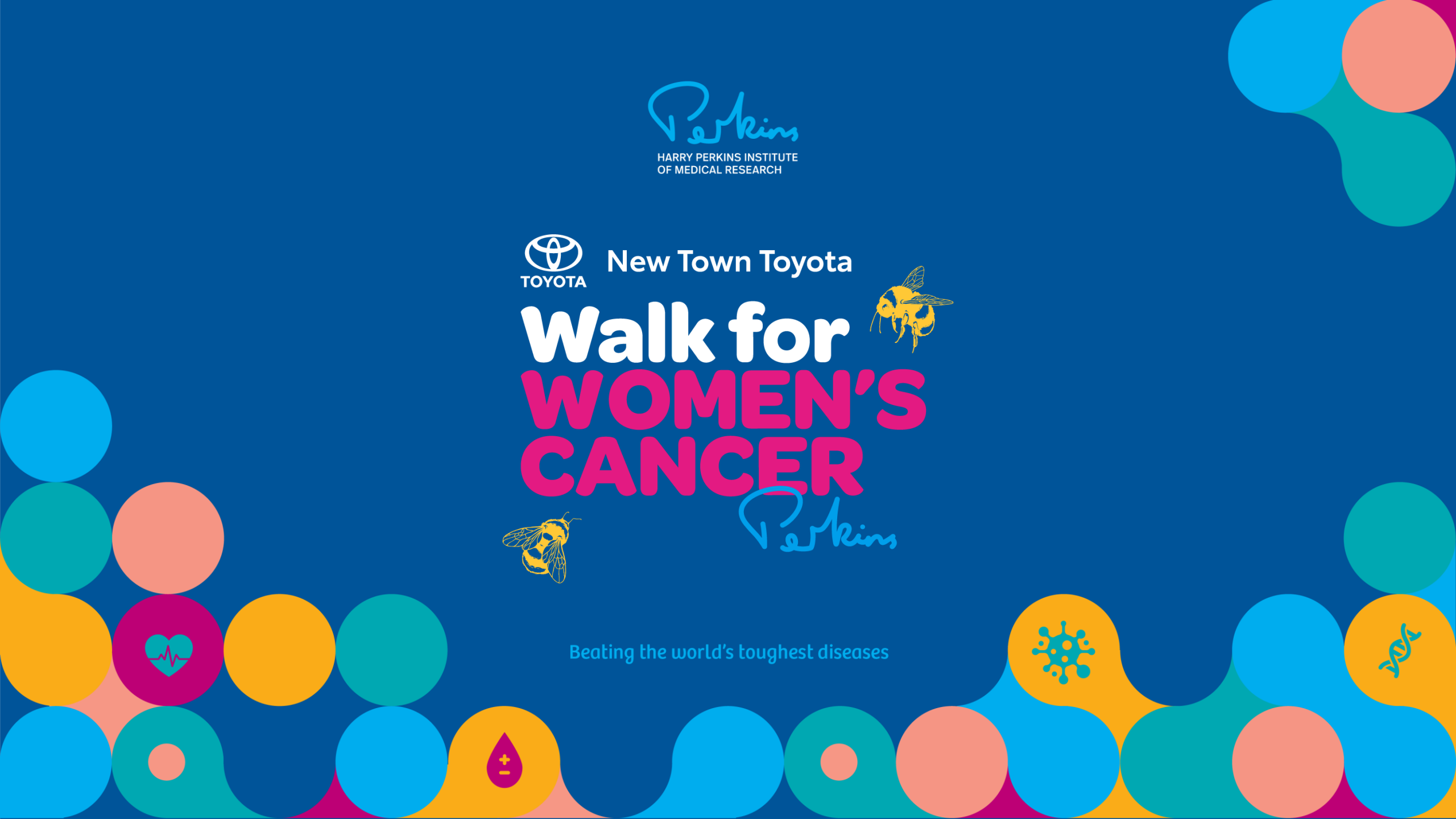




Walk for WOMEN'S CANCER






Beating the world's toughest diseases



What is coming up?

