



STEP UP

1,103 STEPS TO MAKE A DIFFERENCE

THE SHADFORTH FINANCIAL GROUP
STEP UP FOR MSWA

PARTICIPANT GUIDE

SUNDAY 17 JUNE 2018





A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

GENERAL INFORMATION

Date	Sunday, 17 June 2018
Where	Central Park Tower, 152-158 St Georges Terrace, Perth
Time	Start times from 8.00am (you can find your wave time here)
Categories	Individuals or teams of up to twelve
Climb Options	One Up - 1,103 stairs or 53 flights Double Up - 2,206 stairs or 106 flights Mini Climb - 435 stairs or 20 flights

WHAT TO BRING . . .

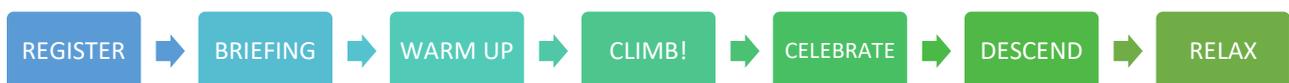
We suggest that you bring **only what you need** – water, a jacket for after the climb and a small amount of food. It is advisable to leave all valuables including mobile phone, sunglasses, wallets etc with your supporters if possible, however you can leave these at the **cloaking desk**.

In the event of **wet weather**, please be sure to bring plastic bags to keep your shoes dry. **Costumes** are encouraged, but safety cannot be compromised.

Please bring any **money raised offline** to the MSWA marquee. If you require a receipt, please ensure you bring these details with you – full name, amount and address. We'll take care of the rest.

A cheer squad! Make sure to bring along family and friends to support you on the day. There'll be kids' activities, exhibitors and a big screen on the ground floor so your supporters can watch you race and cheer you on.

WHAT TO DO . . .





A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

WHEN YOU ARRIVE . . .

The **registration desk** opens at 7.00am and is located in the forecourt of Central Park, opposite the Deck Café.

Please be sure to register at least 45 minutes before your start time.

You will receive a race bib and your timing chip. Please do not bend or remove your timing chip as this may cause an issue with your timing result. Your timing chip is disposable and does not need to be returned at the end of your climb.

Please attach your race bib to **the front of your shirt** using the safety pins provided and ensure you use the pens provided to write your emergency contact details on the back.

Double Up participants will receive a dedicated Double Up bib. Please keep this on for both of your climbs. The timing will be activated each time you cross the start and finish lines. **Please do not go within 2 metres of the start line during your one-hour laydown period**, otherwise you risk activating the timing before you start your second climb.

Online registrations close midnight on Wednesday, 13 June but there will be limited **registrations available on the day**. These are only open to the One Up (\$70) and Mini Climb (\$40) categories. There will be no double up registrations available on the day.

ONCE YOU'VE REGISTERED . . .

After registration, you can head to cloakroom if required, you will then be directed to a holding area where you will receive a briefing from Zenith Events' staff. **Please ensure you pay attention during this time as the briefing is essential to your safety and the safety of your fellow participants.**

Please ensure you are at the holding / warm up area 10 minutes before your start time.

The teams from Xtend Barre and Snap Fitness will be holding warm ups for all participants on the grassed area following the briefing to get those legs stair-climbing ready!

Please ensure you remain in this area as you will then be taken to the starting line ready to begin your climb.



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

Mini Climbers are asked to gather at the assigned marshalling area on the grassed area outside Central Park. From here, you will be escorted up to **Level 33** by security to commence your climb. Please note that the Mini Climb is NOT a timed challenge.

READY, SET . . .

You can find your wave / start time on the website [here](#). Wave times will also be available from our volunteers on the day of the event.

If you registered **before Wednesday, 6 June**, your wave / start time will be available on **Thursday, 7 June**. For anyone registered after this, your wave time will be available on **Thursday, 14 June**.

One Up participants will enter the stairwell in small groups at intervals (not stampede style).

Double Up competitors will be given 8.00am and 9.00am start times. Both starts will be stampede style which lets all participants run together at the same time. **For the safety of yourself and others around you please be careful and respectful of your fellow participants.**

GO!

