

Walk My Way

Walkers' email #4



Hi Friend,

Great news!

You're now part of a team of over 200 Walkers in 27 teams across 5 different *Walk My Ways* taking action to help refugee children in Kenya go to school. **Thank you!**

(If you've recently joined us (welcome!) and haven't received the other emails from me, don't panic! They are all available [here](#).)

It's only **18 days** now until we all walk together to change lives, so I wanted to let you know some practical information to help you get prepared.

1. How to share your fundraising page

The easiest way is to follow these 5 steps:

- 1) Go to walkmyway.org.au
- 2) Click on 'Walkers/Teams' at the top
- 3) Type your name into the Search box
- 4) Click on the picture of your Walk
- 5) This is the page to share with your friends, family, your hairdresser – everyone you know!

This answer can also be found on the [FAQs page](#).

2. How to deposit cash donations

Sometimes people prefer to give a cash donation rather than donate on the website. It's not a problem. You can find out how to deposit these donations [here on the FAQs page](#).

3. Busy busses

Want to leave your car at Beaumont and bus down at the end of the Walk? Or Hahndorf and bus up? What about if you're doing a shorter Walk and want to know the bus departure times?

All of this information can be found on the 'Walker's Information Sheet' at the bottom of the [Adelaide Walk page](#).

4. What to bring on the day

- Drinking water (we will also provided bottled water PLUS there will be 3 water stops throughout the 26km trail)
- Snacks. There'll be a sausage sizzle at Stirling but please also bring snacks to keep your energy up – and extra lunch if you're a big eater! (If you forget or need your caffeine fix, there are cafes in the towns we pass through).
- Sturdy, waterproof shoes
- Raincoat and/or jacket – it may be cold and possibly wet...
- A spare, dry jumper or long sleeve top
- A backpack to carry everything

5. Your Walk My Way t-shirt

You'll be given a blue Walk My Way t-shirt on the day when you register. We'd love if you could wear this over top of a long-sleeve top (if cold) so we can see a sea of blue moving down the hill!

6. Blisters, bumps, bruises

There will be first aiders along the trail if you injure yourself. And we'll also give you a pressure bandage and thermal emergency blanket in your registration kit.

Please make sure you try to walk carefully, as the trail is uneven and can be slippery if it's been raining. Watch out for fallen branches.

7. A Warm Welcome

The lovely people from St John's Lutheran Church in Unley will have a cup of hot soup ready for you at the finish line when you're cold and tired. Mmmmm – can you imagine how good that will taste??

8. If the weather is really awful ...

... and the Department of Environment, Water and Natural Resources close the Parks to walkers, we'll look to walk to Stirling and back – a similar distance, but outside of the Conservation Parks. You'll be notified by email, SMS (if you've provided a mobile number), and we'll also put a message on Facebook.

Bear in mind it will need to be pretty awful for it to be cancelled... as you'll know if you did it in 2017 when rain didn't stop anyone!

9. In summary:

...all the information you need can be found on:

- 1) [The Adelaide Walk page](#) (resources at the bottom of the page), and
- 2) [The FAQs page](#)

Still got questions? Please get in touch ☺

Thank you for walking the talk – and taking practical action to help kids in need!



Kirra, on behalf of the Walk My Way team
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PS: A shout out to our sponsors [the LLL](#) and [Lutheran Super](#) for their support to make all of this happen. We'd love if you could support them too!