

## **Parks Step Challenge Walking Clubs**

Get moving, get active, get healthy, and represent your park in a fun weekly step challenge! The Parks Step Challenge Walking Clubs bring the community together for friendly competition and healthy activity at four local parks. Each park forms its own walking club, and clubs compete weekly to see which park can accumulate the most steps.

Walking clubs can pick the day and time that works best for the group. **If walking clubs choose to meet more than one day a week at the park, those steps may be counted as well. Remember, we're trying to make this a fun, healthy competition to get more of our community active!**

### **How the Step Challenge Works**

Participants will register for their preferred park. Registration is online at [www.rfpra.com](http://www.rfpra.com) and click the register tab. Then scroll to Walking Club and find your preferred park. If you wish to switch parks at any point, please email [Lindsey.Jones@floydcountyga.org](mailto:Lindsey.Jones@floydcountyga.org). Participants track their steps during the time at the park. Weekly step totals from each park's walking club are combined, and parks compete against one another from Monday through Sunday. The park with the highest total number of steps for the week is recognized as that week's winner. Weekly results and standings are announced on Mondays. This program is designed to be welcoming, supportive, and fun for all fitness levels. Walk at your own pace while contributing to your park's total steps.

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### **Walking Club Locations & Meeting Details**

#### **Etowah Walking Club**

The Etowah Walking Club meets at Etowah Park and encourages participants to enjoy the park's walking paths while building consistency and community. Walkers may gather at any day and time, and track their steps during the group walk to contribute to Etowah Park's weekly total.

#### **Wolfe Park Walking Club**

Walkers may gather at any day and time, and track their steps during the group walk to contribute to Etowah Park's weekly total. Participants walk together through the park's designated walking areas, tracking only the steps completed at Wolfe Park for the weekly competition.

#### **Shag Williams Park Walking Club**

Walkers may gather at any day and time, and track their steps during the group walk to contribute to Etowah Park's weekly total. Walkers of all ages and abilities are welcome to join the group walk and help Shag Williams Park climb the weekly leaderboard.

#### **Ridge Ferry Park Walking Club**

Walkers may gather at any day and time, and track their steps during the group walk to contribute to Etowah Park's weekly total. Participants enjoy walking the park while contributing steps toward Ridge Ferry Park's total in the friendly parks challenge.

### **Program Highlights**

- Free and open to the public
- All fitness levels welcome
- Friendly weekly competition between parks
- Steps counted only during walking club at each park
- Weekly winners announced every Monday