Online Check-In

 Confirm Your Details	<input checked="" type="checkbox"/>
 Review Your Walk Intentions	<input checked="" type="checkbox"/>
 Accept Event Agreements	<input checked="" type="checkbox"/>

Update

Online Check-In Complete

[Book your pack pick-up spot here!](#)

 Confirm Your Details	<input checked="" type="checkbox"/>
 Review Your Walk Intentions	<input checked="" type="checkbox"/>
 Accept Event Agreements	<input checked="" type="checkbox"/>

Update

Your Name

April Goss

Who will you be picking up a pack for?

Just me

Wednesday 22 April

Thursday 23 April

Friday 24 April

Morning

Afternoon

- | | |
|---|---|
| <input type="radio"/> 9:00am (2 available) | <input type="radio"/> 9:10am (6 available) |
| <input type="radio"/> 9:20am (6 available) | <input type="radio"/> 9:30am (1 available) |
| <input type="radio"/> 9:40am (6 available) | <input type="radio"/> 9:50am (6 available) |
| <input type="radio"/> 10:00am (2 available) | <input type="radio"/> 10:10am (6 available) |
| <input type="radio"/> 10:20am (6 available) | <input type="radio"/> 10:30am (2 available) |

Your Pack Pickup Booking

Wednesday 22 April at 11:10am

Picking up for: Just you

[Cancel Entire Booking](#)



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Event Schedule

5.30am Walkers can start to assemble at Riley Oval, coffee and fruit will be available

6.30am Opening Ceremony

7.00am Walk begins

8.00am 5km walkers start to return

9.00am 14km walkers start to return

1.00pm Walkers start to return

5.00pm End of event

If you ever need assistance on the day of the Walk please contact the
EVENT NUMBER - 0488 773 822



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What to... on the Walk!

Bring: Band aids, sunscreen, a hat, a light backpack, your refillable water bottle, phone, something to keep you cool or warm (depending on the weather).

Wear: The most important thing is that you have comfortable, worn in shoes, good socks and lots of sun protection.

Weather: The Walk will go ahead in rain, hail or shine

Lunch, snacks and water: There is no need to bring any food or snacks. These are all supplied by us, free of charge as part of your registration.

Aid Stations: There will be toilets positioned along the route for your convenience.

Medical crew: A medical crew will follow the walkers to offer assistance as required. There will also be a medical station at UWA to deal with any injuries after the Walk.

Pick up service: simply call the emergency number and we'll arrange for you to be picked up

