

# Event Day Booklet

a walk <sup>in</sup>  
the park

Same walk, new story

IN THIS TOGETHER  
**parkinson's**  
WESTERN AUSTRALIA



**Sunday 10 September 2023**

Perry Lakes Reserve, Floreat

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# MESSAGE FROM PARKINSON'S WESTERN AUSTRALIA

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Parkinson's WA provides much needed support to more than 20,000 people living with or affected by Parkinson's. Parkinson's WA is unwavering in its commitment to providing relevant and quality services to maintain the well-being, dignity, and quality of life for those diagnosed with the condition.

**A Walk in the Park** is the highlight of Parkinson's WA's calendar. It is a community celebration with a festival atmosphere. Since 2010, thousands of people with Parkinson's, their families, friends and the wider community have participated in the Walk.

For some, **A Walk in the Park** is an achievement equivalent to a marathon, but for others it is a slow and reflective walk shared with loved ones or a walk, in memory of someone special.

This event raises essential funds for those living with Parkinson's in the WA community by contributing to the unique community-based Parkinson's Nurse Specialist service, with a range of other assistance initiatives such as Seminars, Support Groups and Carers Groups.

Thank you to you, our walkers, your donors, the dedicated volunteers, our sponsors, and those who have donated goods and services – we could not do what we do without you! Let's Walk Together for Parkinson's WA.



A handwritten signature in black ink that reads "Yasmin Naglazas".

Yasmin Naglazas  
**Chief Executive Officer**  
**Parkinson's Western Australia**



# REGISTRATIONS

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It's not too late to invite family and friends to come along...or even get a few more members into your team!

## On the day registration

Our Registration marquee opens at 9.00am, and you will receive a wrist band upon registration to confirm participation.

Tell your friends and family to arrive early so that they can enjoy all the activities and entertainment on the day!

## On-the-day registration prices:

<b>Family (2 Adults and 2 children)</b>	<b>\$85</b>
<b>Adult</b>	<b>\$35</b>
<b>Child (6 – 15 years)</b>	<b>\$20</b>
<b>Child (under 5)</b>	<b>free</b>
<b>Dogs</b>	<b>\$10</b>

Cash, eftpos, Visa and Mastercard accepted.

Both the 2km and 5km courses are wheelchair and pram accessible.

## 2km walk

Starts at 10am and meanders through the Perry Lakes reserve. All walk tracks are hard surface. Two water stations are available. Marshalls and signs provide direction.

## 5km walk

Starts at 10am and follows a mixture of closed roads and footpaths through and around Perry Lakes. Four water stations are available. Marshalls and signs provide direction.



# REGISTRATIONS

## Would you like a free T-Shirt?

If you haven't raised \$50, now's the time to do so! Simply raise \$50 or more at [tiny.one/AWalkInThePark2023](https://tiny.one/AWalkInThePark2023) before 5pm Friday 8 September, and you'll be able to pick up your free t-shirt on the day.

