



WALK ON

Walking Challenge

May 10th – June 6th, 2021

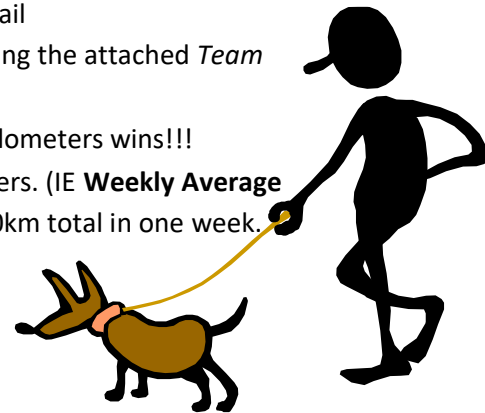


Wondering how to stay active in these challenging times? La Crete Recreation has the program for you. La Crete Recreation will be administrating a “Walk On” Program that will help provide an avenue for people to be active while still following our Social Distancing Guidelines. We are inviting teams of any size to sign up and challenge family, friends and colleagues to join you in participating in one of Canada’s most popular forms of physical activity, walking!!

For more information Contact John @ 780-841-5906 or @ lacrete.recreationcoordinator@gmail.com
Or visit <http://nlreccentre.com/walk-on-challenge-2021/>

How it works:

- Put together a team of any number of people of any age
- Choose a team captain
- Team captains are responsible for collecting all team’s activity from the previous week and submitting them to the walk-on challenge coordinator.
- Have each team member track their individual kilometers using the attached *Individual Tracking Sheet* –
- Collect your team’s kilometers weekly and submit the total weekly (email lacrete.recreationcoordinator@gmail.com or phone 780-841-5906), using the attached *Team Tracking Sheet*
- At the end of 4 weeks, the team with the highest **Weekly Average** of kilometers wins!!!
- The winner will be determined by the highest weekly average kilometers. (IE **Weekly Average of Kilometers** “The Road Walkers Team” has 4 members, they walk 100km total in one week. For that week they would average 25km;
- **Total km in a week / group member = Weekly Average of Kilometers**
- NOTE: any and all kms incurred in a day count.



Who can participate:

- Anyone and everyone!! Children must walk themselves (kids in strollers don’t count), kids under the age of 6 who ride a bicycle or tricycle can count their kilometers.
- Teams can be any number of people

Social Distancing Concerns:

With individual team members keeping track of their distances and submitting it to the team captain electronically or by phone, teams are able to stay socially connected while following Social Distancing guidelines. With no contact between team members required it also allows individuals to be active on your own schedule.

Ideas for finding time:

- Walk for only 10 or 15 minutes at a time (2 or 3 times in a day)
- Get up half an hour earlier and go for a walk
- Walk to do errands

Measuring distance:

- Map out a route, drive it and measure the distance using your vehicle odometer
- Use a pedometer
- Use a GPS
- Contact your local municipal office and see if the Development Department can determine the distance of your route

Steps-to-Distance Conversion Chart

Estimated steps-to-distance conversion. Distance varies for each individual depending on stride length, this chart uses an average 32" stride length.

STEPS	MILES	KM	STEPS	MILES	KM
500	0.25	0.40	5500	2.75	4.43
1000	0.50	0.80	6000	3.00	4.83
1500	0.75	1.21	6500	3.25	5.23
2000	1.00	1.61	7000	3.50	5.63
2500	1.25	2.01	7500	3.75	6.03
3000	1.50	2.41	8000	4.00	6.44
3500	1.75	2.82	500	4.25	6.84
4000	2.00	3.22	9000	4.50	7.24
4500	2.25	3.62	9500	4.75	7.64
5000	2.50	4.02	10000	5.00	8.05

Source: 10-K-A-Day Walking Incentives Pedometer Tips, Los Alamos National Laboratory Wellness Center, www.wlnwss.lanl.gov/swc/motive/10k/pedtips.htm.

- If all else fails, time your walk and being honest with yourself, use this estimate:

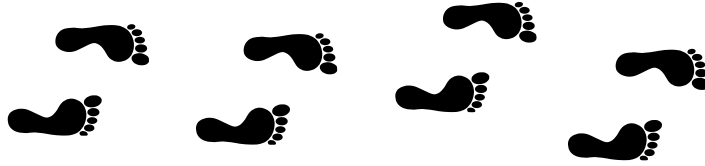
How to get started:

- If you have never exercised before or have health complications consult a physician before beginning a walking program.
- Start slow and gradually work your way up – start with short distances and a monitor your pace, you should be able to carry on a conversation while you are walking, but not sing a song.
- Stretch before and after walking.
- Start your walk out a little bit slower and gradually increase your pace, towards the end of the walk slow your pace again and allow yourself to cool down.
- Stay hydrated.
- MOST OF ALL... HAVE FUN!!!



To register or for questions:

- Forward information from the registration form below and list of team members via email lacrete.recreationcoordinator@gmail.com or phone 780-841-5906 by **May 10th, 4:00 pm.**
- If you have any questions or comments, please call John at 780-841-5906



**WALK ON
TEAM REGISTRATION FORM**
Please Forward information to the below

Team Name: _____ Team Captain: _____

Community: _____ E-mail Address: _____

Phone Number: _____ Mailing Address: _____



Please submit your registration or email/text information to:

John Acreman 780-841-5906

email to: lacrete.recreationcoordinator@gmail.com