

FACT SHEET FOR PARTICIPANTS OF WALK A LOOP

The following information has been provided to assist you in preparing for Walk a Loop.

Nutrition & Health

Provided by Kate leading Nutritionist

Kate Freeman who has a Bachelor of Science (BSc) Human Nutrition and is a Registered Nutritionist (RNutr)



Rest Well

Most people require 6-8 hours of continuous sleep each night to function at their best, so ensure you are getting plenty of sleep, especially in the week leading up to the event. If your particular leg of the walkathon occurs over night make sure you have sufficient sleep in the days before and that you have time to recover lost sleep afterwards.

Keep hydrated

Participants need to make sure they are well hydrated as this helps them stay alert and focused. To check you are well hydrated you should note the colour of your urine. Pale yellow is the colour of a well hydrated person. If it's dark and concentrated you need to drink more water. Approximately 2 litres of water a day is recommended. Other fluids such as coffee, tea, soft drinks, fruit juices and milk will also contribute toward your fluid intake.

Tips and advice:

1. Sip regularly on a drink bottle of water
2. Sports drinks are not necessary for low intensity activities such as walking
3. Have a glass or 2 of water at each of your main meals during the day

Eat well

Eating a healthy balanced diet is necessary for good health, well-being and longevity. Eating prior to the walkathon will ensure you have plenty of energy for the duration of the walk. Due to the low intensity nature of walking most kinds of food are suitable to eat. It's best to eat 30-45 minutes before you start.

Example meals include:

1. Muesli, yoghurt and a banana or strawberries
2. Skim milk smoothie with yoghurt and fruit
3. Chicken and avocado sandwich on whole meal bread with salad
4. Pasta with tomato based sauce and lean meat
5. Risotto with chicken or mushrooms
6. Baked potato with mexican beans, cheese and light sour cream

Injury Prevention

Provided Sports Medicine Australia ACT Branch

Good preparation is important

- If you are just starting your activity program, it's a good idea to first check with your doctor or health practitioner.
- Always warm up and cool down by walking slowly. Remember to stretch your leg muscles, particularly your calves and thighs. This will help your body prepare for the activity ahead and prevent injury.
For stretching advice Smartplay has a Warm Up brochure available to download at www.smartplay.com.au
- Hydrate prior and after walking and consider taking water on longer walks.



Good technique and practices will help prevent injury

- Start walking gradually, increasing the length of stride and pace as you go.
- Use the right technique. Walk at a steady pace, swing your arms freely and stand as straight as you can. Poor posture or exaggerated movements can contribute to injury.
- Be able to have a conversation whilst walking. If you can't, slow down, as you are probably walking too fast.
- Listen to your body. If you think the level of exercise you are doing is too difficult, it probably is!

Walking surface

Where possible walk on a clear, smooth, even and reasonably soft surface, like grass. If you must walk on uneven surfaces ensure you take extra care and keep a close watch on where you place your feet with each stride.

How to identify injuries

Examine your feet and ankles before and after walking. If you notice red spots, swellings, or other abnormalities, including numbness, tingling or burning, consult your doctor or a podiatrist.

If you experience an overuse injury*, rest and if symptoms persist see your doctor.

- An overuse injury is wear and tear that results from a repetitive action. Symptoms include persistent muscle pain, soreness, and swelling and decreased strength/speed when active.

Sun Smart

Provided by Cancer Council ACT.

Please note the following information is only applicable to those participants walking in the morning session.

Be SunSmart when UV levels reach 3 and above

SLIP, SLOP, SLAP, SEEK, and SLIDE

1. Slip on clothing that covers your skin
2. Slop on some 30+ SPF, broad-spectrum sun-screen
3. Slap on a hat that protects your face, neck and ears
4. Seek shade
5. Slide on wrap around sunnies

Never rely on sunscreen alone and always use in combination with the other sun protection measures.

Appropriate Footwear

Provided by The Runners Shop in Phillip.

Optimal footwear for the 12 hour walk-a-thon is a pair of well cushioned, running or walking shoes. Cushioning is essential for absorbing the impact on the feet, knees and body – especially when walking on a harder surface. Another important factor is ensuring the correct type of shoe. For walkers who overpronate (roll-in) a supportive pair of shoes which includes a dual density medial post can make a world of difference to comfort levels and to reducing the risk of injury.

Other foot types need a neutral shoe. Beware of walking in shoes which are past their use by date. A pair of running or walking shoes will last on average around 800km. Old and worn shoes will lose their cushioning and comfort, and will increase the risk of injury. Finally, be sure to select a shoe that fits properly. Kind in mind that your feet will swell during exercise, and shoes that are too small can cause bruises and blisters.

The Runners Shop is staffed by experienced runners, joggers and walkers and can provide advice on selecting a shoe that fits.