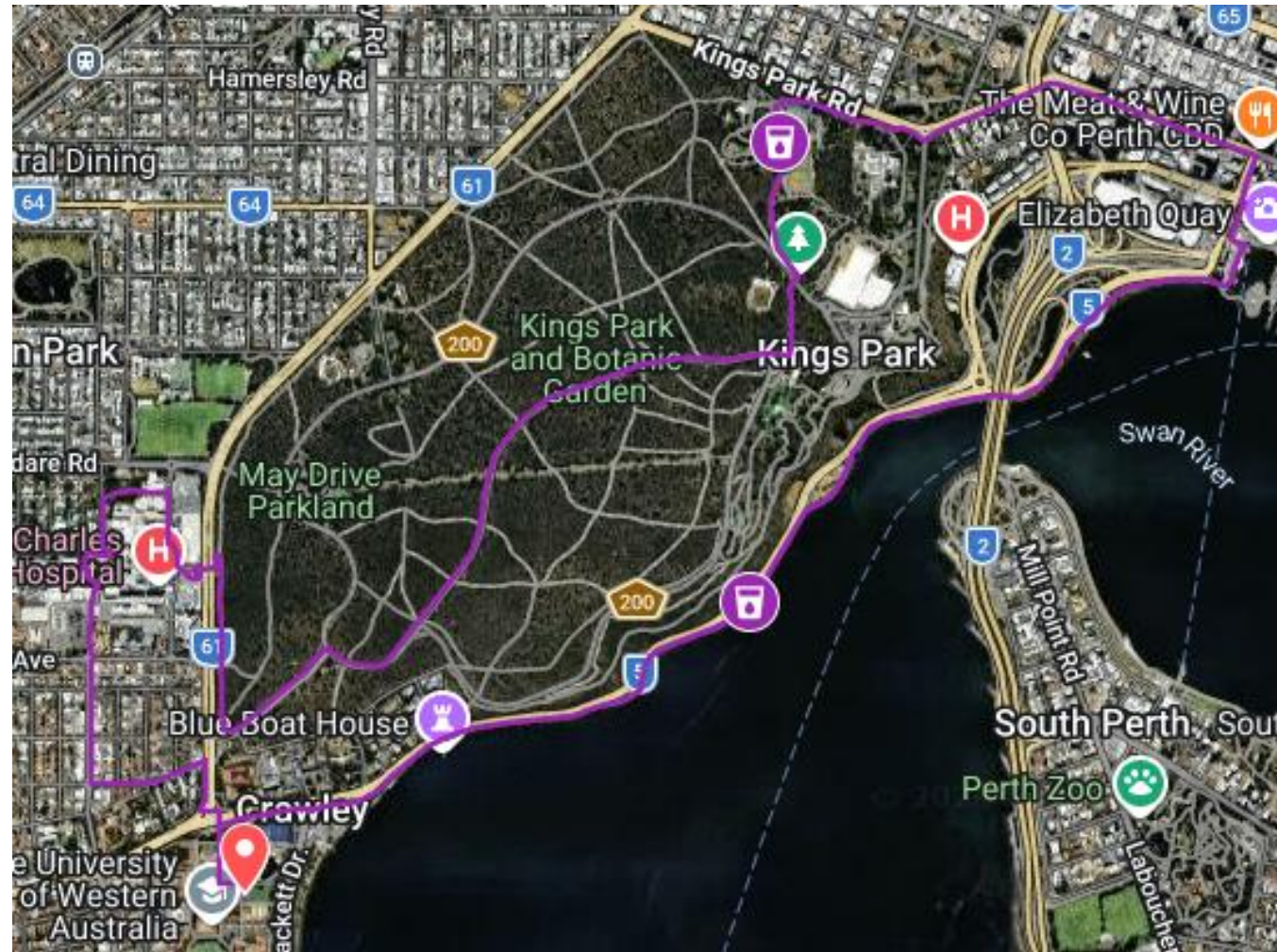


5km Route



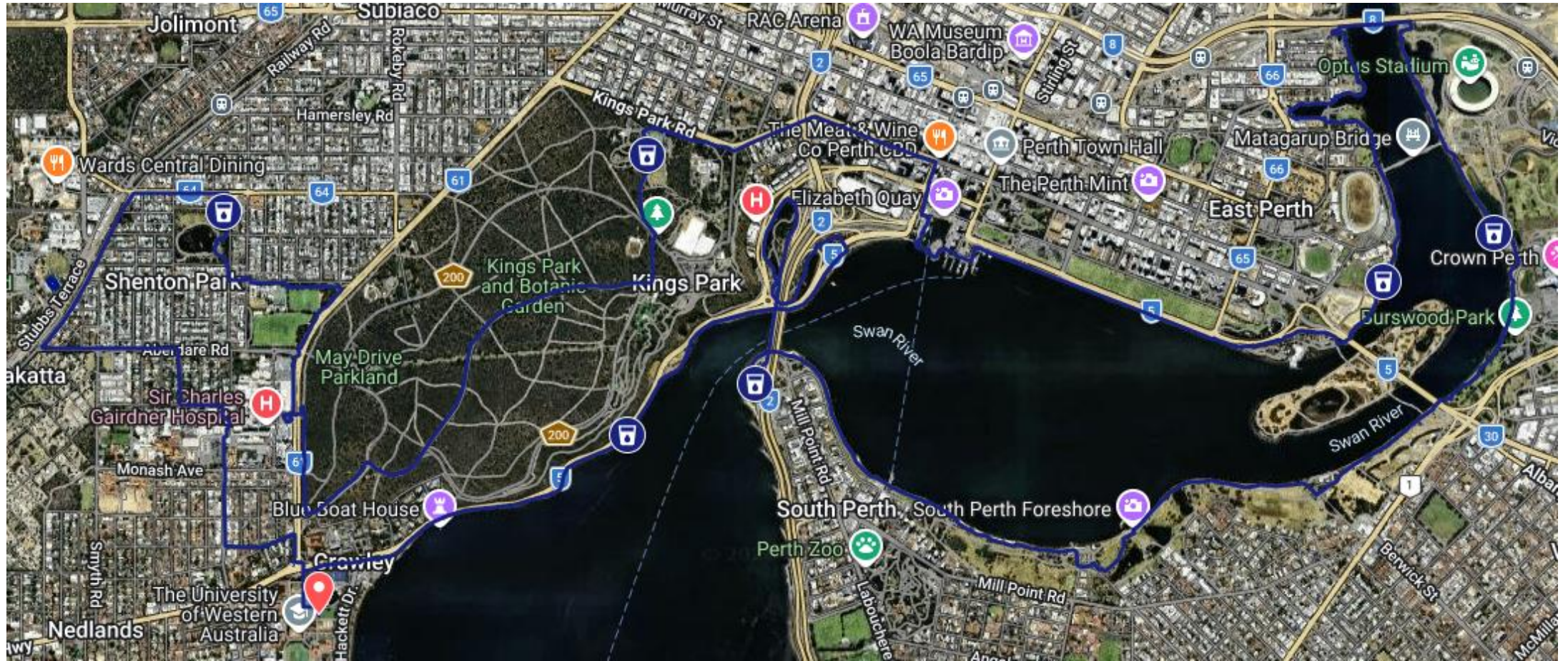
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14km Route



