

Australian

# Two Day Walker

NEWSLETTER OF CANBERRA TWO DAY WALK INC.

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## Canberra Two Day Walk Inc.

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### Committee 2010-2011

President

Lachlan Wilkinson

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Hon. Secretary

Kathleen Berg

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Treasurer

David Horton

Committee Members

Harry Berg

Albert Brakel

Diana Marshall

Max Riley

Anne Walter

### PRESIDENT'S MESSAGE

As our 20th anniversary approaches, my concern is whether we will have our 'coming of age' and celebrate our 21st event in 2012. After our AGM, we will need a new secretary, treasurer and registrations manager. I would really like to hear from anyone who is interested in taking on one of these roles. Fortunately, the current (retiring) occupants of these positions are all extremely well organised and able to give a very comprehensive handover. Please give me or Kathleen a call if you might be interested. It would be a real pity to see the event fold so soon after reaching this milestone.

Meanwhile, preparations for our 20th event are progressing well. We mailed out the entry package a few weeks ago so let us know if you did not receive your copy. For those non-Canberrans, we have continued to receive good rains over summer and the place should be looking great by the time the walk arrives. This year we will be awarding the very first 20 year medals to those walkers who have participated in every event - a fantastic achievement. Make sure you come along to the presentations on the Sunday to give them due recognition.

Last year we dropped the age-distance requirement for the award of the Canberra Two Day Walk medal. This meant that a number of walkers could walk together as a family. Others also opted for a shorter distance. It would be a pity, however, if walkers under-estimated their own ability to walk a longer distance. The event was originally set up as a challenge and I would encourage you to continue to see it that way. The good thing about walking a longer distance is that you get to enjoy more of Canberra's great parks and scenery. You can always change to a shorter distance on the Sunday if you really do pull up stiff and sore, but, you may be surprised at how quickly your muscles warm up once you get going again.

Of course, the key to having a comfortable walk over the weekend is training. You will find training tips on our website at [www.aussiewalk.com.au/training.htm](http://www.aussiewalk.com.au/training.htm). Regular walking is the key and we try to encourage this through our monthly IVV walks (although we want you to walk more than once a month!). We have also been working with the Heart Foundation in promoting the health, fitness and social benefits of walking. We recently assisted the Heart Foundation in organising and staffing a booth at the recent Contact Canberra event held as part of the Multicultural Festival. We were pleased to win a prize as one of the 'most informative and welcoming' booths at the Festival!

Once again, we will be after volunteers to help out over the weekend. Let us know if you can assist. We will be holding 'Volunteers' Walks' in March so you won't miss out on doing the walk. Importantly, this year we will be recognising the first of our 20 year volunteers. Now that's commitment!

The 20th anniversary walk is one not to miss, as a walker or volunteer. I hope to see as many of you as possible on 2nd and 3rd April.

*Lachlan Wilkinson*

**NEXT WALK - 2 & 3 APRIL 2011**

# CANwalk Happenings

## Launch of CANwalk.org.au

January 28<sup>th</sup> saw the launch of a new website, the CANwalk portal which is a one-stop website for information about all the walking activities in Canberra.

The project (funded by the ACT Government) was organised by the Heart Foundation when it was realised that there are around a dozen walking groups in Canberra, catering from everything from walking support groups for recovering heart attack patients to long distance multi-day walks, but it was hard for people to tap into all the information. The new website fixes all that.



The official launch was performed by Chief Minister Jon Stanhope who is himself a keen walker. CANwalk patrons, Commonwealth champion walkers Jared and Claire Tallent were also present.

After the launch, those interested were treated to a short guided walk through old Acton, led by historian Allen Mawer, where we learnt about the geology and the early settlement of the area and compared old photographs with current vistas. At the end of the walk, a healthy lunch was enjoyed by all, with the chance to get to know some of the other Walk organisers.

## Community Fair

At the Community Fair on 13 February, Bill Caddey of the Heart Foundation coordinated a stall for any of the CANwalk walking organisations who wanted to promote their organisation.

Bill brought along some very smart display panels, and the stall looked good with photos and banners from several of the members, Canberra Two Day Walk included. The stall was well located, and generated a lot of interest from the public as members of the various clubs chatted to them and were able to direct people to the walking activity that suited them.



