**DETAILS for the virtual walk:**

SEPTEMBER 20-OCTOBER 1, 2021

Thank you for participating in CLC-K’s 24th Annual Walkathon! Community Living Chatham-Kent's Walkathon has gone virtual again this year. The Walkathon’s “Wonders of Canada” theme will be a virtual trip visiting the “7 Wonders of Canada” while raising funds for CLC-K!

*Below are some things to keep in mind:*

**VIRTUAL WALKING TRACK:** The Virtual Walk will showcase seven majestic areas of Canada to tour. Emails will be sent beginning on September 20, 2021, and every second day following, up to October 1, 2021, highlighting next steps and areas to virtually visit. Be sure to check out the links as part of each email to enjoy the sites of each Canadian Wonder.

**HOW TO RECORD STEPS WALKED:**

Record your steps daily (or weekly) and collect pledges along the way. Count sheet is included in this package. Feel free to copy or access additional sheets on the website ([www.clc-k.ca](http://www.clc-k.ca)) Please remember you DO NOT have to collect pledges to participate. Count sheets with pledge sheets (if applicable), are to be submitted to Central Admin by **October 8, 2021.**

Each participant may compete a step-count page (included in this package). Steps are calculated as follows:

* **10 stepS = 1 KM**
* For example, walking to Niagara Falls is 300 kms. Therefore you will need to walk 3000 steps between Sept. 20-Sept. 22, 2021.

**Track the distance wheeled and convert to steps:**

* Holding an odometer, Fitbit, OR cell phone to track distance. The distance can then be converted to steps by using the following equation: 1km = 1250 steps.

**how to count steps walked:**

* Use your imagination! You can use a Fitbit, cell phone counter, pedometer, or count in your head
* Dancing counts too!
* Walk inside or out – the sky’s your limit!

**PhotoS:**

You are encouraged to take team or individual photos of people throughout the week. Share with the Community Relations department for posting. Get creative! Showcase how you are touring virtual Canada! Please ensure all releases are secured prior to sending.

**PLEDGE SHEETS:**

Please check pledge forms for the following:

* Full names and addresses, including postal code is legible.
* All cheques are made out to Community Living Chatham-Kent
* E-transfers to events@clc-k.ca
* Credit card payments – **Please ensure donors do not include any credit card information on the pledge form**. In order to protect credit card information, Community Relations Department will call the person by phone to complete the credit card payment**.** All credit card payments will be processed through the Central Admin Office.

**Prizes:**

* Certificates will be awarded to groups and people who participate in the virtual walkathon.
* Prizes to be awarded based on participation and steps counted.
* Want to increase your chances to WIN?? For every 5000 steps walked your name will be entered again to win a FITBIT!!
* Top team with most recorded steps will win a SUBWAY LUNCH.
* Additional door prizes to be won for participating!