

SECTION UK IPA WALKING GROUP



2021 VIRTUAL WALKING CHALLENGE

The first, Virtual Walking Challenge, organised by the Section UK IPA Walking Group, will take place between 1st June 2021 and 30th June 2021. Are you up for the challenge?

The global situation that we are living through is restricting our daily lives. Depending upon where in the world you are, the restrictions may be greater or less but most of the world is affected.

Walking is still something that can be achieved by many people on an individual basis, as family or household groups and, as restrictions permit, with groups of friends. Walking is known to be:

- ◆ Good for our physical health
- ◆ Good for our mental health
- ◆ Good for our general well-being

It doesn't matter where in the world you are, you can participate.



SECTION UK
IPA WALKING GROUP
IPA VIRTUAL WALKING
CHALLENGE
2021
50KM / 100KM

- ◆ To request an entry form or to seek more information, please email: ipawalking@yahoo.com
- ◆ Entry registration will be open from 19th April 2021 to 7th June 2021 or when 1000 participants have entered.
- ◆ Entry will cost £8.00 (GBP) per participant. Full payment is required at the time of submission of entry form.
- ◆ To mark your achievement, you will receive a high quality woven cloth patch (see left) and upon request, a self print A4 certificate.

Frequently Asked Questions:

- ◆ **What is the Virtual Walking Challenge?** *The Challenge is for participants to walk 100km (62 miles) during the month of June 2021. If you need a shorter challenge then a distance of 50km (31 miles) is available.*
- ◆ **Does the challenge have to be completed in one go?** *No. the only stipulation is that participants must walk the total distance during the month. On a daily basis, you only need to walk 3 to 4 km every day to complete 100km although you could do more on some days and less on others.*
- ◆ **Who can take part in the Challenge?** *The Challenge is open to all members of the IPA community together with their families and friends around the World.*
- ◆ **How can I take part?** *You can enter the Challenge between 19th April 2021 and 7th June 2021 (or when 1000 participants have entered). Contact the organisers on ipawalking@yahoo.com. An entry form will be sent to you. Complete the entry form, save it and then return it to ipawalking@yahoo.com. As soon as receipt of payment is confirmed, your entry for the Challenge will be registered. You will be sent an email to confirm your entry and to provide your Event Registration Number. The email will also contain your Daily Walking Log sheet. Please remember to include your Event Registration Number on your Daily Walking Log sheet.*
- ◆ **What will I receive when I complete the Challenge?** *To mark your achievement, you will receive a high quality woven cloth patch similar to the image shown on the bottom left of page 1 of this flyer and, if you request one, an A4 size certificate. The certificate will be sent by email for you to print out yourself.*
- ◆ **If I register to complete 50km but then complete 100km what happens then?** *Individual circumstances change and we expect some people may walk a greater or lesser distance than they registered for. This is not an issue. On completion, just let the organisers know if there is change of distance to what was registered.*
- ◆ **How do I prove I have completed the Challenge?** *You are encouraged to use a mobile phone app (Walking Tracker; Walkmeter; Map My Walk; All Trails; View Ranger; Fitness Coach and many more, most of which are free of charge) or a smart watch linked to a mobile phone app to log your walking distances. You will be provided with a log to record your total distance on a day by day basis which on completion should be emailed to ipawalking@yahoo.com. The organisers will then ask you to provide evidence (screen shot) of distance walked on random dates.*
- ◆ **Is there a fee to participate?** *There is a one off fee of £8.00 (GBP) per entry which must be paid at the time you submit your entry form. Participants resident in the United Kingdom should make payment to the IPA bank account using electronic bank payment (Bank account details are included on the entry form). To avoid excessive international bank transfer charges, participants resident outside the United Kingdom must pay using Paypal (Paypal details are included on the entry form). To minimise additional Paypal charges, it is necessary for overseas participants to use the 'Friends & Family' option. All participants must use a payment reference (VWC21+your name) when making payment. The fee is needed to cover the cost of patches, postage & packing and some administrative fees. Any surplus monies will be shared between the Section UK IPA Walking Group and the IPA Section UK nominated charity, The Thin Blue Line UK.*
- ◆ **Can I take & send photos of my Challenge?** *What a great idea. If you are happy to authorise the use of your photo(s) in future publicity material, please send the organisers one or two photographs, complete with a brief description about each one.*
- ◆ **Can I join the Section UK IPA Walking Group.** *The Walking Group, which is open to IPA members, was established in 2019 in Region 3 of Section UK who also funded the Group. It is affiliated to the British Walking Federation (BWF) and through the BWF to the Internationaler Volkssportverband or International Association of Popular Sports (IVV). The BWF coordinates and provides information about a number of Permanent Trails and Walking Events throughout the UK. Please email the organisers using ipawalking@yahoo.com to ask for more information about joining the Section UK IPA Walking Group.*