

# WALK/BIKE/ROLL ACROSS CANADA EVENT



This activity is written for the entire school to participate throughout the school year, but can also be adapted to individual classrooms or over shorter periods (e.g. which class can walk to Brandon, MB the quickest?). This can be done as a formal in-school activity or by surveying students

The entire school community (students, teachers, staff, principals and parents) will collect “steps” or “kilometers” in order to travel from one end of the country to the other. As schools work through the challenge, they will track their progress on the map of Canada posted on the Physical Education bulletin board. A pedometer is encouraged to track your steps! If you don’t have access to one you can count your steps manually! (5 minutes of walking = 1,000 steps!). It might be more convenient for students to use a tool like Google Maps to measure the distance they travel to and from school.

## Objective:

1. To integrate walking and biking into people’s daily routine
2. Encourage people to be more active
3. To understand the benefits of walking and establishing a healthy active lifestyle

## Team Options;

1. You may compete in a race across Canada as an individual.
2. You may compete as a group of 4
3. You may compete as a homeroom

There will be a winner for all three team options.

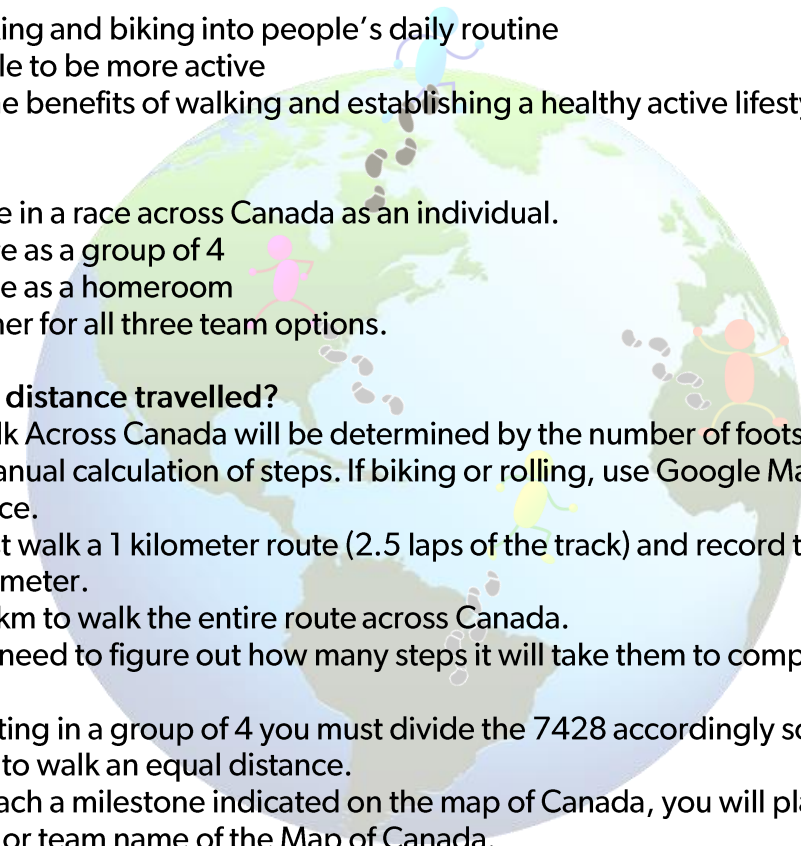
## How to determine distance travelled?

Progress in the Walk Across Canada will be determined by the number of footsteps taken.

1. Pedometer or manual calculation of steps. If biking or rolling, use Google Maps to calculate the distance.
2. Each person must walk a 1 kilometer route (2.5 laps of the track) and record the number of steps on their pedometer.
3. It will take 7428 km to walk the entire route across Canada.
4. Each person will need to figure out how many steps it will take them to complete the entire walk.
5. If you are competing in a group of 4 you must divide the 7428 accordingly so each person is expected to walk an equal distance.
6. Each time you reach a milestone indicated on the map of Canada, you will place a push pin with your name or team name of the Map of Canada.

## Example for an individual competitor;

It takes Sara 2,000 steps to walk 1 kilometer. Sara must therefore walk 14,856,000 steps to complete the entire walk. (2000 steps x 7428km).



**Example for a group of 4;**

It takes each participant 2,000 steps to walk 1 km. Each person would have to walk 14,856,000 steps to complete the entire walk. (2000 steps x 7428km). If you divide this amongst the group of 4 each member must walk 3,714,000 steps to walk their share of the route across Canada. (14,856,000 / 4)

**Example for a group of 8;**

It takes each participant 2,000 steps to walk 1 km. Each person would have to walk 14, 856, 000 steps to complete the entire walk. (2000 steps x 7428km). If you divide this amongst the group of 8 each member must walk 1,857,000 steps to walk their share of the route across Canada. (14,856,000 / 8)

FROM	TO	DISTANCE IN KMS
IQUALUIT, NUNAVUT	YELLOWKNIFE, NORTH WEST TERRITORIES	2200KM
YELLOWKNIFE, NWT	WHITEHORSE, YUKON TERRITORIES	2704KM
WHITEHORSE, YUKON TERRITORIES	VICTORIA, BRITISH COLUMBIA	2763KM
VICTORIA, BRITISH COLUMBIA	VANCOUVER, BRITISH COLUMBIA	66KM
VANCOUVER, BRITISH COLUMBIA	EDMONTON, ALBERTA	1244KM
EDMONTON, ALBERTA	REGINA, SASKATCHEWAN	764KM
REGINA SASKATCHEWAN	SASKATOON, SASKATCHEWAN	256KM
SASKATOON, SASKATCHEWAN	WINNIPEG, MB	829KM
WINNIPEG, MB	THUNDER BAY, ONTARIO	715KM
THUNDER BAY, ONTARIO	TORONTO, ONTARIO	1384KM
TORONTO, ONTARIO	MONTREAL, QUEBEC	539 KM
MONTREAL, QUEBEC	QUEBEC CITY, QUEBEC	270KM
QUEBEC CITY, QUEBEC	FREDRICKTON, NEW BRUNSWICK	586KM
FREDERICKTON, NEW BRUNSWICK	HALIFAX, NOVA SCOTIA	346KM
HALIFAX, NOVA SCOTIA	CHARLOTTETOWN, PEI	232KM
CHARLOTTETOWN, PEI	ST. JOHNS NEWFOUNDLAND	1294KM

