



**NORTH CAROLINA
SENIOR GAMES**

VIRTUAL 1 MILE FUN WALK SCORESHEET & PROCEDURES

Recommended Equipment

1. Comfortable walking shoes
2. Water Bottle
3. Hat
4. Sunscreen

Course Selection

1. Anywhere you like. Trail, park, neighborhood or greenway that is 1 mile in length are just a few recommendations, considerations include terrain, hills and other features.
2. Review community safety regulations before going for your walk.
3. Alter your time of day if your favorite trail or greenway are crowded.
4. Be prepared for limited access to public restrooms.

Safety recommendations

- Walk single file, not two abreast
- Let someone know where and when you will be walking and when you expect to be back.

Scoring

Report Completion