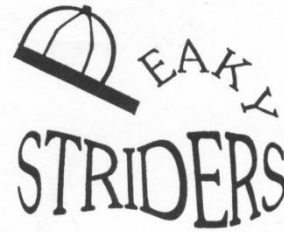


Welcome to Peaky Striders

Now that you have joined Peaky Striders Here's a few helpful tips and answers to frequently asked questions.



Peaky Striders Inc

The club is run by members for members. Your level of participation in the Club walks & activities is up to you.

Arrive at least 10 minutes before the walk starts. This gives you time to pay your \$2 walk fee, record your walk against your name, have your card stamped and then look at the map to check the route of the walk.

What are the cards and stamps for?

You will be given a card to keep track of your walk progress. A stamp is given for each walk you do if you bring your card. Throughout the year your walks are earning points towards rewards which will be given out at the end of the year presentation. Each stamped walk card counts toward your rewards.

Who looks after my card?

It's simple – you do. You bring your card with you every programmed walk to receive a stamp. If you forget your card, we don't back date. If you lose your card, we will issue you with a new card but you start from the beginning of the card. You are responsible for your stamp card.

Everyone's level of fitness is different so we have 3 groups.

- The Half Pace group walk for 60 minutes. Each walk is 3-5km.
- The Walkers group walks for 60 minutes. Each walk is 5-6km kms.
- The Fast Pace group walks for 70-75 minutes. Pace is faster and walkers complete whole mapped route and walk 6-8km.
- You choose the group in which you want to walk at the start of each walk. Many of the members move between the groups depending on how they feel. You are responsible for your decision, though you may be encouraged to go up a group if some of the more experienced members think you are capable.

How do I know which walk is scheduled?

Members are issued a calendar every quarter that tells you what walk we are doing each scheduled session. We do not walk the same walk twice in a month. We have over 50 different walks.

The walks are also on our website calendar www.peakystriders.org.au

How do I find out what the route for the walk is? All our walks have been mapped out. The map for the night's walk is placed on the table. Please review the map each walk to familiarise yourself with the route. The club employs a system where the front walkers do double-ups and go to the back of the group or do an extra cul-de-sac. This ensures that each group stays together.

Tuesday and Thursday evening walks start from the reception area of the Masonic Club, Roberts Ave Peakhurst. Just look for the orange reflector T-shirts in the room behind the reception area.

Wednesday mornings start from various locations, such as Cronulla or Oatley Park. Start locations can be found on the back of the quarterly walk calendar or the website. Meet at 7.50am for an 8am start. In Summer the walks start at 7am to avoid the heat of the day. On Wednesdays, many of the members stay after the walk for morning tea. Participation for morning tea is purely optional and at your own cost.

Saturday mornings start from various locations outlined in the walk calendar. Meet at 6.50am for a 7am start. On Saturdays, many of the members stay after the walk for morning tea. Participation for morning tea is purely optional and at your own cost. On alternate Saturdays we go to a coffee shop afterwards or enjoy tea/coffee & something to eat if we are in a park. A roster of member volunteers is compiled. The volunteers bring morning tea or the hot water if the venue is at a park. Cost of the park morning tea is usually \$2.

What do I wear to start out?

Wear comfortable walking shoes and socks. We don't walk in thongs or sandals. Shorts or leggings are comfortable and we suggest you wear a loose light coloured T shirt.

Do we have a uniform?

Yes - our club colours are orange and black. We wear orange T shirts or singlets. All members will be given a Maso Club sponsored T shirt as soon as possible after joining. All other gear must be purchased. Our Uniform Coordinators can help you out with sizes. Suitable athletic footwear such as good fitting joggers or walking shoes are recommended.

What about safety?

Peaky Do's & Don'ts

Being part of the Peaky Striders, we have a few do's & don'ts in order to ensure everyone's safety and comfort when out on our walks.

Walkers are responsible for their own safety and should always keep this in mind. Enjoy the company of friends and the challenge of achieving your goals, but being aware of your personal safety must be always at the top of your mind.

