

BROUGHT TO YOU BY PRINCIPAL SPONSOR

**Harcourts** Launceston

**WOMEN'S**

**5km**

**WALK**

**RUN**

**8 SEPTEMBER 2024**  
CITY PARK, LAUNCESTON

**EVENT GUIDE**





## FROM THE CEO

Welcome everyone!

It's time to check your shoelaces, adjust your socks and put on your pink shirts to support Tasmanians impacted by cancer.

Whether you're running or walking, we thank you for being here and for helping us to raise valuable funds to support the cancer prevention and supportive care programs we deliver across Tasmania.

Everyone has a cancer story, and many of you are here today in memory, or in support, of a friend or family member who has been impacted by cancer. You may also have your own cancer journey.

For the next 5kms we will all come together as a community, in a sea of pink to support each other.

We will walk and run in support of a cancer free future.

Thank you for joining us.



**Alison Lai** Chief Executive Officer

# BEFORE THE DAY

## **REGISTER FOR THE EVENT**

[www.womens5k.org.au](http://www.womens5k.org.au)

## **COLLECT YOUR RACE BIB**

St Lukes Launceston, 93 Cimitiere Street, Launceston.

Thursday 5 - Saturday 7 September, between 8.30am and 3pm.

## **PURCHASE MERCHANDISE**

Women's 5km merchandise will be available to purchase from Intersport until Saturday 7 September.

## **INCREASE YOUR FITNESS**

Whether you're taking part in a training program, or just looking to increase your cardio fitness, it's important to get your body physically ready to complete 5km. Start with a stretch, followed by a walk or run. Once you feel warmed up, you're ready to go! Remember to track your progress.

## **FUNDRAISE**

Fundraise to reach your goal, and help us achieve our overall target of \$130,000.

# 5KM ROUTE

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



# ON THE DAY

**RUNNERS START AT 10AM**

**WALKERS START AT 10.05AM**

**START GATE CLOSES AT 10.15AM**

## **COLLECT YOUR RACE BIB**

From Bib Collection Tent in City Park from 8.30am.

## **PURCHASE MERCHANDISE**

Women's 5km Walk/Run merchandise will be available to purchase from the Merchandise Tent in City Park from 8.30am.

## **GET INVOLVED**

Visit the vendors and stall holders around City Park. Have your photo in front of the Women's 5km Walk/Run Photo Wall, enter giveaway competitions, or enjoy a beverage.

## **IMPORTANT INFO**

In the event of an emergency on the 5km route or in City Park, the evacuation points are: Tamar Street Entrance to City Park, Albert Hall Rear Carpark, Harvest Market Carpark, Brisbane Street Mall, Quadrant Mall.

**9.00AM BOLLYWOOD DANCERS WELCOME**

**9.30AM WARM UP WITH MY GYM**

**9.40AM STAY HYPED WITH DJ SUMMER**

**11.15AM COOL DOWN WITH MY GYM**

**11.30AM PRESENTATION & AWARDS**

# SITE MAP

CIMITIERE STREET

TAMAR STREET

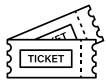
LAWRENCE STREET



BRISBANE STREET



**MAIN STAGE**



**REGISTRATION  
INFORMATION  
LOST KIDS**



**BIB COLLECTION**



**MEDAL COLLECTION**



**BAG MINDING**



**START/FINISH LINE**



**MERCHANDISE**



**KIDS ZONE**



**PHOTO WALL**



**WATER STATION**



**FIRST AID**



**TOILETS**



**SMOOTHIES**



**COFFEES**



**FRUIT**



**CUPS OF WATER**

# STALLS

## **ST LUKES**

Spin the Wheel and Win a Prize!

## **INTERSPORT**

\$10 voucher for W5K Participants - check out the new season gear.

## **MY GYM**

Enter the My Gym raffle and guess how many lollies are in the jar.

## **HEALTHFULNESS BY RUTHY**

Enter their Giveaway Competition and learn about skincare health.

## **FLOWERS ON RIVERSIDE**

\$5 Heart tributes. \$2 Flower Photo Zone. \$15-\$30 Flower bunches.

## **KIDS ZONE**

Free activities thanks to Northern Suburbs Community Centre.

## **ROSE COFFEE**

Hot and cold coffee drinks available for purchase.

## **SHINE NUTRITION**

Nutritious smoothies and cold teas available for purchase.

## **BOB HAIR ON TAMAR**

Hair Braiding and Glitter application available for purchase.

# RECOVERY



## **F45 - 14 DAY TRIAL**

Download the F45 Training App. Sign In or Create a Profile. Purchase the “14 Day Trial” option and at the checkout enter the ‘discount code’. If you are an existing member, you can gift this discount to a friend to use. Only valid to use once. Limit one per email. Participants must be over the age of 16 at the time of use. If you have tried F45 in the past, please reach out directly to reactive the trial for you. Offer expires 7/10/2024.

Code: F45XWOMENS5K

## **ELEVATE RECOVERY - DROP IN VISIT**

Download the Elevate Recovery App. Sign in or create a profile. Purchase the “Drop-In” option and at the checkout enter the discount code. If you are an existing member, you can gift this discount to a friend to use. Limit one per email. Participant must be over the age of 16 at time of use. Offer expires 7/10/2024.

Code: ELEVATEXWOMENS5K

## **ST JOHN AMBULANCE**

If you are in need of medical assistance during the Women’s 5km Walk/Run, please see St John Ambulance staff. Or communicate to the Event Team (wearing yellow shirts) to have the portable St Johns team come to you as required.

## **IGA TASMANIA - FREE FRUIT**

Refuel your body after the 5km route with free fruit thanks to IGA Tasmania. Located inside City Park.

## **WATER STATIONS**

Stay hydrated with TasWater Refill stations inside City Park. Thank you to Tamar Sea Scouts who will also keep you hydrated on route and at the finish line.



PRINCIPAL SPONSOR

**Harcourts** Launceston



# SIGNATURE SPONSOR

*imagine*

a place custom built in Launceston  
to help every Tasmanian get healthier.



We know health can be a handful. So we've custom built a wellness hub with only one goal in mind - to make every Tasmanian's health journey a little easier. Come in and learn, explore, and be inspired, with regular activities like yoga, run club, nutrition classes, and a lunchtime concert series. We also have a playground for the kids, a café to relax in, and a dental practice to give you access to quality and affordable dental care. Or, just come in and have a chat about your health needs.

Just another way we're working to make Tasmania the healthiest island on the planet.



Scan to find out more or visit us at  
93 Cimitiere Street, Launceston

**st.lukes** 

# EVENT SPONSORS

## COUNCIL



## PRINT



## MEDIA



## PREMIUM



## CORPORATE



## SUPPORTERS



# GET SOCIAL

#W5K

@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 reduce the incidence and impact of all cancers for 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 over **1200** 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 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!*

Dayna Tyler, Jarryd Holmes, Michelle Rainbow,  
Rod Neville, Toby Mahoney.

**W5K 2024 Organising Committee**