We were very excited that the Fair organisers also thought we did a good job - they were very impressed by the way our stall personnel interacted with the public, and the Heart Foundation CANwalk stall was awarded a prize for one of the most informative stalls; the prize being a voucher for 3 months membership at Fernwood. Bill will be using the voucher to promote CANwalk.



The CANwalk portal/website is now live...

CANwalk is a hub for many different types of walks around Canberra. Check out [www.canwalk.org.au](http://www.canwalk.org.au) for more information and to see a calendar of walk options.

## Walker Profile ~ Harry & Kathleen Berg

As the 20th Canberra International Walking Weekend approaches, it is fitting that the couple who started it all should be profiled in the Australian Two Day Walker newsletter. Harry and Kathleen have been with the walk since the beginning, but what gave them the impetus to start a multi day walk in Canberra?

Given Harry's Dutch heritage, they had known about the walk at Nijmegen for some time before discovering something similar being held in Ballarat. They subsequently entered the 22nd Ballarat walk in 1990, with Kathleen electing to walk 15 km per day and Harry completing the 30 km distance (there were also 20 and 25 km distances on offer). Kathleen believes that she underestimated her ability to tackle a longer distance and considers that most others do so too. She encourages people to challenge themselves and try a distance a bit longer than they may initially feel comfortable doing - you'll be surprised at what you are capable of achieving!

(Aside: Harry and Kathleen completed 4 more walks in Ballarat, including the very last walk held there in 1996.)

Shortly after this first multi day walk experience, they travelled over to The Netherlands to complete their first 4 day event at Nijmegen (plus the walks in Denmark and Austria). The international flavour of these walks was the catalyst for them deciding to organise something similar in Canberra - which happened very shortly thereafter in 1992... and the rest (as they say) is history...

More of the history of the Canberra event is on the aussiewalk website. But there is much more to Harry and Kathleen than being the organisers of our walk...

### What have been their highlights as walkers?

This is always a difficult question to pose to long time walkers, who have completed so many wonderful and very different walks around the world. They say that nearly all walks have something special to offer, but they did mention a few highlights along the way:

Their first international walk at Nijmegen was not just inspiring but also very memorable, with the extra buzz and atmosphere of a very big walk with up to 40,000 walkers and half a million spectators and bands performing along the route. The other walkers were very supportive and helpful, as is the case with most non-competitive walking events of this type. They were thrilled to have Harry's Dutch relatives come and give them flowers on the last day.

In 2003 they were the first non-European walkers to complete the Elfstedenwandeltocht - an IVV event that passes through 11 towns and covers 204 km over 5 days in The Netherlands. The weather and scenery was glorious and each night they stayed in a barge that followed their progress along the canals. The only small issue that arose was when they first boarded their barge and discovered there were separate sleeping quarters for men and women, and they had a few embarrassing moments while they separated their luggage on the deck! Despite such a long walk they still had the energy to dance at the party held at the conclusion of the walk.

In 2004 they completed a 160 km walk at Mt Fuji in Japan over 5 days. This was also an IVV event, held as a trial for a subsequent IVV Olympiad. The company was a highlight and of course the scenic views with the stunning Mt Fuji as a backdrop. Kathleen was also able to further her passion for photographing decorative manhole covers - and even found one featuring a koala.



Harry and Kathleen flying the flag (literally) at Nijmegen last year

(Continued from page 3)

In 2007 Harry and Kathleen ventured to the IVV World Hiking Championships near Innsbruck in Austria. Again this walk was particularly memorable for the stunning scenery - and Kathleen got to meet a fellow collector of manhole cover photos!

Most recently, in 2010 Harry and Kathleen got to complete a long term goal of walking the Camino from France to Spain - 780 km over 5 weeks - a significant achievement.

Another highlight was walking on the Great Wall in China - this was not part of any organised walking event, but it definitely stands out as a memorable and life enriching occasion.

Over the years Harry and Kathleen have completed 67 and 65 IML walks respectively - a feat in itself when only 13 of those have been in Australia. They have also completed over 225 different IVV events worldwide and over 5,500 km in those events.

### **What have been their highlights as organisers of the Canberra walking event?**

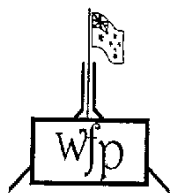
Not surprisingly as with most people involved in an event of this type, the common highlight is the people they have met and the friends they have made along the way. So many walkers have expressed their recognition in thank you letters after each walk which helps to keep their enthusiasm up. When they started the walk they never expected it to last 20 years - and certainly didn't envision they'd still be so actively involved.