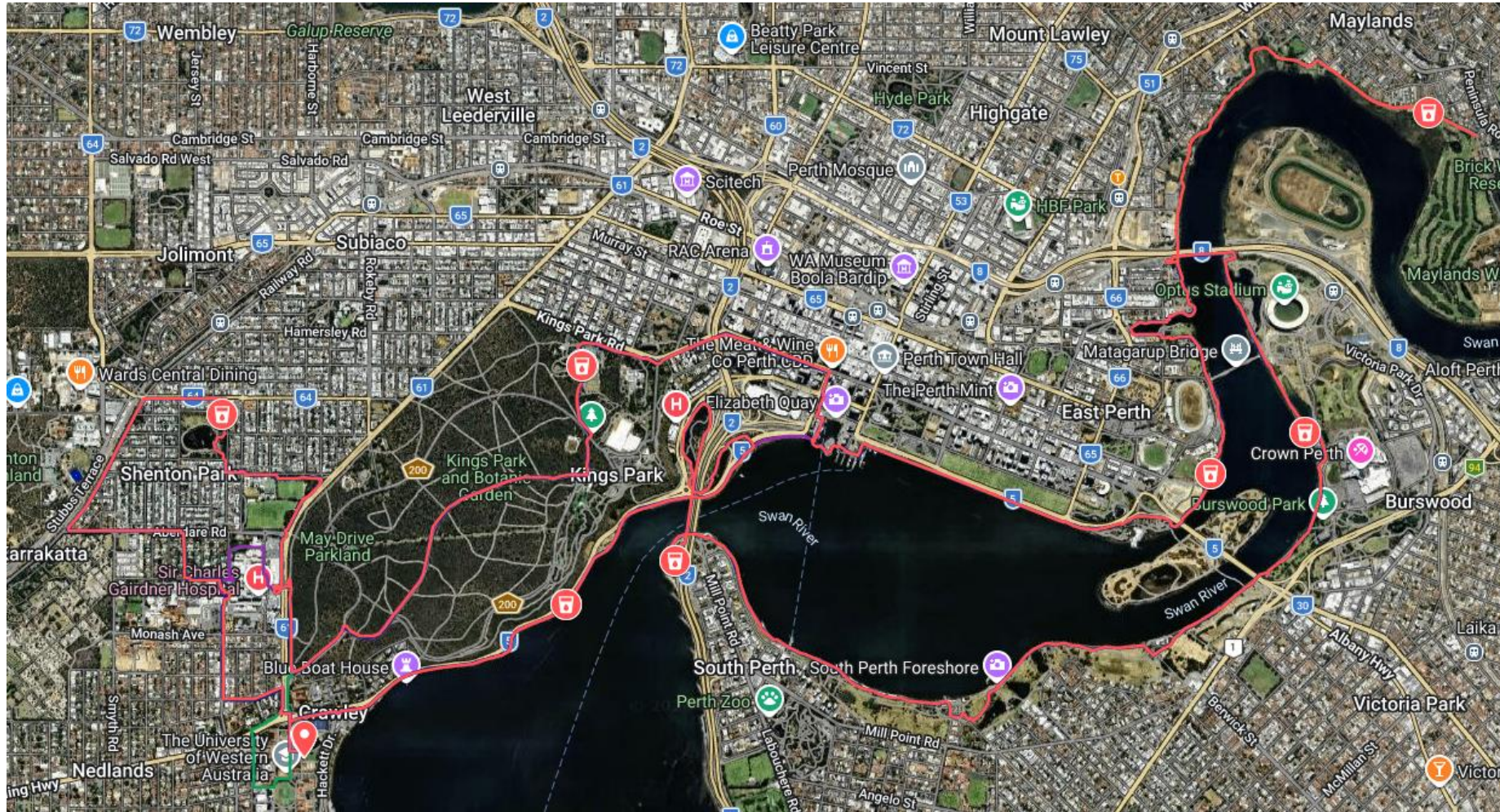
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35km Route



