



# St. Mary's February Winter Walking & Rolling Challenge

The Winter Walking & Rolling Challenge encourages you to walk or roll as much as possible throughout February. Track your movements daily and submit your total every Friday. Walking will be tracked in steps, rolling will be tracked in kilometers. You can participate in both categories if you'd like. The only motorized device permitted is a motorized wheelchair or power scooter.

Each week, a random walker & roller that makes their submissions on time will be rewarded with exciting prizes, and at the end of the challenge, the participants with the highest totals will win the grand prize. Stay active, challenge yourself, and enjoy the rewards!

If you need a step-counter to participate please contact the Department of Community Development & Recreation.

Prize winners must be residents of the Municipality of the District of St. Mary's.

To register email [Mallory.Fraser@saint-marys.ca](mailto:Mallory.Fraser@saint-marys.ca) or call 902-522-2049.

# February Winter Walking & Rolling Challenge

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Address of Residence: \_\_\_\_\_

Week	Dates	Total Steps	Total Kilometers
Week 1	Feb 2-8		
Week 2	Feb 9-15		
Week 3	Feb 16-22		
Week 4	Feb 23-Mar1		

Make your weekly submissions to [Mallory.Fraser@saint-marys.ca](mailto:Mallory.Fraser@saint-marys.ca) or drop them off at the Municipal Office

