

SUNDAY 4TH MAY

CENTENNIAL PARK, SYDNEY

YOU'RE WALKING FOR WAGEC

WELCOME GUIDE FOR SOLO WALKERS



WALK FOR WAGEC
WOMEN'S AND GIRLS' EMERGENCY CENTRE

Welcome to Walk for WAGEC!
Thank you for walking to call for an end to violence against women and children
walkforwagec.org.au

Thank you for walking to call for an end to violence against women and children.

With your help, we can reach our target of \$500,000 to provide vital support to women and children impacted by violence.

We've put together this Welcome Pack to support you in your efforts and help you make the most out of your fundraising.



WHY WE'RE WALKING

Violence against women and children is a national crisis. It's devastating. It's unacceptable. And it's **why we walk**. By signing up to Walk for WAGEC, you're helping us call for an end to this violence.

One woman is killed by her current or former partner **every four days**.

Source: (Department of Prime Minister and Cabinet, 2024)

One child is killed **every fortnight** due to domestic or family violence.

Source: (Meyer, Fitz-Gibbon and Moore, October 2022 Public Statement)

Domestic and family violence is a **leading driver** of homelessness for women.

Source: Australia's National Research Organisation for Women's Safety (ANROWS) 2019.

101 Australian women were recorded to be murdered in 2024.

Source: Sherele Moody, Australian Femicide Watch

NOW THAT YOU'RE REGISTERED

Your next step is letting everyone you're walking for a good cause!

Raise money by asking your community to donate to your Walk for WAGEC page. They can donate knowing that every dollar will support women and children impacted by violence.

Set up your profile

Personalising your fundraising page will show how committed you are to the cause, and encourage your supporters to donate. The perfect place to start is by uploading a profile picture that represents you and why you're walking!

[LOG INTO YOUR ACCOUNT](#)

Let the fun(draising) begin!

Whether you're a first-time walker, or a fundraising extraordinaire, it never hurts to brush up on your skills. We've put together a list of our **top 10 tips and tricks** to help you get started on your fundraising journey. Remember - every dollar calls for an end to violence against women and children.

[READ FUNDRAISING TIPS](#)

Spread the word

Be a Walk for WAGEC influencer and engage your community by downloading, creating, and sharing useful resources and social media content.

[DOWNLOAD RESOURCES](#)





Your fundraising makes a huge impact

By Walking for WAGEC, you have already made an immense impact in the lives of women and children in crisis. Each donation, no matter how big or small, gets us closer to our goal of ending the domestic violence crisis. Every dollar counts!



\$50

Could provide a mother with a 'Welcome Pack' - including toiletries, PJ's and other essential items.



\$120

Could help provide one week's worth of groceries to women and children experiencing violence.



\$250

Could help provide three days of crisis accommodation for a woman and her children who have just escaped violence.



\$500


Could help a woman and her children buy furniture in safe housing, turning her house into a home.


Keep up with WAGEC's social media channels

Don't miss out on the fun and fundraising milestones! Keep up to date and follow WAGEC on your preferred social media channels. Don't forget to tag our account, and use the hashtag #walkforwagec!

 [@WAGECREFERN](#)

 [@womens.girls.emergency.centre](#)

 [Women's & Girls' Emergency Centre \(WAGEC\)](#)

 [@wagec_](#)

Don't forget about merch!

All pieces are unisex and proceeds go directly towards funding vital services so women and children facing violence can find the support they need.

Wear your values on your sleeve and join a sea of yellow tees on May 4th!

[BUY WAGEC MERCH](#)



WALK FOR WAGEC T-SHIRT



WALK FOR WAGEC CAP



WALK FOR WAGEC BUCKET HAT

KEY EVENT INFO

Here's everything you'll need to know before event day.



**Sunday May 4th
Centennial Park, Sydney**

Can't make it to event day?

Not a problem! We'd still love to see you walk (remotely that is). Email us at walk4wagec@wagec.org.au for support.

On the day

When should I arrive at Church Grounds?

