



45km Walk to Bungawarra

Be at the School roundabout by 5:15 am on Saturday 13th October.

- This year you will be given a race bib with a number on it. This is to be worn on the front of your clothing and be visible at all times. You may keep this as a memento of the walk
- WEAR A FULL BRIM HAT, COMFORTABLE STURDY SHOES AND CARRY AT LEAST A LITRE OF WATER, SUNGLASSES ARE WORTH BRINGING.
- BRING SUITABLE SNACKS TO EAT ON THE WAY – MORNING TEA AND LUNCH WILL BE PROVIDED.
- WEAR A TOP WITH SLEEVES AND A COLLAR – APPLY/BRING SUNSCREEN – IT COULD BE A VERY HOT DAY AND YOU WILL GET BURNT
- **BANDAGE TOES, HEALS AND BALLS OF FEET – BLISTERS ARE ALWAYS A PROBLEM**
- WALK ON **FOOTPATHS** IF ONE EXISTS.
- *IF YOU HAVE TO WALK ON A ROAD WALK ON THE **RIGHT SIDE** OF THE ROAD FACING THE ONCOMING TRAFFIC.*
- WALK IN GROUPS - THE LARGER THE BETTER. THEY ARE EASIER TO SEE.
- IF SEPARATED WAIT FOR THOSE BEHIND.
- MAINTAIN A STEADY PACE - 3 BEARS PACE - **NOT TOO FAST- NOT TOO SLOW - JUST RIGHT.** REMEMBER THE 45K WALK **IS NOT A RACE.**
- DO NOT TAKE LONG BREAKS AT THE REST STOPS AND LUNCH. REMEMBER WALK WITH THE GROUP AND DO THINGS TOGETHER.
- 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.
- TISSUES/TOILET PAPER FOR LOO BREAKS – ESPECIALLY IN THE BUSH
- **CLOSE GATES AFTER PASSING THROUGH**
- IF YOU NEED HELP SIGNAL ONE OF THE SUPPORT VEHICLES.
- **MAKE SURE YOU SIGN OFF AT THE END OF THE WALK.**



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Pre 45km Walk

Feet and Shoes

- Make sure your feet are as tough as possible by spending as much time as you can in bare feet
- 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
- 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.
- Use a product such as Guerney's Goo for your feet and other areas that might chafe.

General Preparation

- 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.
- 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.
- Be aware of the weather conditions and dress appropriately.
- 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.
- Do not forget to bring a water bottle, hydration pack or similar. It is good practice to drink a little bit often.
- 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
- Ensure you are hydrated prior to starting the walk. Your urine should be clear.

Post 45km Walk

- 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.
- If you have blisters it is important to keep them clean and dry and allow them to get as much air as possible.
- A gentle walk the next day will loosen the muscles and should reduce your recovery time.
- Make sure you continue to stay well hydrated following the walk to give your body the best chance of recovery.

BLUE MOUNTAINS GRAMMAR SCHOOL

45 KILOMETRE CHARITY WALK

Saturday 13th October, 2018

for the Compassion Child Survival Program in Indonesia,
Maleke Primary School - Fiji Ibulanku School Project in
Uganda and Greystanes Disability Services

(please note: no receipts for monies collected will be issued by BMGS)



Name: House: Year:

SPONSOR'S NAME	ADDRESS	AMOUNT Sponsored

This is to certify that completed of the 45 kilometre Charity Walk.

Signed:

