sept
- Bib Collection:
Wed 8 Sept 12pm-4:30pm
Fri 10 Sept 3pm-6pm
Sat 11 Sept 1pm-3pm
- Purchase merchandise on the shop online.

On the day

- A water cup station will be provided on route and at the park.
- Please bring your own water bottle.
- Check In at entry.
- Keep left when on the 5k route.
- Dress in pink or a crazy costume!
- Spectators need a Spectator Pass
- Race starts at 10:00am.

#W5K2021 #DOITFORHER



Harcourts Launceston

Event Day Timetable

Sunday 12 Septemeber

8:30am Event Hub Open

Rose Coffee Van

PCYC Children Area

Race Bib Collection

Merchandise Stall

St Johns Ambulance

Intersport Launceston Stall

Balance Foot Studio Stall

8:00am - Bob Hair on Tamar (hair colour and braids- Tamar Street)

CBD Roads Closed

9:00am Official Opening

9:20am Warm up with My Gym

10:00am W5K Run Starts

10:05am W5K Walk Starts

10:25am Band - Eleventh Hour

11:30am Prize Winner Presentation

11:45am Event Close



#W5K2021 #DOITFORHER

Harcourts Launceston

City Park Site Map



1. Stage
 2. Bag Minding
 3. Bib Collection
 4. Water station & Fruit
 5. Merchandise
 6. Intersport Stall
 7. Balance Foot Studio
 8. Rose Coffee Stall
 9. My Gym Stall
 10. PCYC Children Area
 11. Toilets
 12. bob Hair on Tamar - hair colour and braids
- ★ Water refill station - bring own water bottle

City 5km Route





**Get your
spectator
pass**



Spectators are required to register for a pass prior to entering City Park.

Spectators and participants entering City Park must also check in using the Check In Tas App or manual sign in at the gates.



COVID-19 Event Guidelines

To ensure the Women's 5K Walk/Run 2021 is a safe event for all its participants and spectators we have the following guidelines in place.

City Park

- Participants and Spectators entering City Park must check in using the TAS Check In App.
- Friendly W5K Volunteers will welcome/count you at each entrance to City Park. where possible please show your Spectator Pass or Race Bib on arrival.
- Spectators entering the park will need a Spectator Pass available <https://www.womens5k.org.au/spectator-pass---w5k-2021>
- The Women's 5K area in City Park will be split up into Participant and Spectator Zones, please be in your appropriate Zone prior to the race commencing at 10am. Note Participants can move between zones.
- Please don't come along to City Park on the day if you have been in a high or medium risk location in the past 14 days or if you have cold or flu like symptoms.
- Take note of COVID-19 signage and guidelines throughout City Park.
- Extra facilities available where necessary.
- COVID-Officer on site - monitoring COVID-19 safety.

Race

- Staggered race start:
- 5k Run starts at 10am and 5K Walk starts at 10:05am.
- Virtual and Physical event option.

Cleaning

- Hand Sanitiser stations will be available at all entrances and stationed in City Park.
- Regular cleaning of all surfaces – multiple times during event.
- Tas Water Station - Disinfectant wipes provided after each use.



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Harcourts Launceston

KEEP
ON TOP OF
COVID

You must check in every time

Open the Check in TAS app to scan the QR code

Cancer Council Tasmania

Women's 5K Walk/Run Launceston City and City Park

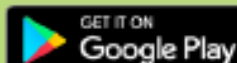


Can't scan? Enter the code below to check in manually

381080

Your details are secure, will be kept for 28 days and will
only be used for official contact tracing purposes if required.

Download the app from



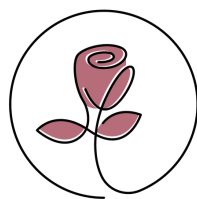
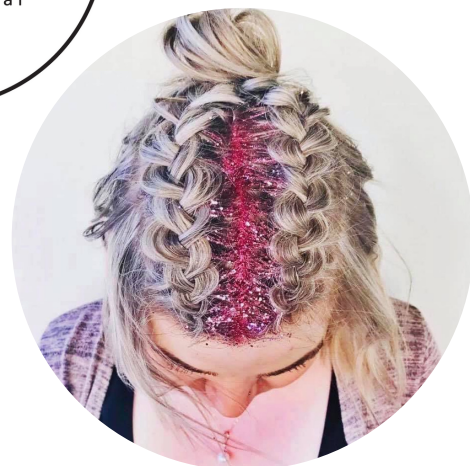
www.checkin.tas.gov.au



Fun on the Day



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.