Harry and Kathleen have received tremendous help from their family along the way and their kids were always part of the core volunteer group. As their children grew up and found partners of their own they were also roped in to help because the walk was "part of the job description"! In recent years their adult children have needed to take a step back as they started their own young families, but they are sure to be walkers of the future.

Harry and Kathleen really enjoy seeing walkers challenge themselves each year; many overcoming physical limitations. One particular walker stands out; having walked in the event over several years and finally managing to complete the 20 km distance required on both days for her age to get her very first medal award (under the old age based distance requirements). A Dutch marine helped her to finish and it was a very emotional experience.

Perhaps the only disappointment along the way is the lack of government support for the walk, particularly given the number of interstate and international visitors that the walk attracts to Canberra. The unique, non-competitive nature of the walk tends to make the walk difficult for non-participants to understand.

Over the years the walk committee has completely turned over, with the only constant being Harry and Kathleen, who have shouldered the lion's share of the work to organise each and every one of the first 20 walks. They even arranged their holidays for a couple of years to return to Canberra from an overseas posting to stage the walk. I think most people would agree that they have well and truly earned their honorary life membership of the Canberra Two Day Walk association - and have also earned themselves a break from their active involvement in the committee. However, with their pending retirement the future of the walk is in serious jeopardy unless several new people come forward to assist. Please don't let the Canberra walk suffer the same fate as the Ballarat walk. Canberra is a city made for walking and we want to have the opportunity to continue showcasing our city to the walking community for many years to come. If you have enjoyed the walk in the past and wish to help ensure its continued success into the future, please consider serving for a few years on the committee. Also, if you are in Canberra for the 20th walk this year, please make sure you make time to say hello to Harry and/or Kathleen and say thank you for all their selfless work over the years. I'm sure they'll appreciate it (although they will also be very busy as usual, so may not have much time for a social chat).

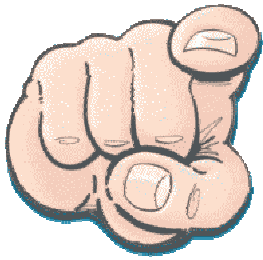


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*ACT Walking for Pleasure*

We walk on Tuesdays, Wednesdays, Thursdays, Fridays and Sundays  
Catering for all levels of fitness

Visit [www.actwfp.org.au](http://www.actwfp.org.au) for details or contact the Publicity Officer on **1300 799 719**



## The Canberra Two Day Walk Association needs you!

As mentioned in the president's report, a number of our committee members will be retiring at the AGM leaving a large gap to fill. If you are able to assist with any of these positions, please contact Lachlan Wilkinson (contact details on front of newsletter). Note that some of these positions could be done as a discrete task without requiring you to be a member of the committee. Instructions and training provided. In case any of these tasks sounds too formidable, just remember that they have all been done successfully in the past by novice volunteers! We only have 6 - 7 committee meetings per year, which usually last for 2 to 2 ½ hours.

### Secretary

- Manages correspondence, including clearing post office box
- Acts as contact person during the year, and directs enquiries and correspondence
- In conjunction with president, sets agenda for committee meetings and calls meetings
- Signatory for bank accounts
- Minutes all meetings and distributes minutes
- Organises stationery as requested by other team leaders, including stamped envelopes, labels

### Treasurer

- Maintains financial records
- Organises annual budget
- Signatory for bank accounts
- Receives monies and pays bills
- Organises all monies at event, including provision of float to Registration, IVV, IML
- Prepares accounts for auditor to suit timing required by Associations Act
- Holds receipt books and provides at least two books to "on the Day Registration" Manager

### Registration manager

Responsible for all activities associated with inviting participants, registering participants (from entry brochure and online), preparation of brochure, start cards, distributing start cards, managing entrants on the day, organising CTDW walker and volunteer awards. This includes organising the design and printing of the entry brochure, entering of participants on the walk database, organising items for the mail-outs to walkers and managing the registration counter. (This task could be shared amongst a number of people.)

### Route marker

Responsible for planning signage for the Canberra International Walking Weekend, and coordinating sign placement and pickup during the event. **Note: We need someone to fill this role for the 2011 walk.**

### Venue Manager

Responsible for hiring of the venue for the Control Centre, liaison with the venue owner, coordinating set-up and pack-up of the venue, and organising all equipment required for the venue.

