



Creating a Walking Club

GOAL: To have company and to support each other walking.

- ☛ **Identify the geographic area of the club and a safe, appropriate walking route.**
- ☛ **Identify/recruit a specific initial leader(s) (one or two).** The leader(s) commits to being at the meeting place at the appointed time for, at least, the first five meetings and is willing to until another trusted leader will replace her/him.
- ☛ **Establish a walking time and meeting place.** In the beginning for example, Thursdays at 6:00 p.m. in front of Apartment 6, 144 Your Street Name, or the corner of 5th and Main. As your walking becomes more regular, that same spot at the same time will be five days per week.
- ☛ **Give your club a name.** Often, perspective members are more responsive to an 'established' club.
- ☛ **Spread the word:** word of mouth, post an announcement in the area: create and circulate or distribute a flyer, and register your club with WV WALKS and BOPARC
- ☛ **NEVER BE DISCOURAGED** —a group of 2, 3, or 4 is enough; more than that is Super! Also, some will not be able to come every time for ever and ever.
- ☛ At some point you may want to exchange names and addresses (a master list, copied for all) to encourage walkers to call each other and walk at additional convenient times.
- ☛ **ENCOURAGE EACH MEMBER TO REGISTER ON www.wvwalks.org. THE INTERACTIVE WALKING LOG HELPS KEEP TRACK OF PROGRESS.**

Meet and walk every day.