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42km Route



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HARRY PERKINS INSTITUTE
OF MEDICAL RESEARCH



KEY

- Information
- Volunteer
- Stage
- Start / Finish Line
- Toilets
- First Aid
- Massage
- Podiatry
- Tribute Tree
- LED Screen
- Roses
- VIP Area
- Water
- Food
- Rapid Relief Food
- Bar & Licenced Area
- Coffee (AM)
- Coffee (PM)
- Ice Cream (PM)



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Walk for WOMEN'S CANCER



Beating the world's toughest diseases





New Town Toyota

Walk for 
**WOMEN'S
CANCER**



Perkins



star physio

expert care for everyone

physio - podiatry - bikefit - clinical nutrition

INFO NIGHT 2026

Presented by:

Damian Oldmeadow (Physio)

Dr Julie Pham (Podiatrist & Physio)

Amy Ross (Physio)



OUTLINE

The final 4 weeks:

- Training tips & Injury management – Damian
- Footcare & Blister prevention – Sam & Julie
- Fuelling and Nutrition – Damian (thanks Donna!)

THE TEAM



■ DAMIAN OLDMEADOW



■ JULIE PHAM



■ SAM STEEL



■ AMY ROSS

STAR PHYSIO WEBSITE – LOTS OF GREAT FREE INFO!



TRAINING TIPS FOR THE BIG WALK

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
WK1	2 KM	REST	2 KM	CROSS TRAIN	1KM	GO LONG DAY - 4 KM	RECOVERY DAY	9 KM
WK2	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY - 5 KM	RECOVERY DAY	15 KM
WK3	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY - 8 KM	RECOVERY DAY	18 KM
WK4	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY - 11 KM	RECOVERY DAY	21 KM
WK5	5 KM	REST	5 KM	CROSS TRAIN	1KM	GO LONG DAY - 13 KM	RECOVERY DAY	24 KM
WK6	5 KM	REST	6 KM	CROSS TRAIN	2 KM	GO LONG DAY - 15 KM	RECOVERY DAY	28 KM
WK7	6 KM	REST	6 KM	CROSS TRAIN	2 KM	GO LONG DAY - 18 KM	RECOVERY DAY	32 KM

WK8	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY - 18 KM	RECOVERY DAY	28 KM
WK9	2 KM	REST	2 KM	CROSS TRAIN	1KM	GO LONG DAY - 10 KM	RECOVERY DAY	15 KM
WK10	4 KM	REST	4 KM	CROSS TRAIN	2 KM	GO LONG DAY - 8 KM	RECOVERY DAY	18 KM
WK11	4 KM	REST	4 KM	CROSS TRAIN	2 KM	EVENT DAY	RECOVERY DAY	

WALK

- Get familiar with the course
- Vary the terrain, inclines/stairs, efforts
- Distance and volume covered => TAPER
- Not covered => Gradual Progression
- REST for muscle regeneration
- CROSS TRAIN boost fitness + allow recovery + reduce injury risk + maintain engagement
- BIG TIP!!!
 - Get to the start line in good shape!