### Approvals and insurance

Responsible for obtaining all ACT government and National Capital Authority approvals to conduct the Canberra International Walking Weekend. As government approvals require the Association to hold \$20m public liability insurance, the coordinator is also responsible for obtaining the necessary cover for the event and maintaining the event risk management plan.

### Checkpoint Coordinator

Responsible for maintaining and organising equipment for checkpoints, planning and purchasing supplies needed, briefing checkpoint volunteers, providing them with their equipment and supplies, ensuring they are at their designated location at the required time, and ensuring checkpoints have adequate water.

### Publicity officer

Responsible for the promotion and marketing of the Canberra International Walking Weekend and other activities of the Association. The Publicity Officer prepares the annual publicity plan and organises publicity material and events.

### Volunteer manager

Responsible for recruiting and coordinating all volunteers for the Canberra International Walking Weekend and ensuring they are adequately briefed.

**Remember: you can still complete the walk at the marshals' walks before the event and earn awards as a volunteer - so if you enjoy the walk and want to ensure its continued success, please consider volunteering.**

**Canberra Two Day Walk Inc.**  
**Notice of Annual General Meeting**  
**at 5 pm on Saturday 2 April 2011 at the**  
**Control Centre for the Walk**  
**(corner of Kings Ave & Blackall St, Barton, Canberra)**

All welcome, but only financial members (not newsletter subscribers) can vote.

~ **AGM Update** ~

by Kathleen Berg, Secretary

**Agenda**

1. Welcome
2. Apologies
3. Minutes of 2010 AGM
4. President's Report
5. Financial Report
6. Election of Office Bearers:
  - President
  - Vice-President
  - Secretary
  - Treasurer
  - Committee members
7. Business arising
  - Review of implementation of new award system for Canberra International Walking Weekend
  - IML update
  - IVV update
8. New Business
  - Need for new committee members

**All financial voting members of the Canberra Two Day Walk Inc. are eligible to nominate and vote for any position.**

**Important:**

**Financial/voting members please help us achieve a quorum by attending the AGM!**

Has your email address changed recently? If so, you may miss out on email updates and reminders from us.

Send updated contact details to: [aussiewalk@aussiewalk.com.au](mailto:aussiewalk@aussiewalk.com.au)

# \*\*\* 20 Years in 2011 - A Walk for All Ages \*\*\*

## Things you need to know for the walk on 2-3 April 2011...

### 1. Online (credit card) entries close on 5th March (next Saturday!).

Postal entries will continue beyond that date for cheque payment only and cash entries can be made at the control centre on the Friday afternoon prior to the walk or on the morning of the walk.

### 2. The free t-shirt offer also ends on 5th March.

So if you haven't already entered you need to do so quickly to ensure you get one of these very colourful t-shirts to commemorate our 20th walk.

For those who are tardy with your entries, a small number of t-shirts will be available to purchase via the shop on the weekend of the walk at a cost of \$15.

**T-shirt sizing:** To determine your size, find a t-shirt you own that fits well and measure it across the chest from seam to seam - don't stretch your shirt out. Compare the size in cm to the chart below - please note that the sizes are quite generous.

size	10	12	14	XS	S	M	L	XL	2XL	3XL
cm	42.5	45	47.5	49	52	55	58	61	64	68

### 3. T-shirt collection on Saturday (2nd April)

If you have a free t-shirt you will be able to collect it after completing the first day of the walk.

### 4. Wear your commemorative gold walk t-shirt on Sunday (3rd April)

The gold t-shirts really stand out and we want to make a big splash across Canberra on Sunday to help celebrate the 20th anniversary milestone. Hopefully as many people as possible will wear their shirts, which should make for some great photo opportunities.

### 5. Don't forget your walk lanyard from the 2010 walk

Please re-use your lanyard from last year if you have one!



## Kathleen's Tips for a Successful Walk...

### The Day Before the Walk:

- Check how to get to start and time needed to get there, especially for the first time in an event.
- Check forecast to see if you need any special gear (eg wet weather gear)
- Pack day pack with start card, snacks or money for snacks, IVV card and IML passport, camera, first aid stuff etc (but not the kitchen sink - you do have to carry it all!)
- Lay out your clothing all ready to put on in the morning (especially if you have an early start time)
- Check your feet, especially toenails - can be very painful if you forget this one
- Set alarm clock to allow comfortable time to get to the walk.  
(If you're a bit panicky like me, set two!)

