

Warrigal

**WALK,
RUN, ROLL**



2020 EVENT GUIDE



AUSTRALIA DAY

AQUATHON



Warrigal

**WALK,
RUN, ROLL**

WOLLONGONG HARBOUR
Sun 26 January 2020
aquathon.com.au/walk

4KM



**ENTER
NOW**

**MMJ AUSTRALIA DAY
AQUATHON**

WARRIGAL WALK, RUN, ROLL

Welcome to the 2020 Warrigal Walk, Run, Roll, all part of the hugely popular MMJ Australia Day Aquathon at Wollongong Harbour.

The Warrigal Walk, Run, Roll is a special event held at the conclusion of the swim-run, Aquathon. This is a wonderful community event promoting inclusion and well-being and allows people of all ages and abilities to get involved.

Enjoy the spectacular 4km course which takes you from the harbour along Illawarra's iconic Blue Mile and back. You can walk, run, stroll, take the pram or wheelchair.

Finisher medals, a fun vibe, loads of activities and sponsor goodies are all part of the fun.

Starting at 10am on Australia Day morning, come on your own, with your friends, family, bring your grandparents or grand kids and celebrate a fantastic community event.

Warrigal

Inspiring communities
for older people



KEY INFORMATION

WHEN:	Sunday 26th January 2020
WHERE:	Wollongong Harbour
START TIME:	10AM
CHECK IN:	8.30am - 9.45am
DISTANCE:	4KM* (*shorter distance turn options)
AGES:	All ages and abilities
FEES:	Child \$15, Adult \$25, Pensioner \$20, Family \$55
ENTRY INCLUDES	Finisher medal, official entry and services, sponsor goodies (water bottle and t-shirt), activities, stalls
ACCESSIBILITY:	Walkers, joggers, strollers, prams and wheelchairs welcome (some speed humps but otherwise flat)
EVENT INFO:	www.aquathon.com.au/walk



EVENT DAY INFO

LOCATION

The Warrigal Walk, Run, Roll is held at Wollongong Harbour. Registration is held on the grass area to the southern side of Levendi café. Please locate the Warrigal registration marquee on event day morning. The start line is located in the Harbourside restaurant car park. Next to registration

REGISTRATION TIME:

All walk participants need to register and collect a Walk Bib on event day morning. Please visit the Registration area from **8.45am – 9.45am**. Look for the Warrigal registration marquee.

START TIME:

The Warrigal Walk, Run, Roll starts at **10am**.

SITE MAP



For more info - visit Event Schedule:
<https://aquathon.com.au/schedule/>

COURSE MAP

****NEW****

SATELITTE VIEW - CLICK MAP TO PLAY



First Aid



Buoy



Toilets



Water Station

EVENT DAY INFO

WHAT TO BRING:

- All weather clothes
- Comfortable shoes
- Sun protection / and/or wind/rain
- Water bottle
- Anything else you need!

TRAVEL INFO AND PARKING:

Please be aware that local road closures apply in the harbour venue (Cliff Road) on Australia Day. Due to the large number of Aquathon participants who will already be at Wollongong Harbour, please ensure you allow plenty of time to find parking. There is ample street parking within 200-800m from Wollongong Harbour.

DROP & GO

Enter via HARBOUR STREET- at the traffic control point drop passengers and then its only 100m walk to start.



AMENITIES:

- Main block located in the Harbour Front restaurant car park (near the Walk start line).
- Other toilets located to the rear of Levendi Café
- On course toilets are located at the North Beach Pavilion building

WATER STATION:

There is a water station located at North Beach Surf Club – about half way through the walk. Water is also available at the start area and finish line. Please ensure you bring your own drink bottle to refill your water supply.

POOR WEATHER:

The event continues unless extreme danger. Cancellation will only occur in very high risk situations.



ACCESSIBILITY OPTIONS

ACCESSIBILITY & WHEELCHAIR TURN POINT:

The Walk course is on a mix of closed road, flat cycle ways and footpaths for most of the course. In 2020, the course from north beach progresses onto grass path from North Beach to Lagoon café (500m each way).

EARLIER TURN OPTIONS

1km TURN POINT

Alternatively, if you wish to take part in the 1km option, you will be escorted to turn left after passing along the harbour foreshore, to re-enter the finish chute

3km TURN POINT:

Wheelchair participants or those less able are encouraged to turn at the North Beach drink station and continue on the cycle way to the finish line.



THANK YOU



Warrigal is a community-owned organisation which supports older people to create inspiring communities. Because you are our focus, Warrigal delivers innovative and quality care and support through superior services, practices and management.

We provide you with personally tailored care and support through various stages of your life, working within the frameworks of your financial circumstances, regardless of what these may be.

We operate a variety of retirement living and aged care services in the Illawarra, Southern Highlands and Queanbeyan regions of NSW.

The banner features a photograph of a woman and a man, both wearing purple Warrigal caps and athletic gear, carrying children on their shoulders. They are participating in a race. The background shows a scenic waterfront area with buildings and trees.

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4KM

Three circular icons are shown: a walking stick, a running figure, and a wheelchair.

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