

WALK₃₀ burnaby | new west



WALK TO SCHOOL, WORK, SHOP OR PLAY—EVERY MINUTE COUNTS!

April 9 – May 11, 2018

www.walkerscaucus.ca/walk30-burnaby-newwest

COMMUNITY WALKERS

- 1. How can I participate?** It's easy! Walk on your own or with a team for friendly competition. Every minute of walking counts—even to the bus stop. Use a watch, phone or fitness device to keep track of all the walking you do during the day. Add up the **total** number of minutes you walk each day and post it to the online tracker. You can also use fitness devices to track and post to your online record.
- 2. How do I register?** Online registration opens March 12: <http://walkerscaucus.ca/walk30-burnaby-newwest>. Registration will close on April 28.
- 3. Can I register on more than one team?** No. However, if your teacher registered your class as a team, you can also participate as an individual or join a community team.
- 4. Do I have to live or work in Burnaby or New Westminster to participate?** No.
- 5. Do I have to walk everyday?** No. You decide how often you walk each day or each week. Just remember to post your daily minutes to the online tracker within three days of walking. It should only take a few minutes to log on and post.

KEY DATES

March 12: Registration opens online
April 9 – May 11: Track minutes online.
Saturday May 12: Celebrate at Edmonds Community Centre, 10:00am to Noon.

Enjoy food, music and prizes, connect with other walkers, and learn about health and wellness.

More details are available online:
<http://walkerscaucus.ca/walk30-burnaby-newwest>

6. Are there prizes or awards for participating? The main prizes are feeling better overall, being part of this great community event—and maybe being the top walker on your team! Every person registered can pick up a Walk30 reflector strap; locations will be sent to you after you register. Come to the Celebration on May 12 and enter prize draws.

7. Can I participate if I use a wheelchair? Yes! Just keep track of your wheeling minutes—it all adds up.



This project is supported by the BC Physical Activity Strategy, a provincial initiative to foster active people and active places.