



FOR MONASH CHILDREN'S HOSPITAL

Event Day Program
Sunday 6 March 2016



Monash
Children's
Hospital

Welcome

Through your support of the annual Walk for Monash Children's Hospital event you are helping to make a real difference in the lives of thousands of young patients and their families.

The money raised from this event is vital in helping the new Monash Children's Hospital deliver outstanding outcomes for Victoria's sick children and their families.

Thank you for your support. We hope you enjoy the day and come back next year!

Event times

Registration will be open from 8.00am. If possible please allow half an hour to get to the event from the car park and an additional half an hour to register.

- The 1km category will be held at 9.30am
- The 10km category will be held at 10.00am
- The 5km category will be held at 10.15am

The event will conclude at 1.30pm.

If you are running in any of these categories we require you to make your way to the front of the line before your event starts.

If you are pushing a pram we would ask that you start at the back of the line at the beginning of the event.

This is a non-competitive event and will not be timed.

To allow enough time to get from the main car park (highlighted in pink on the map) to the event at Oaks Oval (marked with start/finish on the map) please allow half an hour. The event is a 15-minute walk or 1.2 kilometres from the car park to the oval or there will be shuttles running every 15 minutes and it is a 10 minute drive to the drop-off.





Event location and parking

The Walk for Monash Children's Hospital is located at the beautiful Jells Park, Wheelers Hill in the oval opposite Oaks Picnic Area.

We encourage participants to park in the car parks near the northern entrance (highlighted in pink) where we will provide a shuttle to take you to the event - look out for signage for pick up location.

The first pick-up point is located where the first parking bay at the northern entrance is as you come off Waverley Road and the second pick-up point is located near the visitors' centre on the far right hand side. There is a large sign saying bus parking only (see picture opposite).

There is also parking at Ashes Picnic area and Oaks Picnic area – off Ferntree Gully Road (near the Start/Finish mark on the map) however, these car parks may fill up early on.

You should allow minimum 45 minutes before your event starts to catch the bus to the event location and to register.



Course map

Course map with parking highlighted in pink and event location marked with start/finish.





What to bring on the day

Please check the weather on the day. This is Melbourne! You may need wet weather clothing or suitable attire for warm weather. Comfortable shoes are a must. Please bring a hat and wear sunscreen. A back pack or bum bag is useful to store personal belongings. If you wish to purchase food, coffee and merchandise please bring money. It is a good idea to bring your own bottle of water if you can.

Participant kit collection

All participants will be able to collect their participant bib at the time of registration on the day. If you have raised over \$35 then you will be able to collect your t-shirt at this time also. We will only have the size available that you nominated during the registration process and we will not be able to provide you with any other size.



Personal belongings

We do not have the facilities to store any personal belongings so please ensure you do not leave any personal items unattended and that you are able to carry your things comfortably on the day. It is a good idea to bring a back pack, bum bag or bag that you can wear across your chest.

Restrooms

There are restroom and porta-loo facilities located on Oaks Oval and on the course at the visitors centre. Other locations are marked on the map.

Health and safety

Keep to the left - At all times while on the course please remain on the left hand side to allow for cyclists and pedestrians to pass safely.

Course marshals - will be located around the course for your safety. If you have any questions or any issues please approach one of our friendly marshals who will be able to assist you and call for help if necessary.

Water stations - There are two water stations located on the course.

First Aid – St John's Ambulance will be at Oaks Oval and will have medics on bikes.

Social media

Share the fun you had at Walk for Monash Children's Hospital 2016 by tagging #MCHWALK on Instagram and sharing on Facebook.

Activities

- A cool animal farm
- Fun kids zone
- Sausage sizzle, tandoori food stall and coffees and muffins available
- Face painters
- Henna artists
- Free massages (for participants aged over 16 only)

Entertainment

8.45 am	Choir
8.55 am	Official welcome
9.00 am	Dance group
9.30 am	Choir
9.35 am	Mayor of Monash Stefanie Perri
9.41 am	Crowd warm-up
10.40 am	Choir
11.20 am	Dance group
11.35 am	Choir





Thank you for supporting

Monash
Children's
Hospital

Principal partner

