



## Lisa & Nuala's National Walking Day Challenge!

National Walking Day takes place on Sunday 27<sup>th</sup> September as part of European Week of Sport. We are challenging you to get up and get out for a walk or a roll and join people all over the country who have started walking in 2020. We want you to #WalkYourTown, #WalkYourArea and find #HiddenGems on Sunday 27<sup>th</sup> September.

### What's The Challenge?

- Get a team together, family, friends, neighbours, colleagues
- Encourage everyone on your team to get out walking or rolling
- Keep track of the distance you cover using either a smartphone or watch
  - o Team leader will collect distance from each team member
- If you are walking with someone who you do not live with, remember to keep a safe distance!

(You do not have to complete the walk together, it can be done in your own area and just add up your distance).

### How to enter?

- Team Leader to email [Nuala.odonovan@dublincity.ie](mailto:Nuala.odonovan@dublincity.ie) by Thursday 24<sup>th</sup> with the following details
  - o Team Name
  - o Names of team members
  - o Contact name and email address for team

### How do you win?

- The team that completes the biggest distance will win
- Distance will be divided by number of team members. A team with 2 people will have an equal chance of winning as a team with 15 people

### What's the prize?

- Glory!!
- You can brag to Lisa and Nuala about being their most active group!
- Certificate of participation for all participants