MYGYM
it's your gym

Join My Gym at 9:20am to get warmed up for the run! Meet at the stage.



Eleventh Hour - Cover Band will be entertaining you getting you hyped up and ready for the run!

PCYC will have the children entertained with the activity zone.



Harcourts Launceston

Fundraising Tips

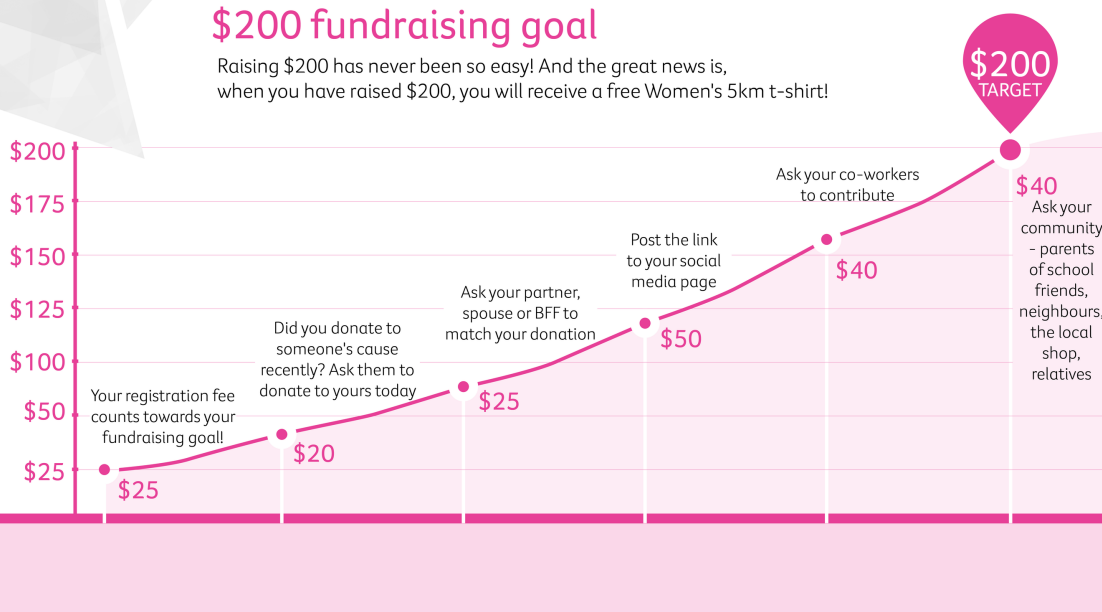
You can continue fundraising for Women's 5K Walk/Run until the end of September 2021.

Cancer Council Tasmania is 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.

Our work could not be achieved without the generosity of the Tasmanian community and the support of our dedicated volunteers. Our fundraising activities underpin our support services, prevention programs and cancer research funding. Below are some tips and tricks to help you reach your fundraising goals - we encourage \$200.

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!



**Thank to our
Sponsors**

Harcourts
Launceston

MYGYM
it's your gym



**City of
LAUNCESTON**



EL Conveyancing
property transfer specialists



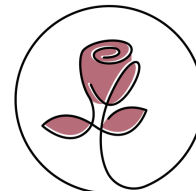
INTERSPORT



B A L A N C E
FOOT STUDIO

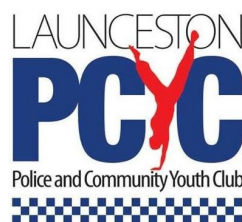


**Thanks to
our
Supporters**



ROSE COFFEE
TASMANIA

**Thanks to
our
generous
volunteers**



**Mance
Electrical**



FOOTANDPLAYSTED

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