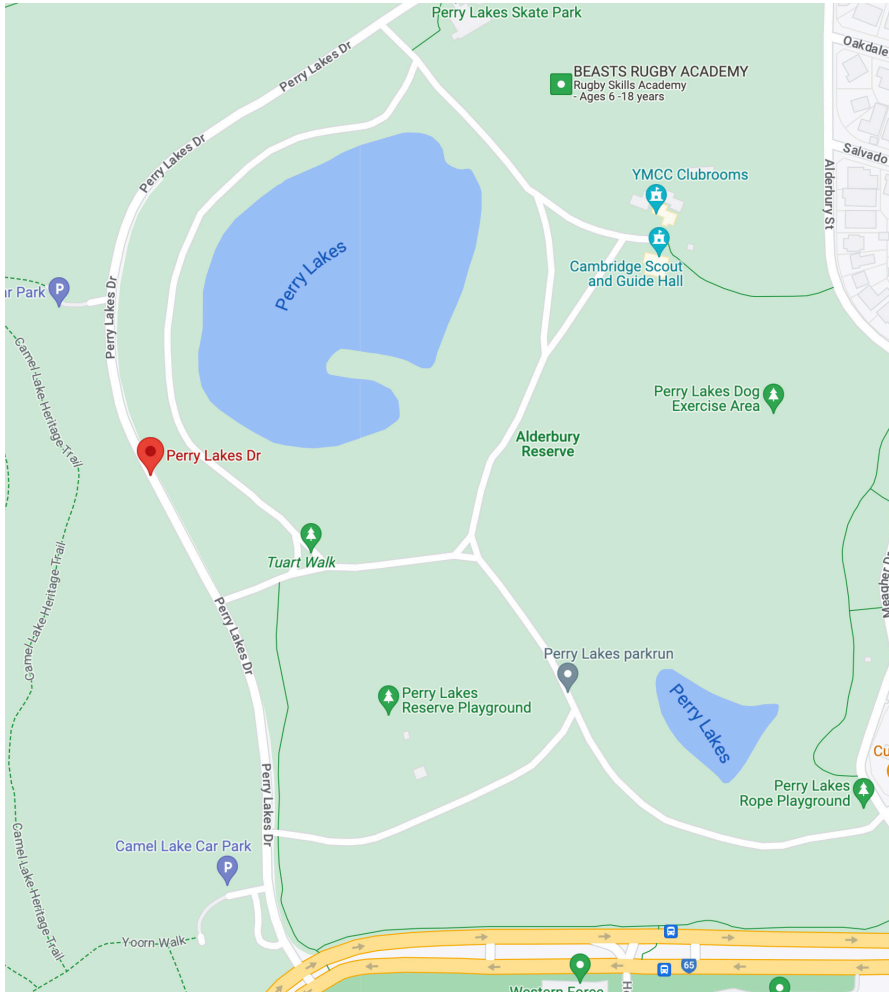
Eligible participants will receive an email prior to the event to come and pick up their Registration Pack from the Nedlands office. If you can't make the pick up day, all packs will be available on the day.



# PLAN YOUR DAY

## Location

Perry Lakes Reserve is located off Underwood Avenue, Floreat Park.



# PLAN YOUR DAY

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## Car Parking

Follow the signs to the main car park off Perry Lakes Drive. There is limited parking on the day, and we will have a parking attendant at the bollards to let you into the carpark where you will be given a 'Walk In The Park – Parking Pass' to display on your dashboard. Please note that you need to move your car before 1pm as this car park will be locked.

The small car park off Perry Lakes Drive can only be used to drop off people with a disability or those who have difficulty walking.

## What To Wear

Wear comfortable clothing, including a cap/hat. The weather is usually good during the month of September, and it can get warm in the later morning.

Don't forget to apply sunscreen, stay hydrated and be sun safe.

## Event wristband

Your event wristband signifies your entry to A Walk in the Park. If you have not picked up your pack from our offices prior to the event you will be able to pick it up on the day, from the Registration Marquee from 9am; we just ask you allow some extra time.

## Children

Children are very welcome to participate in the walk and there will be some special things to do before and after for the little ones.

## Health and safety recommendations

Ensure you are fit to participate and seek medical advice if you are unsure. Make sure you are well hydrated prior to, and during the event. You are welcome to carry a drink bottle with you.

## First Aid

St Johns Ambulance medics are on-site, located at the start line. If you are on the course and need medical attention, please notify the nearest course Marshall, wearing a red t-shirt and/or a high visibility jacket and a medic will be called.

## Dogs

Dogs are welcome. Each pet will receive a bandana with the registration which is \$10.

Please keep the leash on at all times and please help to clean up after your dog.



# PLAN YOUR DAY

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## What if the Event is Cancelled?

The safety of all event participants is the highest priority of Parkinson's WA. In cases of extreme weather or other emergencies, the event organisers may make the decision to cancel the event. Cancelled events will not be rescheduled. Refunds will be given if the event is cancelled, however, you may consider releasing your money as a donation to the work of Parkinson's WA.