Floor marshals will be stationed on every fourth floor. If you find yourself in difficulty, please make yourself known to them and they will call first aid to assist you.

Please keep **left** at all times when ascending.

Water bottles are not permitted in the stairwell, but water will be available on the rooftop.

For safety reasons, participants are **not permitted to wear headphones/iPods** during the climb as you need to be able to hear other participants passing you.

Mini Climb participants are to give way to full climb participants.

Please note that your race time may be influenced by impediments beyond the control of event organisers such as first aid situations and participant traffic in the stairwell.



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

CONGRATULATIONS CLIMBER!

Once you have completed the event, you will be issued with your **event medallion** on the rooftop.

You will be guided by volunteer staff to the correct lifts to return to the ground floor where refreshments and your fans await. Don't forget to grab your **free bottle of water** and **free fruit** as you exit the building.

The Perth Integrated Health team will be offering **free massages and cool down** to all participants - make sure you stop by after your climb for your post event rub down!

AND THE AWARD GOES TO . . .

Presentations will be held on the ground level throughout the day as each category finishes. Make sure you stick around to congratulate the 2018 winners and see if you are one of our 2018 champions!

Don't forget there are some great prizes up for grabs for not only our **fastest climbers** and **highest fundraisers**, but for the **best costume** too!

All the final times will be posted to the website the following week. We'll send you a link as soon as they're live, so you can log on and see how you went.



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

OTHER INFORMATION

PARKING AND TRANSPORT

To help you get to and from the event our friends at Wilson Parking will once again kindly be providing discounted parking at Central Park all day until 5pm, **when you pre-book online.**

Click [here](#) to pre-book online and park for just \$5.50. Then click on Book A Bay on the left of your screen, select **WA** and the **Central Park Car Park** and enter the entry date and time + exit date and time. Enter the promo code **STEP18**, then click on **BOOK A BAY.**

Please note this offer is only valid if you use the Book a Bay App. All ticket parking will be standard parking rates.

Perth Underground and Elizabeth Quay Train Stations are both walking distance from Central Park. To plan your journey using public transport jump onto the Transperth website [here](#).

SPECTATORS

Friends and family are very welcome to attend to cheer you on and take photos, however due to security restrictions will not be permitted to accompany participants into the stairwell or to the roof of the building.

They will be able to settle in with coffee in the Central Park forecourt and to check out the exhibitors and kids' activities.

Spectators are asked to please be mindful of participants when entering and exiting the forecourt.

TOILETS

Toilets for participants and spectators are located in the **Central Park Conference Centre.**



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

WATER

Water will be available on the rooftop at the end of the climb. Please note that **you cannot take water into the stairwell.**

There will also be water available as you exit the building on the ground floor, and you can refill your bottle using the Water Corp re-fill station located next to the MSWA marquee.

CLOAKING

A cloaking service is available and will be located in the **foyer of Central Park** (ground floor).

On the bottom of your **race bib**, you will have a **tear off strip** with a number on it. Please present this number with your item to the cloaking staff.

Whilst all care will be taken with your items, MSWA takes no responsibility for lost or damaged items. Cloaking is at your own risk.

FIRST AID

St John personnel will be situated on the **ground floor**, at **various locations in the stair well** and on **the roof**.

Stair marshals will be located on every fourth floor. If you are having difficulty, or come across a participant requiring assistance, please advise a stair marshal who will contact medical personnel to attend.

Alternatively, push the **intercom button** (located next to every floor access door in the stairwell), wait for building security to answer your call and say **“floor [X] first aid required”**.

If you are in any form of emergency including medical, please make your way to one of the stair marshals who will be able to communicate quickly with the required chain of command to request assistance.



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

CHAMPIONS CLUB

Congratulations on everyone who made it into The Shadforth Financial Group Step Up for MSWA 'Champions Club' - an elite group of participants who have raised \$1,000 or more for the 2018 event.

All 'Champions Club' members receive;

Priority Climb Time - You'll be able to choose what time you (and your team mates) complete your climb up Central Park. Don't want to get up too early? You'll be able to choose a later start time!

Step Up for MSWA Singlet - Singlets will be available for collection in the Champions Club VIP Lounge. Limited sizes and quantities available!

Complimentary Event Day Parking - Park at the Wilson Central Park Carpark and have your parking validated at the Champions Club VIP Lounge after your climb!

Exclusive access to our Champions Club VIP Lounge - Following your climb, Champions Club members will have exclusive access to our Champions Club VIP Lounge, on the grassed area outside Central Park. Here, you'll be able to chill out and relax after your climb & receive a complimentary recovery massage, without having to wait in line. You'll also be able to invite one friend/family member to join you in the Lounge.

Limited-edition Champions Club Lunch Bag - Your very own Champions Club Lunch Bag will also be waiting for you at the Lounge. It will be filled with a variety of snacks and treats to help you re-fuel after your climb. Plus, you'll also receive a free hot-drink voucher to redeem at Cespresso, Central Park.

Photo Memento - Have your photo taken and made into a 'Champion' fridge magnet. A fantastic keep-sake to remember your 2018 climb!

If you haven't made it yet, don't worry – you still have up until Thursday, 14 June to hit that fundraising goal!



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

FIREFIGHTERS AND PROTECTIVE SERVICES CHALLENGE

You will probably notice a number of firefighters, paramedics, police and other protective services officers climbing the stairs next to you. Don't worry there's no fire! These are our participants taking on the **Firefighters and Protective Services Challenge**.

These everyday heroes are taking on one of two options – the **KEEN** challenge with their full kit, or the **EXTREME** in their full kit PLUS breathing apparatus, EHS Response Bag or equivalent emergency gear.

2017 RESULTS

FUNDRAISERS

CATEGORY	NAME	AMOUNT
Highest Individual Fundraiser	Tory Lloyd	\$5,470.05
Highest Fundraising Team	JB Gems	\$12,146.05

TIMES

CATEGORY	NAME	TIME
Overall Champion FEMALE	Fran Flockton	9:30
Overall Champion MALE	Anthony Sciano	6:57
Double Up champion FEMALE	Melissa Cook	17:05
Double Up champion MALE	Colin Ottaway	14:34
Fastest Team	RSM Australia	42:47

You can see the full results from 2017 [here](#).



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

EXHIBITORS

SHADFORTH

Shadforth Financial Group are a national network of financial advisers with a passion for client-focused advice. No matter what stage of life you are at, we can help you plan and tailor a financial strategy in the areas of integrated wealth management, personal insurance, investment consulting, aged care and mortgage broking and commercial lending. Our client-centric approach to advice tailors' solutions specifically to your needs, so we can ensure the advice we give you is always in your best interest.

We're proud to sponsor this great event in support of MSWA for the third year in a row. Stop by our stall for more information about our services and pick up some goodies! You can also contact us on 1300 308 440 or contactus@sfg.com.au to make an appointment with your local Perth Shadforth Financial Adviser.

XTEND BARRE

What is Xtend Barre? An empowering full-body workout designed to tone, improve posture and leave you feeling stronger than before. We're about mixing it up; bringing strength, cardio & confidence to everyone from first timers to hardcore workout warriors. Our high energy classes are for everyone at every level. Get ready to transform your fitness routine with us!

As a 2018 Step Up for MSWA participant, you are invited to 7 days of UNLIMITED classes at Xtend Barre for just \$29 (valued at \$49.50).

Please call or email the studio of your choice to arrange your 7 day trial pass;

- Alfred Cove; 0404 843 302 - alfredcove@xtendbarre.com
- Floreat; 9287 2454 - floreat@xtendbarre.com
- Osborne Park; 9443 9473 - osbornepark@xtendbarre.com
- Perth City; 6161 8223 - perth@xtendbarre.com
- Western Suburbs; 6361 1229 - westernsuburbs@xtendbarre.com

To find out more, click here: <https://www.xtendbarre.com.au/find-a-studio>

**For new clients only, one offer per person, offer ends Tuesday, 31 July 2018*



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

MSWA – NDIS

MSWA offers you a smooth and easy NDIS journey.

