

ULVERSTONE 10,000 STEPS....

"JUST A WALK IN THE PARK"

- This is a fun family orientated walking event held annually in Ulverstone and coordinated by the Ulverstone Community House.
- Held during Get Walking week, the event will begin at the Ulverstone Rowing Club between 9am and 10.30pm.
- You will receive a questionnaire of observations you will make during your walk through the parks. Fill in the questionnaire and you will be eligible for randomly drawn prize draws.
- The event is non competitive!! Walk at your own pace.
- There will be activities, displays and demonstrations throughout the morning.
- Register for event on the day from Ulverstone Community House or Central Coast Council.

PREPARE FOR THE DAY

Suitable Footwear

Bottle of Water

Hat

Sunscreen

Pen or pencil to fill in your questionnaire.

Bring a Family Picnic or money for a sausage sizzle (\$2 ea)

WALK INFORMATION

Starting point 9am - 10.30am Ulverstone Rowing Club

Register and Collect questionnaire

Toilets available along the walk

St Johns Ambulance in attendance

Prize Draws 11.45am at the Rowing Club - must be in attendance.

SCHOOL TEAMS ENTRY FEE \$10 PER TEAM.

need to have 10 students to take part in the walk, for them to be eligible for cash prize draw. More than one team is permissible, but each team must be made up of 10 participants. Family and friends can help with the questionnaire.

TEAMS - GENERAL ENTRY \$5 PER TEAM

Teams can be made up of 3-10 people to be eligible.

FAMILIES ENTRY \$5.00 PER FAMILY

2 or more family members to be eligible.

INDIVIDUALS - ENTRY \$2.00 PER PERSON

Participants cannot participate in more than one team.

PRIZES AND CASH PRIZES by random draw