



45km Charity Walk to Bungawarra

Information Sheet

About the Walk

The 45km walk is an annual charity fundraising walk from Blue Mountains Grammar School Wentworth Falls to Bungawarra. 2024 will see us celebrate the 30th Anniversary of this event. This walk is a sponsored walk for charity and runs only through the generous support of Staff, Parents and Caregivers. The funds raised will be in aid of [Compassion Australia](#), the Ibulanku School Project / Uganda and [Greystanes Disability Services](#).

The Event is open to Senior School Students, their Parents, Staff, BMGS Alumni and friends of BMGS. Both participants and volunteers need to register via the [TryBooking](#) link which will be sent via the School Portal. Walkers will be escorted by a number of support vehicles driven by Parents and Staff who are familiar with the walk's route.



Event Details

Event Date and Times

Date: Saturday 12th October 2024
Start Time: 5:30am for 6:00am sharp start
Starting Point: Departure from BMGS, Coorah House, Senior School
Finish Time: 5:00pm cut off time
Finishing Point: Bungawarra, Clarke Simpson Road, Little Hartley

Participants are to make their own way home from Bungawarra

Be a Participant

Need To Know

- Participants will pay a registration fee of \$26.50. This will cover [TryBooking](#) fee, cost of food, safety equipment on the day
- Payment of registration fees will only be accepted online through [TryBooking](#)
- Places are limited to 250 participants and allocated on a first-come-first-served basis
- Collect Race Bibs from Coorah upon arrival at 5:30am

What To Do

STEP 1: Register as a Participant

- Go to [TryBooking](#)**
- Select** participant
- Complete** your Registration information and pay

STEP 2: Collect Your Sponsor

- Print** the Sponsorship Form
- Complete** the Form with Sponsor details
- Complete** the Walk
- Collect** money from your Sponsors
- Hand over** sponsorship money and completed Sponsorship Forms to John Cunningham Student Centre Reception any weekday



Be a Volunteer

Need To Know

- There is **no charge** if you Register as a Volunteer.
- All Volunteers must confirm acceptance of the Risk Warning

What To Do

1. **Go to [TryBooking](#)** and confirm acceptance of the risk warning
2. **Await communications** from the Event Manager, George Vergotis
3. **Enjoy** your volunteering!

Before the Walk

Feet and Shoes

1. **Make sure your feet are as tough** as possible by spending as much time as you can in bare feet
2. **Do not wear brand new shoes** for the walk. Make sure you have walked for at least a few hours in them to ensure that they don't cause you any blisters
3. **The lighter your shoes are the less weight** you have to lift. You will be lifting your feet 1000's of times, it all adds up.
4. **Use a product such as Guerney's Goo** for your feet and other areas that might chafe.

General Preparation

1. **Do some walking before** the actual event, gradually building up over the weeks prior to the walk. Remember, it is highly likely that you will be walking for 6+ hours and the more conditioned you are to being on your feet for that long the better.
2. **Think about the clothes** you are going to wear and make sure they are very comfortable and not going to cause chafing. Light, breathable clothing is very comfortable and won't stay wet when you sweat.
3. **Be aware** of the weather conditions and dress appropriately.
4. **Carry some snacks.** As a general rule it is a good idea to eat a little bit often to keep your blood sugar levels stabilised throughout.
5. **Bring a water bottle,** hydration pack or similar. It is good practice to drink a little bit often.
6. **If you are carrying a backpack,** make sure you wear it for a few hours prior to the walk to ensure it is comfortable for extended periods of time
7. **Ensure you are hydrated prior to starting** the walk. Your urine should be clear.

The Day of the Walk

Safe Walking Instructions

1. **Walk on footpaths** if one exists
2. If you have to walk on a road **walk on the right side of the road** facing the oncoming traffic
3. **Walk in groups** - the larger the better. They are easier to see
4. If separated **wait for those behind.**
5. **Maintain a steady pace** - 3 bears pace - not too fast- not too slow - just right. Remember the 45k walk is not a race.
6. **Do not take long breaks** at the rest stops and lunch. Remember walk with the group and do things together.
7. **Drink regularly** and keep dirt out of your shoes and socks. Cleaning your feet at the stops is a very good idea. Bring a spare pair of socks to change into if required
8. **Use tissues/toilet paper for unofficial toilet stops** – especially in the bush
9. **Close gates** after passing through
10. **If you need help** signal one of the support vehicles.
11. **Make sure you sign off** at the end of the walk.



What To Bring

1. **Carry** at least a litre of water
2. **Bring some toilet paper** for unofficial toilet stops (you must take this with you)

What To Do

1. **Arrive** at the School roundabout by 5:15 am on Saturday 12th October
2. **Collect your Race Bib** with a number on it
3. **Fit your Race Bib** so it is placed at the front of your clothing being visible at all times. You may keep this as a memento of the walk
4. **Follow** instructions
5. **Use** the official portable toilet facilities at designated stops provided by BMGS

After the Walk

Post Walk Instructions

1. Following the walk, it is highly likely you are going to have sore muscles. **Soon after the walk an ice bath** for your legs will reduce recovery time.
2. **If you have blisters it is important to keep them clean and dry** and allow them to get as much air as possible.
3. **A gentle walk the next day will loosen the muscles** and should reduce your recovery time.
4. **Make sure you continue to stay well hydrated** following the walk to give your body the best chance of recovery.

We look forward to seeing you on the Walk!

Kind regards

Ms Emily Peters

Senior School Teacher

Event Organiser

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