The National Disability Insurance Scheme (NDIS) can assist you with a wide range of supports including home help, personal care, shopping, occupational therapy, physiotherapy, counselling, speech therapy, mobility aids and home and vehicle modifications.

It will be coming to the City of Melville, the City of South Perth and City of Fremantle on July 1st. It will also be launched in Joondalup, Wanneroo and Bunbury on October 1st

MSWA has a dedicated NDIS team to answer any questions, assess your NDIS eligibility and guide you through the NDIS application process. The organisation can then provide a range of NDIS funded services and supports for people living with a neurological condition.

Please phone MSWA on 1300 097 989

KEEP ON RUNNING

Keep On Running is a store not just for the serious runner, they cater for casual runners and active individuals too. Owner, Bruce Hogg, has 25 years' experience in the sporting goods industry, primarily fitting and giving advice on running shoes. He is very well known for servicing of track and field athletes and meeting their needs for performing on the track.

Keep On Running provides a specialist running store that everyone who likes to exercise can enjoy shopping at.

PERTH INTEGRATED HEALTH

The team from Perth Integrated Health will be present during the event to provide their sports medicine expertise and clinical support to participants of this year's event. Lead by Sports Medicine Australia Director Ian Wee – this diverse team of health professionals are already well known in the sporting community for their world including major world events such as the World Masters Athletics Championships, WA Marathon Club events and the Rottneest Channel Swim. They also host the annual Secret Urban Run for runners looking for new challenges. They are synonymous as providers of sports medicine services for triathletes and runners and host their own rehabilitation program for runners in the community.



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

ENTERTAINMENT BOOK

The NEW **2018 | 2019 Entertainment Memberships** are now available! Order now and help MSWA support the thousands of people living with MS and other neurological conditions in WA.

The Entertainment Book membership lets you discover thousands of valuable **2-for-1** and **up to 50% off** offers for many of the best restaurants, cafes, arts, attractions, hotels, travel, shopping and much more! Plus, you can choose the style of membership that suits you best – the traditional Entertainment Book membership, or the Entertainment Digital Membership for your smartphone.

Purchase your membership on event day at the Entertainment Book stand or order online [here](#). With **20%** from every membership sold coming back to MSWA, it will allow us to continue to provide support and care services to people living with MS and other neurological conditions, fund vital research into a cause and cure for MS and a range of neurological conditions and help build high-support accommodation and respite facilities in various locations around WA.

THE ENTERTAINMENT BANK

We are a proud supplier and supporter of MSWA since 2014. The Entertainment Bank provides innovative entertainment and activities for events in Western Australia. We are WA based with over 12 years we aim to provide a professional, reputable and reliable service with clear communication to our clients. We personalise our service and support to ensure a high quality, professional staff and entertainment to make every event a success.

SNAP FITNESS

Get fit your way with Snap Fitness! If you love working out in an inclusive environment, where the staff will encourage your progress and support your journey, then look no further than Snap.

With locations throughout the Perth metro area (and regional areas too), the latest in fitness facilities and programs, and 24/7 opening hours - Snap Fitness really is the place for the most rewarding fitness experience. Check out your closest location at www.SnapFitness.com.au



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

THE SUNDAY TIMES

Enjoy better Sundays with The Sunday Times! Written by award winning journalists, read the best in news, lifestyle, entertainment and sports every Sunday! Get The Sunday Times delivered to your home for only \$3.10 per week.

Sign up here! <https://subscriber.thewest.com.au/sunsub>



A UNIQUE STAIR CLIMB TO THE TOP OF CENTRAL PARK

STEPUPFORMSWA.ORG.AU

CENTRAL PARK - SUN 17 JUNE 2018

WITH THANKS TO . . .

OUR SPONSORS,



SUPPORTERS,



MEDIA PARTNERS,



AND EVENT PRODUCERS.

