

TEMPUS & WSIB TREK FOR A CAUSE FRIDAY, 31ST MAY 2024

Join us in raising money for Diabetes Australia on Friday, 31st May by taking part in our Trek for a Cause beginning at beautiful Kurnell and ending at spectacular Sandringham.

The aim of our day is to not only support Diabetes Australia but to encourage our teams, clients, friends and family to get moving and put those Fitbits and Apple Watches to work!

There will be different options of the walk to suit all fitness levels:

- 30KM → THE LONG WAY - KURNELL TO SANDRINGHAM (VIA CRONULLA ESPLANADE LOOP)
- 20.5 KM → SHORT CUT - KURNELL TO SANDRINGHAM
- 11 KM → BEACH TO BAY - CRONULLA TO SANDRINGHAM
- 6.7 KM → ACROSS THE BRIDGE - WOOLLOOWARE TO SANDRINGHAM



A donation fee of \$50 is required which is donated directly to Diabetes Australia. Please click on the links below to donate or register for the walk.

After the walk we will finish up at Georges River Sailing Club for food, well deserved drinks and a raffle!

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REGISTER OR DONATE](#)

FREQUENTLY ASKED QUESTIONS

How do I get to the starting point? All participants will be provided a meeting point and time to meet at their start point. There are public buses to transport from Cronulla Railway Station to Kurnell

Will there be leaders? Yes, Tempus & WSIB will have our teams spread across all distances to ensure we all keep on track

First Aid? We will have a small first aid kit on hand with each of the groups

What do I wear? Sensible walking/running type shoes, tights / shorts, comfortable breathable shirt / top, a hat, sunglasses & sunscreen. Ensure that you pack for cooler start and a wet weather jacket should the forecast indicate wet weather. For the longer trekkers, maybe a spare pair of socks - you will be amazed at how good a fresh pair of socks are half boots

What do I bring? In a comfortable day backpack, you will need to bring enough water to see you through the length of your walk. Snacks like nuts / trail mix, bananas, apples, protein bars to keep you fuelled along the way. Red frogs and snakes are also handy for a sugar energy boost. If you have allergies, medication, puffers, please bring that along with you

Who do I contact for questions on the day? Donna - 0403 280 553 / Louise - 0417 698 038 / Sarah - 0421 208 849

How do I get home? Bus from Sandringham to Rockdale or Caringbah or Uber



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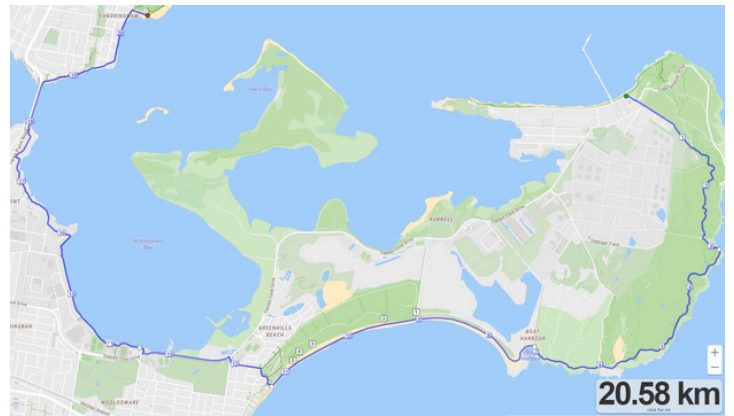


ROUTE MAPS

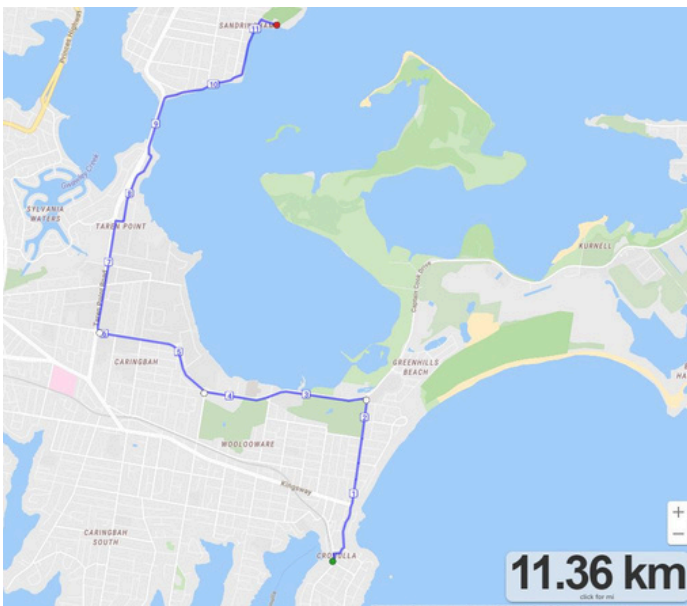
The Long Way - Kurnell to Sandringham via Cronulla Esplanade Loop)
30km



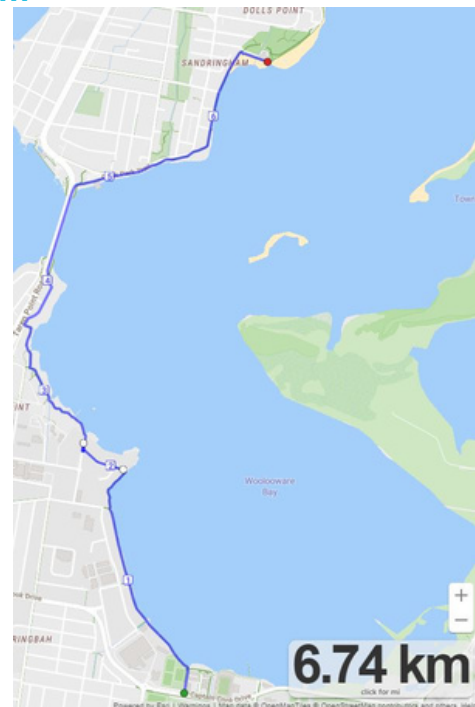
The Short Cut - Kurnell to Sandringham
20.5km



Beach to Bay - Cronulla to Sandringham
11.5km



Across the Bridge - Woolooware to Sandringham
6.7km



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