Walking Routes

Identifying local walking options can help people get started. You can measure distances in your community and draw short and long walking routes on a map (see sample). Another idea is to measure distances from point-to-point, encouraging participants to walk instead of driving for short trips. For example, at a worksite program you could establish steps (1000 steps) from the office building to the popular lunch spot, the post office or the bank.

Destination Programs

As you organize your walking program, you have many options. In the WIN the Rockies’ walking programs, we have found that many groups enjoy walking vicariously to a destination.

Individual

Destination programs can be based on an individual’s progress and goal. In WIN the Rockies’ communities at some work sites, one person at the site created a map with colored pins. Each person was assigned a pin and their weekly progress toward their goal destination was plotted. The pins were coded with a number. The on-site coordinator collected step numbers and was the only person who knew what pin numbers corresponded to each walker. This person adjusted the pin locations according to steps walked.

Group

Destination programs with groups can add up miles in a hurry. WIN Steps includes a sample *U.S. Capitals Walk* to adapt and use. Large groups may want to walk the whole route, and smaller groups may want to walk a region of the country. An unmarked map of the U.S. is also provided to customize a route. You can display a map in a public location to track the group’s progress. A collection of *Interesting Notes and Ideas* is included so you can plan activities or snacks based on locations along the walk.