Refunds

Please note no refunds will be available for any participants who decide to pull out of the event or for people who experience any type of sickness/ illness on the day of or in the lead up to the event.

Personal Belongings

Please note no cloak room will be available for participants, so we encourage participants to only bring the things they can carry and require for the walk such as your drink bottle etc.

First Aid

There will be two Medical Officers from St John Ambulance situated in a Medical Tent at Rond Terrace near the Start/ Finish line.

Weather

- Expected Weather Temperature: 11 degrees C – 26 degrees C.
- Expected Sunset: 8:04pm on Friday 2 December 2011. Expected Sunrise: 5:42am on Saturday 3 December 2011.

Pets

Pets are allowed on the course.

Prams & strollers

Prams and strollers are permitted however; people pushing them must be aware and considerate of other walkers around them. Entrants who are pushing a pram are requested to start at the end of each group of walkers.

Wheelchairs

We do not encourage people who are in a wheelchair to participate in the event as the course includes several traffic intersections, ramps and a large gravelled area which would be difficult for any wheelchairs to cross.

Roller blades, skates, skateboards and bicycles

None of these items is permitted in either the run or the walk.


Young Children


Children who intend walking the 5km course must do so under the supervision of their parent or guardian

Time Limit

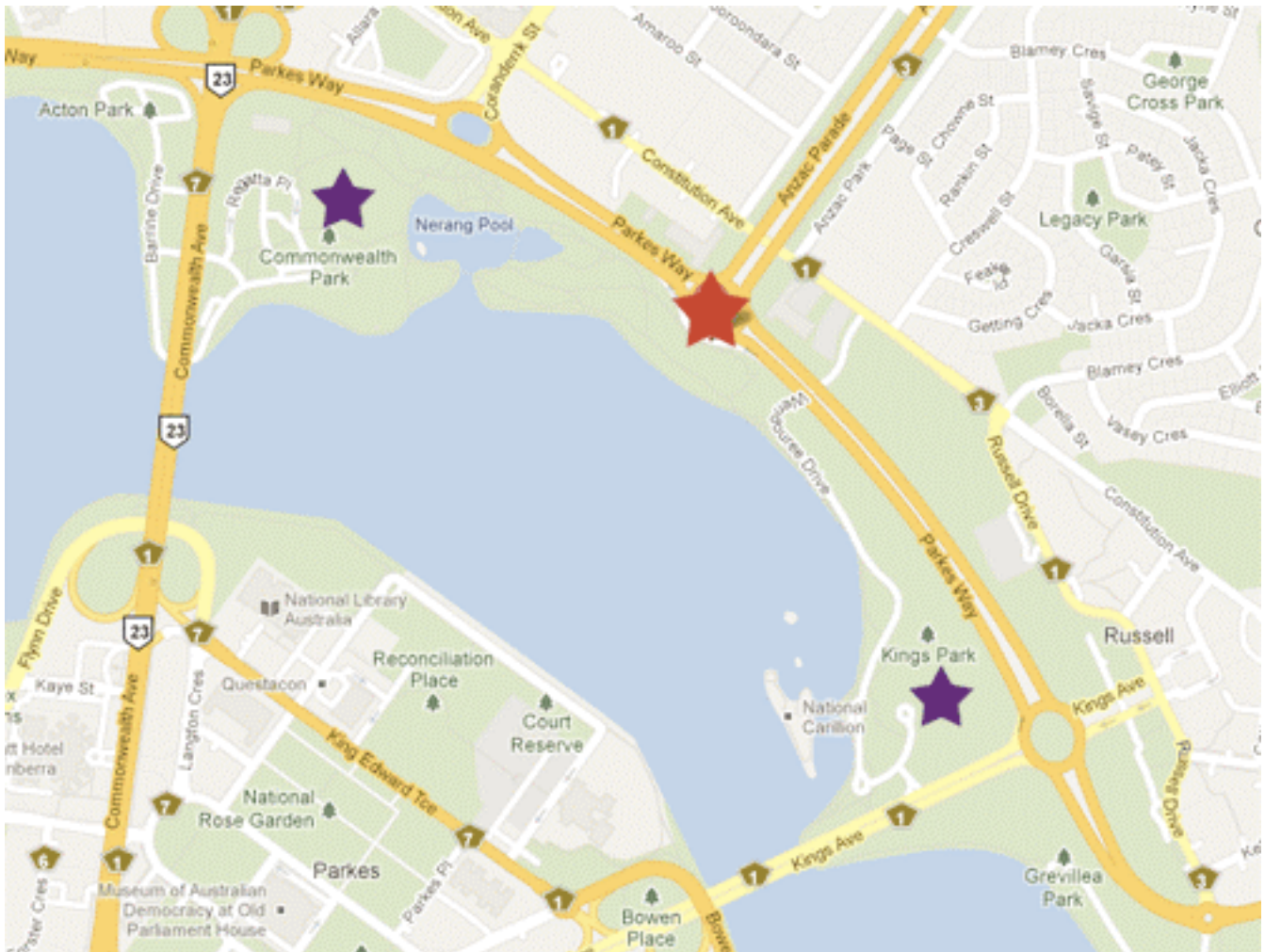
Participants from the General Public have a limited time of 90 minutes to walk the course.

