

Pictou County

Walk Fest

October 3rd -10th, 2011

SUPPORTER SIGN UP SHEET

Please check the ways you will be supporting **Pictou County Walk Fest 2011**. Fax to Active Pictou County at 902-485-8110. All Supporters will be recognized on the Active Pictou County website and the first 20 groups to respond will be provided with a promotional kit which will include prizes and handouts to assist with your event. If you have any questions call Active Pictou County at 759-3502.

How Will YOU Get Involved in Pictou County Walk Fest 2011?

- We will participate in International Walk to/at School Week (October 3—7, 2011)
- We will organize or designate an existing event as a Walk Fest Event (lunch time walk at work, walking play date with strollers, nature hike, etc...)
- We will submit entries to the **Pictou County Walk Fest 2011** coloring contest for children. Details at <http://www.activepictoucounty.ca/events/walk-fest-2011/walk-fest-coloring-contest/>
- We will display posters around our site/business/community to promote **Pictou County Walk Fest 2011** activities inviting others to participate in county-wide events.

Other Ways: _____

Other Ways: _____

Contact Information

Name of Group: _____

Contact Person: _____

Mailing Address: _____

Postal Code: _____ Daytime Phone Number: _____

Email: _____

Share your event for Pictou County Walk Fest 2011! Active Pictou County will be promoting all activities across the county and in local media. We require the following information to be completed if you want to be included.

Event to celebrate **Pictou County Walk Fest 2011**: _____

The Date and Location: _____

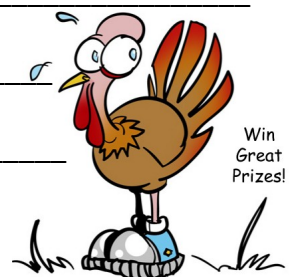
Time of the Event (Start time & Finish Time): _____

Contact Person/ Email / Phone Number: _____

Type of Audience or Participants (children, seniors): _____

Anticipated number of people involved/attending: _____

Walk Your Feast Off!!



Resources & Creative Ideas for Celebrating

Pictou County

Walk Fest



- Make time during the holiday weekend to explore local trails with friends and family
- Start a walking club—attend a FREE Heart & Stroke Walkabout™ Leader Orientation Thursday, October 6th at 11:30 am to 1 pm at the Westside Sobeys Community Room
Email coordinator@activepictoucounty.ca or call 759-3502 to register
- Try Geo-Caching - borrow a GPS unit from your local library and then visit www.geocachingnovascotia.ca
- Local pet supply store could host a “dog jog” a fun run where bringing along your four-legged friend is a must
- Participate in International Walk to/at School Week. For ideas visit
<http://saferoutesns.ca/index.php/event/october-is-international-walk-to-school-month>
http://saferoutesns.ca/images/uploads/IWALK_Organizers_Guide_2009.pdf
- Try a pedometer challenge at your school, business or community club (pedometers available to borrow from Active Pictou County or your local library)
- Walk the beach—a great place to explore all year round.

Walk Your Feast Off!!

For more information visit: www.activepictoucounty.ca

The Pictou County Walk Fest is brought to you by:

