



New Town Toyota

Walk for WOMEN'S CANCER



Beating the world's toughest diseases



Event Schedule

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

6.30am Opening Ceremony

7.00am Walk begins

8.00am 5km walkers start to return for festivities

1.00pm Walkers start to return for festivities

5.00pm End of event

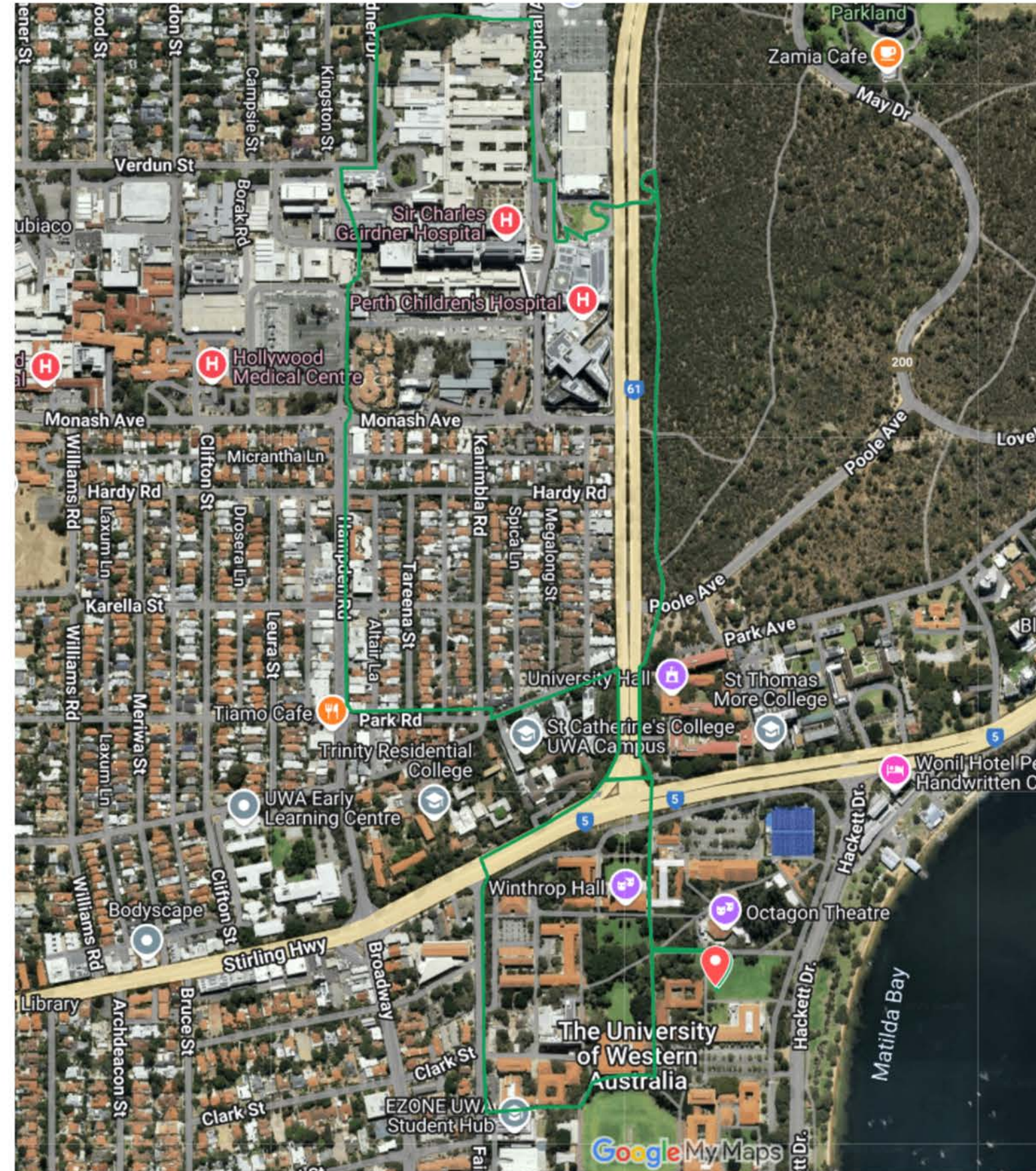
If you ever need assistance on the day of the Walk please contact the

EVENT NUMBER - 0488 773 822



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5km Route

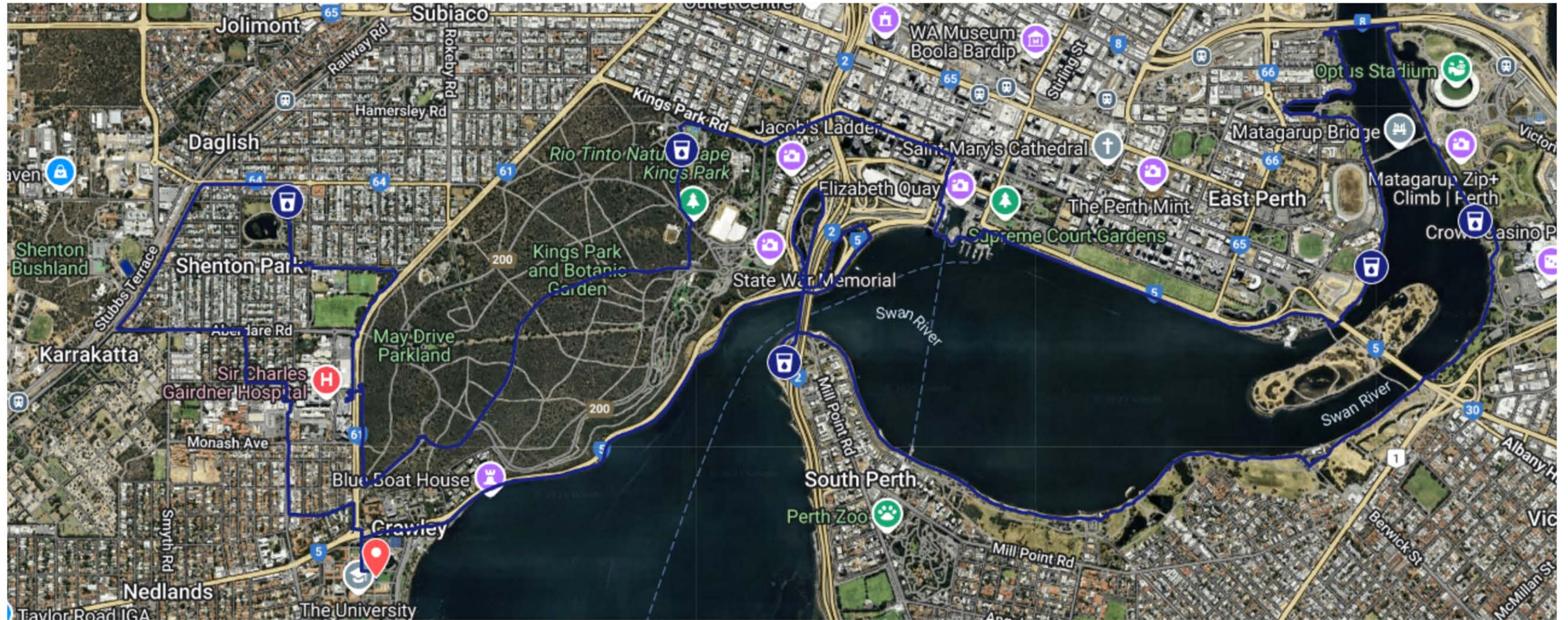


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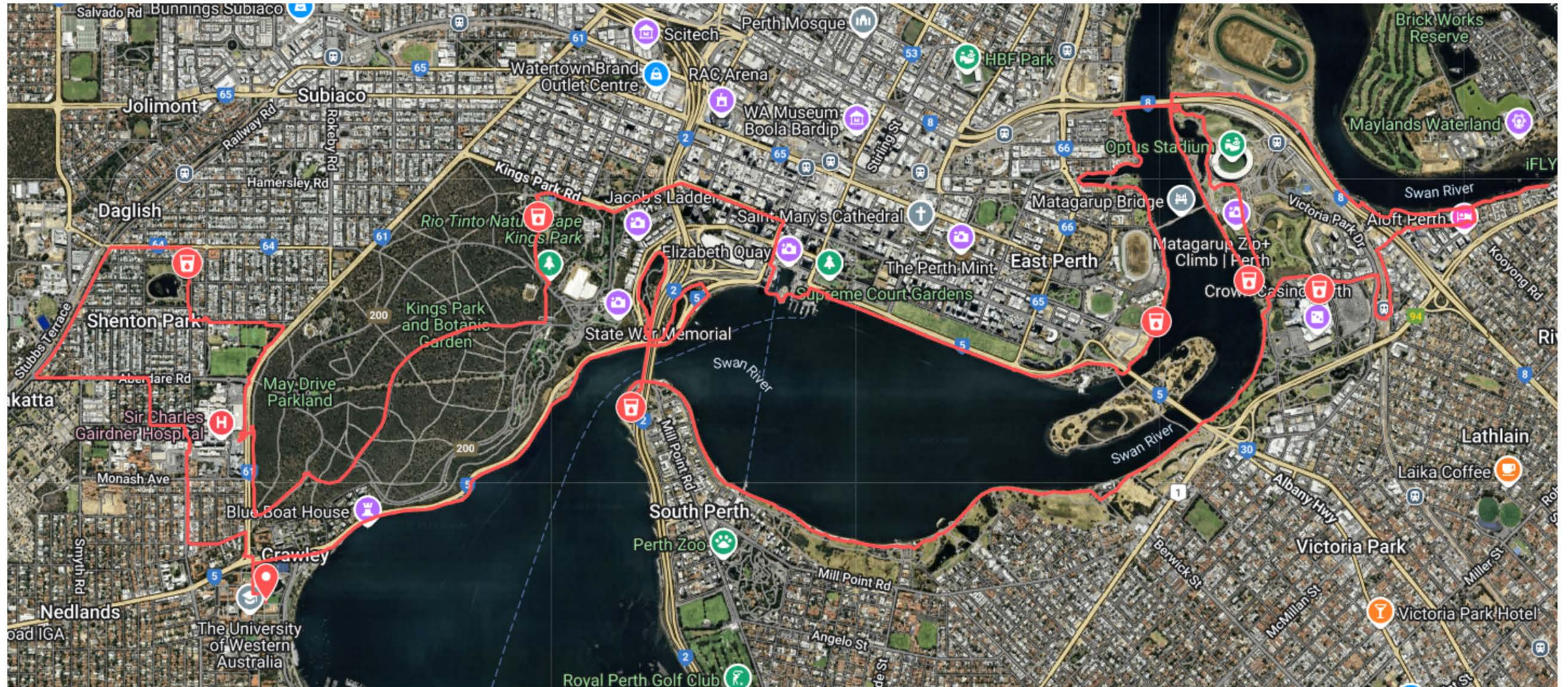
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OF MEDICAL RESEARCH

35km Route



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42km Route



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OF MEDICAL RESEARCH

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.

Comfort stops: 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



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After the walking is over...

Please join us back at the University Club, UWA, to celebrate your incredible effort on behalf of the women in our lives facing a cancer diagnosis. Don't forget to pick up your rose and medal.

Massage and podiatry: Your tired muscles and aching feet might need a little TLC so we will have massage therapists and podiatrists ready for when you cross the finish line.

Tribute tree: Located at the start and finish lines, the tribute tree is a place of hope, a place to share a moment of your story, a memorial, or a dedication to the walk. Feel free to hang a picture, drawing, or memory to the Tribute tree, or write your message of hope for others to read.



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Perkins



star physio

expert care **for everyone**

physio - podiatry - bikefit - clinical nutrition

INFO NIGHT 2025

Presented by:

Damian Oldmeadow (Physio)

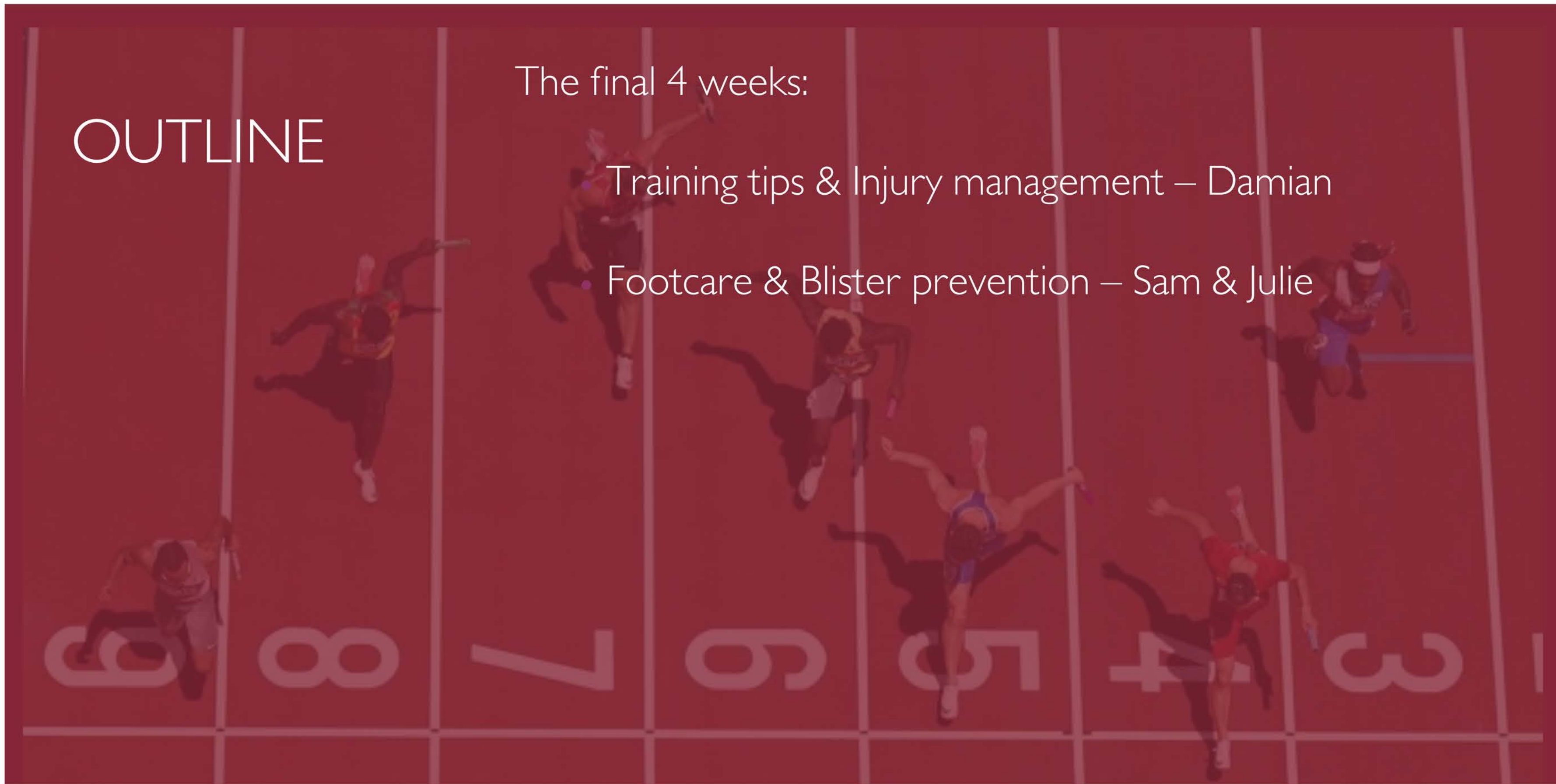
Dr Julie Pham (Podiatrist & Physio)

Dr Sam Steel (Podiatrist)

OUTLINE

The final 4 weeks:

- Training tips & Injury management – Damian
- Footcare & Blister prevention – Sam & Julie



THE TEAM



• DAMAIN OLDMEADOW



• JULIE PHAM



• SAM STEEL

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

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 Clinical Nutritionist and Physiotherapist Jemma Watson!

To optimise performance and prevent burnout

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

Post walk it is important to replenish

- Rehydrate
- Replenish carbs (30g)
- Repair (20-40g of protein)



QUESTIONS?



Presented by:

- Damian Oldmeadow (Physio)
- Dr Julie Pham (Podiatrist & Physio)
- Dr Sam Steel (Podiatrist)



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ALL THE BEST!



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Beating the world's toughest diseases 
for longer, healthier, better lives

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