- Do not wear dark clothing. Our reflective Peaky T shirts help us to stand out to traffic, especially when walking in the evening. If your Club shirt is in the wash DON'T wear a dark clothing – only LIGHT COLOURS so you can be seen.
- Please wear proper walking shoes such as joggers or cross trainers.
- So you can be seen – and we all love to be noticed – please wear your FLASHING LIGHT and carry a bright TORCH.
- Do not wear headphones, airpods or anything else that impedes your senses. You must always be aware.
- Walk on the path where there is one. If the path at the side of the road narrows, only cross onto the road when it is safe to do so. Cars travel at high

speed and drivers only have a split second to react if you are on the road. If the road is the only place to walk then ensure it on the RIGHT HAND side so approaching cars can see you coming and you can see them. Your torch will alert cars that you are ahead.

- If you feel fatigued or unwell - do not continue. Tell a committee member via text or let another member know before you head back. Go home and rest so you can walk another day!
- Drink plenty of water.
- As much as we all love our little darlings – NO CHILDREN & NO PRAMS – they need our attention 24/7 and this is **your** time!
- Skin is waterproof so NO UMBRELLAS – stops you from using your “power arms & restricts vision ahead and they are good “eye pokers”
- We know they are man’s best friend – NO DOGS –they can run faster than us!
- If you are asthmatic, please ensure that you have your medication with you at all times.

Please download the Emergency App to your phone.

The **Emergency+** app is a **free** app developed by Australia's emergency services and their Government and industry partners. The app uses **GPS functionality** built into smart phones to help a Triple Zero (000) caller provide critical location details required to **mobilise emergency services.**

<https://emergencyapp.triplezero.gov.au/>

Do we walk in the rain?

We don't walk if the rain has set in for most of the day as the paths and roads are slippery and dangerous. Otherwise members are asked to exercise their own judgement if it is raining near the walk departure time. A committee member present at the walk venue will decide whether the walk will be undertaken just before the departure time. We do walk in the rain when it is not heavy. If no committee member is present just before the departure time to make the decision then the walk is deemed cancelled.

We don't walk if there are unacceptable risks such as when the winds are strong, there is a threat of lightning, we have high temperatures or air quality is poor.

The secretary may advise members of walk cancellations via text where possible as a courtesy.

Is a walk ever cancelled?

Walks will only be cancelled if there is a risk to member's safety. Walk cancellation is an uncommon event and occurs with high winds, lightning, wet weather, extreme heat or poor air quality. A committee member will make the decision whether a walk will proceed. If a walk is cancelled, no payment will be taken and no stamps will be earned if you turn up and we don't walk. If no committee member turns up then the walk is deemed to be cancelled.

The decision by the committee member is final and will be respected by all members. The committee are exercising their duty of care and have your safety in mind.

Can I walk if the programmed walk is cancelled?

Members who decide to walk after it has been officially cancelled by a committee member may do so at their own risk. You are asked not to wear the Orange Peaky club T Shirt. Feel free to have a back up "non Peaky" T Shirt in the car just in case.

Should I walk if I don't feel well or have an injury?

No. You are responsible for your health and must take full responsibility for it. Exercise should be undertaken only when you are well. Rest and return when you have fully recovered and are fit to exercise and be able to walk at least in the Half Pace group.

If you are asthmatic, please ensure that you have your medication with you at all times.

What if I can't walk an hour after an injury or from illness, how can I build up my walking stamina to return to the regular groups?

Members recovering from injury, illness, operations who are unable to walk for 1 hour now have the option of returning to walking with a 40 minute Recovery Walk at a manageable pace to accommodate recovery from illness or injury.

- The Recovery Group (*Operates on a needs basis only.*) This group may not be needed every walk.
- On Tuesday and Thursday night walks, the Recovery Group walk to Gannons Park for one lap of the park before returning to Masos. A minimum of two walkers are required for this group. If only one member needs this group, then another member may volunteer walk with this member.
- For our Wednesday and Saturday morning walks, members who need to undertake a shorter recovery walk must tell our Walks Coordinator or another member of the Committee that they will be returning to base earlier and must have another member accompany them.

Is there a Code of Conduct?

Yes so that members know what they can expect and what is expected of them. Our website has the full details.

Getting to know fellow members.

We all started out wondering how we would get to know the members and remembering their names and know it can be confusing. We won't be offended if you need to ask our name a couple of times. Feel free to have a chat with any member. We like to meet new people.

Are there social events?

Each quarter there is a Peaky Social event organised. The events are open to members, their partners and friends. Look out for the date in the quarterly program. Information is provided to members via the newsletter, email and notices/flyers which are displayed on the table near the sign on sheet.

How is the Cub run?

The club is run by the members for members. Peaky Striders Incorporated is known informally a Peaky Striders Walking Club. Our constitution sets out our rules for running the club. A committee is elected annually at the Annual General Meeting. The committee take on the role of running the club on behalf of the members.

Who are the committee and what do they do?

President:	Terrie Spence
Secretary:	Di Craven
Treasurer:	Maureen Connelly
Walks Coordinator:	Carol Hamilton
Newsletter/Publicity Officer:	Lyn Morriss
Uniform Coordinators:	Shirley and Tom Carr
Social Secretary:	Judi Mealey
Saturday Morning Tea Coordinator:	Cheryl Lucas

Elected at 2023 AGM

Do you walk with other groups or at community events?

Peaky Striders is not affiliated with any other groups. However, we are sponsored by Maso's club – hence their logo on our walking shirts. We do participate in large community events such as the City to Surf and the Sutherland to Surf. Our quarterly walk program has the official Peaky Strider events on the calendar.

Each member is responsible for entering the event themselves. The club also participates in the Canberra Walk weekend and sometimes an interstate event. Participation is voluntary and at your own expense.

Peaky Striders wearing our orange uniform who enter these events are representing our club. As such Peaky Striders have expectations of our members, as follows:

- Enjoy the event and have a smile on your dial so that people know that the Peaky Striders are enjoying the event. This sends a positive message about Peaky Striders to everyone there on the day.
- Cheer on your fellow competitors and especially your fellow Peakies.
- All Peakies are expected to complete the full course. No shortcuts are permitted. As with all sporting events, participants taking shortcuts are deemed not to have finished and are not entitled to the fee subsidy.
- If you are not well before the race then don't participate or change your race entry to a shorter distance.
- On race day if you are feeling unwell during the race then pull out or slow down. There are first aiders along the course so ask for help. If you pull out, unfortunately you won't be crossing the finishing line but your health is more important than a time or medal. If you slow down, don't worry, the other Peakies will still be there to cheer you over the line. If you have your mobile

with you, please let one of the other Peaky participants know what is happening so we don't worry.

Does the club run competitions?

We don't organise competitive walk events or keep records of members' times. The only record we keep is the number of walks each member participates based on your stamped card. Each card records 25 walks. Every walk counts towards the 100 Club rewards.

What's the 100 Club?

Each member can earn a reward for every 25 walks completed during the calendar year. The rewards are presented to members at our annual presentation night which is held after the walk on the last Thursday of the program for the year. Members earn rewards by filling up their card and once you achieve 100 walks in the year there is a bonus reward. These rewards are an encouragement to walk regularly and frequently throughout the year.

We also have member awards which recognise members' participation on an ongoing basis from year to year. Every walk counts towards your award. At the end of the year members who have achieved significant number of walks are presented with their award. Every member can achieve these awards as they are based on your participation and not performance (you don't have to be the fastest walker).

Are there other membership benefits in addition to the 100 club awards?

Regular walking improves your fitness. Plus members may receive other benefits throughout the year. These include:

- the monthly membership draw for free walks for the month,
- quarterly free walk night,
- walk/fun run event fee subsidies for nominated events when you walk in your orange Peaky T Shirt.

How do I get in touch with other members?

Members' contact details are shared via the member contact list. This is issued periodically via email, mail or handed out at walking. Only members who have agreed to be included on the contact list are included.

Who is this person who issues the stamp?

The club has an unofficial position – Keeper of the Stamp. Brian Craven has the responsibility as the Keeper of the Stamp. See Brian with your card to receive your stamp. Occasionally he lets other club members take over this important responsibility. Don't try bribing him – he has been offered many temptations to issue an extra stamp or to back stamp. He has resisted every offer.

How can I contribute and help out?

There are a number of ways to help out:

- Share ideas for social activities for the group.
- Offer to organise morning tea or bring the hot water for our Saturday walks when the roster is being set up - this usually means once per year.

- Put your hand up to be on the committee.
- Suggest or organise a walk for our weekly program or a social walk.
- Give the committee feedback.
- Share a good book, movie review or recipe through our newsletter.

ENJOY THE WALK, MEET NEW PEOPLE WHILE KEEPING FIT.

You'll never walk alone again.

www.peakystriders.org.au