TRAIN THROUGH NIGGLES - NOT INJURY

Pain and activity traffic light

Mild pain during activity is fine providing it settles within 24 hours	6 - 10 Excessive	
	4 - 5 Acceptable	
	0 - 3 Safe Zone	

RUNNINGPHYSIO BETTER. FASTER. STRONGER. 



SHARP / INCREASING / PERSISTENT PAIN

=> NOT FINE

=> PHYSIO REVIEW

COMMON WALKING-RELATED INJURIES

- Heel pain (Plantar fasciitis)
- Achilles tendinopathy
- Runner's knee
- Hip bursitis
- Low back pain



INJURY PREVENTION

- “Prevention is better than cure”
- Weight bearing exercises build bone/cartilage/joint/muscle/tendon health, general health, boost mood, sleep quality and metabolism and the list goes on...
- Thus, helps with prevention of osteoarthritis (OA) and osteoporosis (OP)
 - 30% of people aged > 50 report pain related to OA



Physio Supervised small group exercise and educational classes 2x/week for 6 week



FOOTCARE AND BLISTER PREVENTION

Footcare:

- Attend to any excess skin growths (corns & calluses)
 - No later than 2 weeks before the event
- Regular moisturising
- Trim nails short a few days before the event

Blister Prevention:

- Identify prolonged skin irritation
- Shield common friction points
 - Hiker's wool, Fixomull, kinesiotape
- Identify poor-fitting footwear



TIPS ON FOOTWEAR

- Be guided by COMFORT!!
- Fit, size and shape are important
- When to replace footwear:
 - Check for wear patterns
 - Fold and Twist test
 - 6-12 months (500km-1000km)

Ideally, do not change your shoes <4 weeks before the event



LACING TECHNIQUES

- Securely fasten the laces
- Certain lacing techniques that can be applied to ensure a good fit of the shoe without compressing your feet in the process
 - Heel locks
- You should not have foot pain and symptoms with fastening your shoe laces





SOCKS

- Breathable, moisture-wicking socks
- Pack an extra pair in case it gets too wet
- Use the same socks on the event as those you have trained in

ORTHOTICS AND INSOLES

- Orthotics are medical devices prescribed to address a foot pathology or optimise a biomechanical function of the foot
- Unless there is a specific need for them, orthotic devices are not generally recommended



PODIATRY OUT ON THE COURSE



PODIATRY

35km sure is tough on your feet! So you'll have complimentary podiatry and foot care at waiting for you at finish line.

NUTRITION

Top tips from our Sports Dietitian Donna Kimpton

“Even though it’s walking, you still need to fuel like an endurance event.”

- Optimise carbohydrate intake via carbohydrate loading and intra-race carbohydrate
- maintain hydration including electrolytes
- caffeine to improve performance

Walk Plan

- **2–3 hours pre-walk**
 - **Carbs:** 100–150g e.g. oats + banana + toast + honey
 - **Fluids:** 500 ml
- **15–30 mins before**
 - Small carb snack (~20–25 g)
 - Light caffeine (~50–100 mg)
- **DURING THE WALK Every hour (simple rule)**
 - **Carbs:** 40–70 g
 - **Fluids:** 500–750 ml
 - **Sodium:** 400–800 mg
- Go to the Star Physio Website “expert advice” for some practical advice for the day!



QUESTIONS?



