

Vermont Senior Games Association
Walk VERMONT
"VERMONTERS GROWING 50"

Participate in VSGA's **Walk Vermont**. Aim to reach your selected goal within a 12 month period.

How to Get Started:

Register: return a completed registration form to the VSGA; online or via U.S. Post.

Set a Personal Goal: Select a goal level, Bronze, Silver or Gold, you aspire to achieve.

Record: your date; time; and miles on your personal log.

Return: the Confirmation of Accomplishment when you have reached your goal.

Receive Recognition: for reaching the goal you set for yourself.

Granite	Bronze	Silver	Gold	
90	157	300	500	miles in a 12 month period

90 Miles = Cross Vermont Trail

157 Miles = Length of Vermont from Massachusetts to the Canadian border.

300 Miles = The length of the Catamount Trail

500 Miles = Across Vermont & Back, The Catamount Trail with 20 miles of side trips and you've reached 500 miles!

please share any good side trips you take!

Congratulations! You have set yourself a goal. Whatever goal you have set for yourself make it easier by breaking it down into smaller pieces. If your goal was to aspire for the Bronze level of 157 miles in a years time, this means you are aiming to walk roughly 3 miles each week; this can be a half mile a day for 6 days; or 3/4 mile for four days each week. Remember to give yourself a rest day. Rest is just as important as exercise!

If you are new to walking, welcome and we are glad you are starting the safest and easiest way to get moving! It will be important for you to begin slowly so you will not have to miss a day because you are too sore. It may take several weeks to build your stamina & strength to walk non-stop for 20 - 30 minutes. You can start by walking for 5-10 minutes 5 x per week. Add time before adding speed.

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Walking Tips

Prepare:

- ◆ Plan your route, time. Know where on your route you can seek help if needed.
- ◆ Go with a friend, let someone know your plans and expected time of return.
- ◆ Carry Identification & cell phone or enough cash for a phone call.
- ◆ Carry a water bottle - stay hydrated before, during and after your walk.
- ◆ Wear good footwear, shoes, socks.
- ◆ Dress for the weather, dress in layers, peel on/peel off
- ◆ A pedometer can be helpful, but is not necessary.

The Walk:

- ★ Start slow; gradually add more arm movement & longer stride; *build your duration and then your pace.*
- ★ Incorporate some dynamic stretching into your walk. Take deep breaths.
- ★ Walk facing traffic when on the road. Be alert for bikers on the bike paths.
- ★ Intensity: Pace yourself. You should be able to walk & talk. Use more or less arm movement; shorten or lengthen your stride or slow or increase your speed.
- ★ Enjoy your walk, fresh air, good company...have fun!

After the Walk:

1. Cool Down - another chance to stretch while the muscles are warm. Breathe deeply.
2. Hydrate - water and/or a glass of chocolate milk!
3. Log in your session either on your daily log.

For more information on the Vermont Senior Games Association, please visit our website: www.vermontseniorgames.org

Vermont Senior Games Association promotes healthy lifestyles for all Vermonters growing 50 years. We encourage this lifestyle by providing year round fitness program opportunities and competitive athletic events.

We hold Annual State Championships for athletes of all abilities. These competitive games are held April through November. The sports we offer include;

National Senior Olympic Sports:

Archery, Badminton, Basketball, Bowling, Cycling, golf, Horseshoes, Racquetball, Road Race 5 & 10K, Swimming, Table Tennis, Tennis, Track & Field, Triathlon, Volleyball
and

****Winter Games: Alpine Skiing, Nordic Skiing and Snowshoe Racing.*

Vermont Championship Sports:

Bocce, Candlepin Bowling, Pickelball, Precision Walking, Skiing, Weight Lifting

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Complete this form in order to register for VSGA's Walk Vermont. You may complete this online or print a copy and return via U.S. Post to the address below. One registration per person.

Name: _____ Birth date: ____/____/____ Gender: M F

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Start Date: ____/____/____

Goal: Granite 90 miles / Bronze 157 miles / Silver 300 miles/ Gold 500 miles (Circle one)

By signing this form, I, the undersigned participant, hereby agree to indemnify, save and hold harmless the Vermont Senior Games Association, VSGA Board of Directors, all contributing companies and agencies, or any of their agents or representatives for my health, safety or any injury resulting from my participation in any Vermont Senior Games Association programs, events, activities. I have prepared myself for the events and/or programs which I am choosing to participate. The VSGA recommends consulting your doctor prior to starting a fitness program. To the best of my knowledge and belief I have no physical restrictions that would prohibit my participation in the program/activities I have selected.

◇ - I give permission for the VSGA to use images of me in their newsletter, website, and local newspapers in the reporting & promotion of events that have happened or will take place in the future.

Signature: _____ Date: _____

Mail this form using U.S. Post Address:

VSGA
Walk Vermont Program
66 Brewer Parkway
South Burlington, VT. 05403

Registration is Easy... & Free!

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Goal Accomplished!

Vermont Senior Games Association -Walk Vermont. Congratulations!

Verify your completion on this form and mail it to receive your VSGA:

Walk Vermont Recognition Award.



Yes, I have completed my Walk Vermont goal.

Date Started: _____ Date Finished: _____

Fitness Level (please circle): Gold Silver Bronze Granite

Activity Total Miles: Walk _____ X-country skiing _____ Snow shoeing _____

Name: _____ Gender: _____ Birth Date: _____

Address: _____

Phone: _____ Email: _____

Signature: _____ Date: _____

Mail this form using U.S. Post Address:

VSGA

Walk Vermont Program

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South Burlington, VT. 05403