Registration opens from 7am onwards. You're welcome to arrive any time after 7am however, we encourage you to come early to enjoy the food and entertainment. Formalities, including the Welcome to Country, opening speech and warm up, begin at 8am. We officially begin walking at 9am.

What should I do when I arrive?

When you arrive at Church Grounds in Centennial Park, please approach the registration desk to sign in. Once you've checked in and received your wristband, peruse the merch tent, grab a coffee and get ready to Walk!

What should I wear?

There is no official dress code for Walk For WAGEC, but we'd love to see you in your best yellow and purple outfits! You can purchase official Walk for WAGEC merch [here](#). Merch will also be available on the day. Remember, Walk for WAGEC is a fun run, so wear clothing that is comfortable and shoes that you can walk in. Be sure to check the weather ahead of time and dress accordingly.

What should I bring?

The Walk goes ahead rain or shine - so if it's raining bring your brollies and if it's sunny bring your sunscreen! Walk For WAGEC strives to be a waste-free event, so we encourage you to bring your own water bottle and a re-usable coffee cup. We also recommend bringing a hat and sunglasses for extra sun-safety!

My friend wants to join me on the day, are they allowed?

Yes - the more the merrier! If your plus one is over the age of 18, please make sure they register on the day. Children and under 18's do not need to register.

Can I bring my dog?

Of course! We love to see our four-legged friends at Walk for WAGEC but please note dogs must be kept on a leash throughout the event. If you bring your dog, be sure to snap a photo and tag [#walkforwagec](#) so no one misses out on seeing our furry friends!

Can I run the 5km instead of walking?

If running is your jam, you are absolutely welcome to run instead of walk! This year we're giving our runners a head start so you can have the smoothest run possible. If you plan to run, please arrive in time to start the course at 9am. Keep your eyes peeled [here](#) for the event's run-sheet - coming soon!

Is there free parking?

We encourage people to take public transport to the event. However, if you need to drive there is free parking around Centennial Park.

Will there be food and coffee?

Yes! We'll have a coffee and food stalls available at Church Grounds on the day. There are several cafes throughout Centennial Park, too, if you find you need sustenance on-the-go - you can check them out [here](#).

What happens if it rains?

We walk! Walk for WAGEC will proceed rain or shine. If it's raining on the day, pack your ponchos, bring your brollies and pop on your gum boots!

Is the event accessible?

Walk For WAGEC is a wheelchair and pram-friendly event; however, we kindly ask that all wheelchair and pram users stick to the pavement (as opposed to the grass track) to ensure you complete the course smoothly and safely. Signage will also be available throughout Church Grounds and around the course, and our team will be on-hand to assist you as needed.


If you have any accessibility requirements, please get in touch with our team at walk4wagec@wagec.org.au.

Course Map

The starting line is at the yellow and purple star. First, follow the purple arrows and complete a loop around Busby's Pond. Next, follow the pink arrows and complete two laps of Centennial Park.



WALK FOR WAGEC 2025 SITE MAP

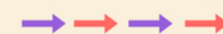
 Main event site
Start / Finish line

Directions

5km x 1 lap



10km x 2 laps



Any questions or concerns?

Email:

walk4wagec@wagec.org.au

If you or someone you know has been impacted by domestic violence, you have options:

If you are in physical danger, call Emergency Services on Triple Zero (000).

1800RESPECT:

1800 737 732 or 1800respect.org.au →

NSW Sexual Violence Helpline:

1800 424 017 or fullstop.org.au →

Lifeline:

13 11 14 or lifeline.org.au →

Link2Home:

1800 152 152 or facts.nsw.gov.au/housing/help →



Website: walkforwagec.org.au

Facebook: [@WAGECREDFERN](https://www.facebook.com/WAGECREDFERN)

Instagram: [@womens.girls.emergency.centre](https://www.instagram.com/womens.girls.emergency.centre)

LinkedIn: [Women's & Girls' Emergency Centre \(WAGEC\)](https://www.linkedin.com/company/women-s-&-girls-emergency-centre-wagec)