Presented by:

- Damian Oldmeadow (Physio)
- Dr Julie Pham (Podiatrist & Physio)
- Amy Ross (Physio)



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phone (08) 6424 9578 **fax** (08) 6315 2644 **email** info@starphysiowa.com.au **www**.starphysiowa.com.au **ABN** 56 159 989 769



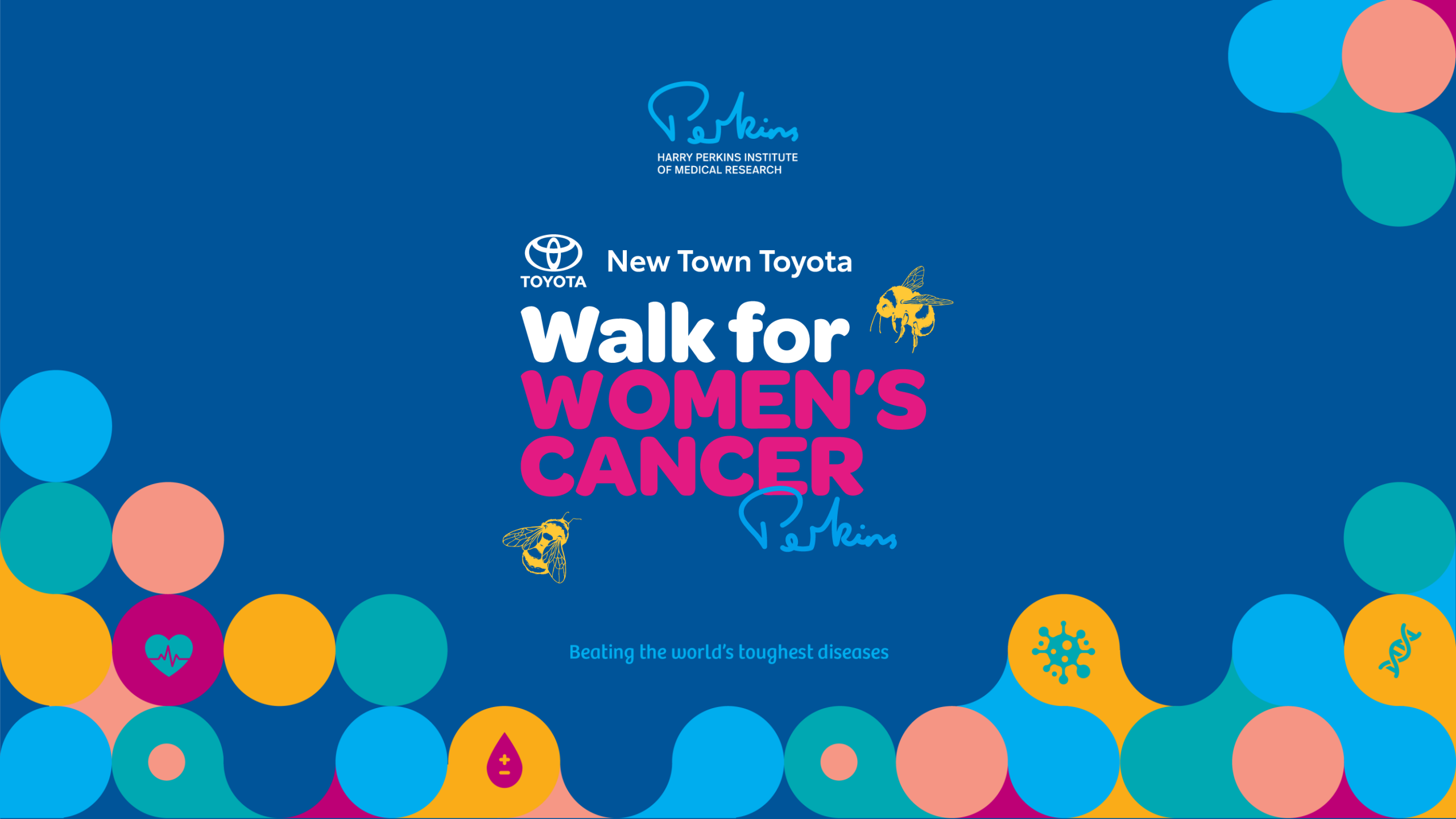
ALL THE BEST!



Walk for WOMEN'S CANCER



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Questions?

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