Parking

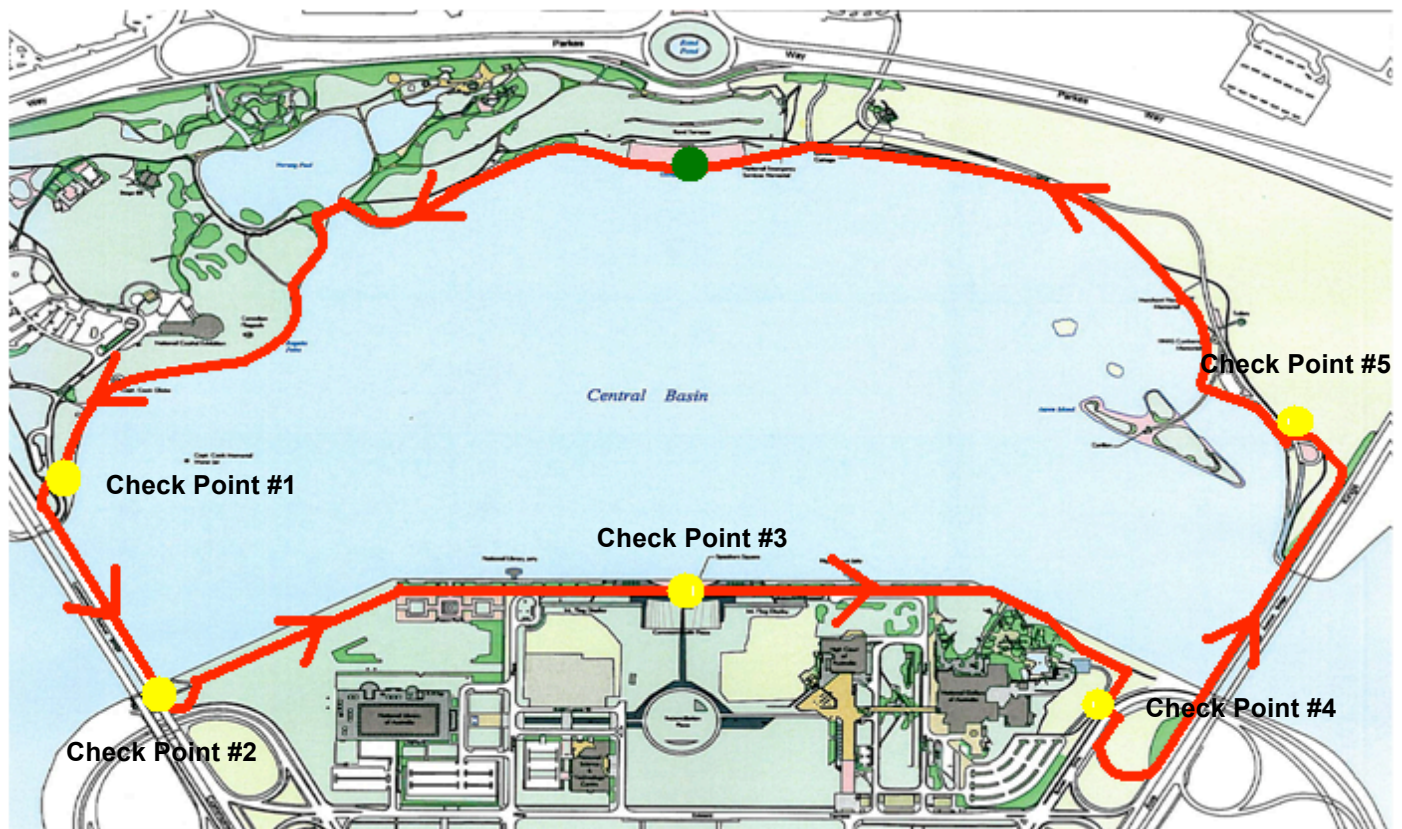
 TADACT Representatives, Volunteers, Corporate Businesses and Local Identities will be invited to park at Rond Terrace in the coned area.

 The General Public will be asked to park at either Kings Park (preference) or Commonwealth Park. Drop Offs are allowed at Rond Terrace

Please note TADACT is not encouraging anyone to park just off Constitution Avenue in the evening session because the lighting along the path to Rond Terrace is insufficient. No parking will be allowed on any of the land or nature reserve owned by the National Capital Authority.



Map of Course



- = Starting and Finishing line
- = Volunteer Stops
- = Walking Track