### The Morning of the Walk

Have a good breakfast, put on your happy face and ENJOY THE WALK



## ACT Walkers

*Competitive walking in a social environment*

[www.actwalkers.org.au](http://www.actwalkers.org.au)

Do you want to take your walking to the next level?

ACT Walkers caters for race and fitness walkers of all standards. We organise weekly events with a range of distances and anyone is welcome to participate. Our walks are not just about competition – better health and fitness, enjoyment, socialising and personal challenge are equally important.

For more information, go to our website (above) or ring Lachlan on 6257 6427.



## Monthly IVV / Lions Group Walks - 2011 Calendar

The monthly group walks are continuing in Canberra in 2011 on the **second Saturday of each month** (plus a couple of bonus Sunday walks) - make sure you mark your diaries so you don't miss out! All walks start at 8 am.

If you want to receive an email reminder for these walks please let Diana know at [newsletter@aussiewalk.com.au](mailto:newsletter@aussiewalk.com.au).

The cost for each IVV walk continues to be \$5 for IVV walkers, with \$2 donated to Lions Community Projects. Non-IVV walkers are also most welcome to join for just the \$2 donation. In 2010 we raised approximately \$300 for Lions and this will be presented to them at the walk in April next year. Each walk is very social, with walkers able to walk at their own pace, and usually concludes with a coffee and chat at the end.

These walks can be done once every six months for "event" credit, but any number of times for "distance" credit. More details about the IVV and how it all works are included on the website. There is also information about the "Lakes of Canberra" award.

**Mar 12:** Lake Ginninderra walk - meet at Townsend Place (Yellow Pages Map 38 B14) - 8km or 10km options

**Apr 2-3: Canberra International Walking Weekend!** (no monthly IVV /Lions walk this month)

**May 14: World Walking Day** - location and meeting point to be confirmed - 10km approx

**May 15:** Bonus Sunday Walk - Lake Burley Griffin - explore the wetlands

**Jun 11:** Lake Tuggeranong walk - meet at Cowlshaw Street car park opposite Tuggeranong College (Yellow Pages Map 87 N13)- 7km or 10km options

**Jun 12:** 45th Annual Lake Burley Griffin Walking Carnival is on at Weston Park, organised by the ACT Race & Fitness Walking Club. Details of all event options will be available on their website closer to the date - refer [actwalkers.org.au](http://actwalkers.org.au).

**Jul 9:** Capital Walk - meet at Parliament House Forecourt (Yellow Pages Map 59 F14) - we'll walk the new Canberra route via the War Memorial -11 km

**Aug 13:** Bushwalk - location and meeting point to be confirmed - 10km approx

**Sep 10:** Lake Ginninderra walk - meet at Townsend Place (Yellow Pages Map 38 B14) - 8km or 10km options

**Oct 8:** Lake Tuggeranong walk - meet at Cowlshaw Street car park opposite Tuggeranong College (Yellow Pages Map 87 N13)- 7km or 10km options

**Nov 12:** Lake Burley Griffin walk - meet at Questacon car park (Yellow Pages Map 59 G10) - 14km

**Dec 10: St Nicholas Embassy Walk** - meet at Questacon car park (Yellow Pages Map 59 G10) - 10km

**Dec 11:** Bonus Sunday Walk - TBC

### Would you like to see more IVV walks?

Two things are needed for new IVV walks:

1. Someone to design and map out a route with written directions, and
2. Sponsorship to cover the cost of the IVV stamp.

Sponsors of IVV walks can complete any Australian IVV walk (excluding the Canberra International Walking Weekend) at no additional charge (they just purchase the record books). Sponsorship costs \$100/year or \$50 for six months.

Sponsors who participate in the Monthly IVV / Lions Group Walks are required to make the \$2 donation that applies to non-IVV walkers.

Walks outside of Canberra are also welcome - currently we have walks in Sydney, Melbourne, Bairnsdale and Lakes Entrance. For non-Canberra walks it would be best to have a walk box in the location of the walk (eg at the local Visitors Information Centre) plus a local walker who is prepared to assist with monitoring the walk box and collect money.

**Happy walking - we look forward to seeing you again on the trails...**

Feel free to share this newsletter with friends and family who enjoy walking

- and help us pass the word about the 20th Anniversary of the

**Canberra International Walking Weekend on 2-3 April 2011.**