

**January 4th
February 15th**



The Kingston Family YMCA is organizing a “Walk to Vancouver” fundraiser to correspond with the Vancouver Olympics. This fundraiser is a simulated walk from Kingston to Vancouver (4632 km). Challenge a friend, co-worker, or fellow member to see who can get across Canada first.

Talk to a trainer in the Fitness Centre to get started.

Help support your YMCA and other members around you. Good luck and get exercising!!!

How does the Challenge Work?

Participants in the fundraiser have 6 weeks, from January 4th until February 15th, to finish their quest. For every one minute of exercise within the YMCA, participants will gain 3 km of distance. The participants of this program collect donations from sponsors to help motivate and encourage them in their goal. Follow the map in the main hallway and place a marker at your current location to compare where you are at with others completing the walk.

Why Should I Participate?

All funds raised in this event will go towards the Strong Kids Campaign, which helps to provide programs and services to those individuals who otherwise could not afford those services.

Prizes will be awarded to individuals for different levels of money collected. Prizes include t-shirts, water bottles, gym bags and a free 3-month membership.



YMCA

We build strong kids,
strong families, strong communities.



DR. GORDON TAYLOR
FIT
for Life
Centre

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WALK TO VANCOUVER PRIZES

Collect \$50



Collect \$400



Collect \$100



Collect \$700



Collect \$200



Collect \$1200



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