

# PREDICTED TIME WALK

## Things to Do

- ⇒ Decide on location for the walk, example - around the building, around a local park, school grounds, etc.
- ⇒ Draw up a map with the route and photo copy enough to pass out to participants
- ⇒ Post a promotional flyer and sign-up sheet
- ⇒ Decide on prizes for winners
- ⇒ Have incentives for participating
- ⇒ Have a knowledgeable person lead warm-up exercises, such as a five minute walk, followed by gentle stretching
- ⇒ Ask each participant how long they think it will take them to complete the walk.
- ⇒ Record this time on the data sheet
- ⇒ Record the starting time (each person starts the walk at the same time)
- ⇒ Have one person call out the time as participants cross the finish line (use a stop watch), have another person record the finish time for each participant on the data sheet
- ⇒ Subtract the finish time from the starting time to equal the actual time and record on the data sheet
- ⇒ Calculate the difference between the predicted time and the actual time
- ⇒ Participants with a predicted time closest to their actual time wins
- ⇒ Have first, second, and third place prizes

## Helpful Hints

- ⇒ Recruit volunteers to help record times at the finish line. You will need at least one person for every ten participants
- ⇒ Have someone walk the route - utilizing the map - before beginning your event. This will ensure that the route is safe and the map accurate