## What To Bring

Bring along a water bottle, picnic rug or chairs, a picnic lunch/morning tea and some cash. We have a range of great raffle prizes, activities for the whole family, donation tins and entertainment for a fun, family day out, all for a good cause.

## I Am Walking For Bibs

If you would like to walk in memory of your loved one and haven't downloaded your [PDF fillable bib](#), we will have printed bibs available on the day that you can personalise and wear in a show of support for the person you are walking for.

## Toilets

There are public toilets situated near the children's playground, and portable and accessible toilets are located near the start line.

## Raffle Tickets

Please do purchase some raffle tickets on-site to support the work of our Parkinson's Nurse Specialist service and be in the running for some exciting prizes!

We have a good selection of prizes, displayed near the Registration marquee. All items have been donated, and money raised will go towards the work of Parkinson's WA.





# EVENT DAY PROGRAM

When	What's On
<b>8.30am</b>	Pre-Registration pickup open Registration marquee open for participants to register Complete your "I am walking for...." Bib
<b>9am</b>	Entertainment: Lawn Games, Colouring in Competition and Activities for the kids, Community Stallholders
<b>9:15am</b>	Warm up with Lifespan Dance
<b>9.30am</b>	Welcome from MC Jenny Seaton Introduction of Parkinson's WA CEO Yasmin Naglazas
<b>9.45am</b>	Welcome to Country
<b>9.55am</b>	GET READY TO WALK: Participants move to event starting line
<b>10am</b>	WASAMBA Carnival Drummers lead the procession: A WALK IN THE PARK starts
<b>10:30am</b>	BBQ – Sausage Sizzle and a Picnic
<b>12noon</b>	Presentations: Announcement of prize winners and special acknowledgements
<b>1pm</b>	Event concludes, car park will be locked



# EVENT DAY

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## Food

When you've finished walking, grab yourself a sausage and cold drink. Proudly managed by Parkinson's WA Staff, all proceeds from the BBQ will be going to Parkinson's Western Australia.

## Water

Limited Water stations are available prior to the walk and there will be limited water available on the walk. You can also purchase bottled water from the BBQ.

## Merchandise

A limited number of t-shirts, hats and dog bandanas will be available for purchase on the day.

## Storage

There are no storage facilities available on site, so try to limit what you bring to the event

## Smile

By attending this public event, we ensure the right to take press photographs to cover the day and to market future events. We will use these images at our discretion, in an appropriate manner. If you feel uncomfortable having your photo taken, please notify the photographer(s) on the day and they will do their best to maintain boundaries. By attending this public event, you are consenting to have your photograph taken by Parkinson's WA.



### Share on the day!

We would love you to also take your own photos and hashtag #2023AWITP and share them.



# ACKNOWLEDGEMENTS

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## Volunteers

A Walk in the Park would not be possible without the participation and support of our volunteer crew. Their generosity enables our event to run smoothly, and their enthusiasm brings a smile to faces no matter what the weather brings. They are doing their best to make A Walk in the Park an uplifting event for everyone, so please be sure to say hello!

## Sponsors

It is the generous support of our sponsors that enables Parkinson's Western Australia to raise awareness and funds for people living with Parkinson's. We greatly appreciate their commitment, shared vision and vital contributions of our A Walk in the Park.



A special thanks to our In-kind sponsors who supported our walk with donated goods: Aussie Natural Spring Water, Coles Noranda, Hertz Welshpool, Kennards Hire, Precise Signs and Graphics, Remedy Drinks and Woolworths Noranda.

A shout out to the following businesses who have donated prizes: Bunnings Claremont, European Foods, Hampers With Bite, iFly Perth, Kamels & Co, Officeworks Subiaco, Optus Stadium, Pan Pacific and Pet Fresh.

If you know someone who may like to be involved next year, please ask them to contact our Event Coordinator via email on [fundraising@parkinsonswa.org.au](mailto:fundraising@parkinsonswa.org.au)

