

Bridge to the BOOGIE 2k

Kilometre Tracker

Track your Boogie progress by checking each kilometre you complete until you reach Boogie Day!

The Bridge to the Boogie is a fabulous community event that includes a 2k, 5k, & 10k walk or run as well as entertainment, prizes and more! Bring the whole family!

The Kilometre Tracker will help you and your family get *"in motion"* leading up to the Boogie Day!

PARTICIPATING IS AS FUN AND EASY AS 1, 2, 3

1. Using the Kilometre Tracker, mark off each kilometre you walk, jog or run in the weeks leading up to the Bridge City Boogie event.

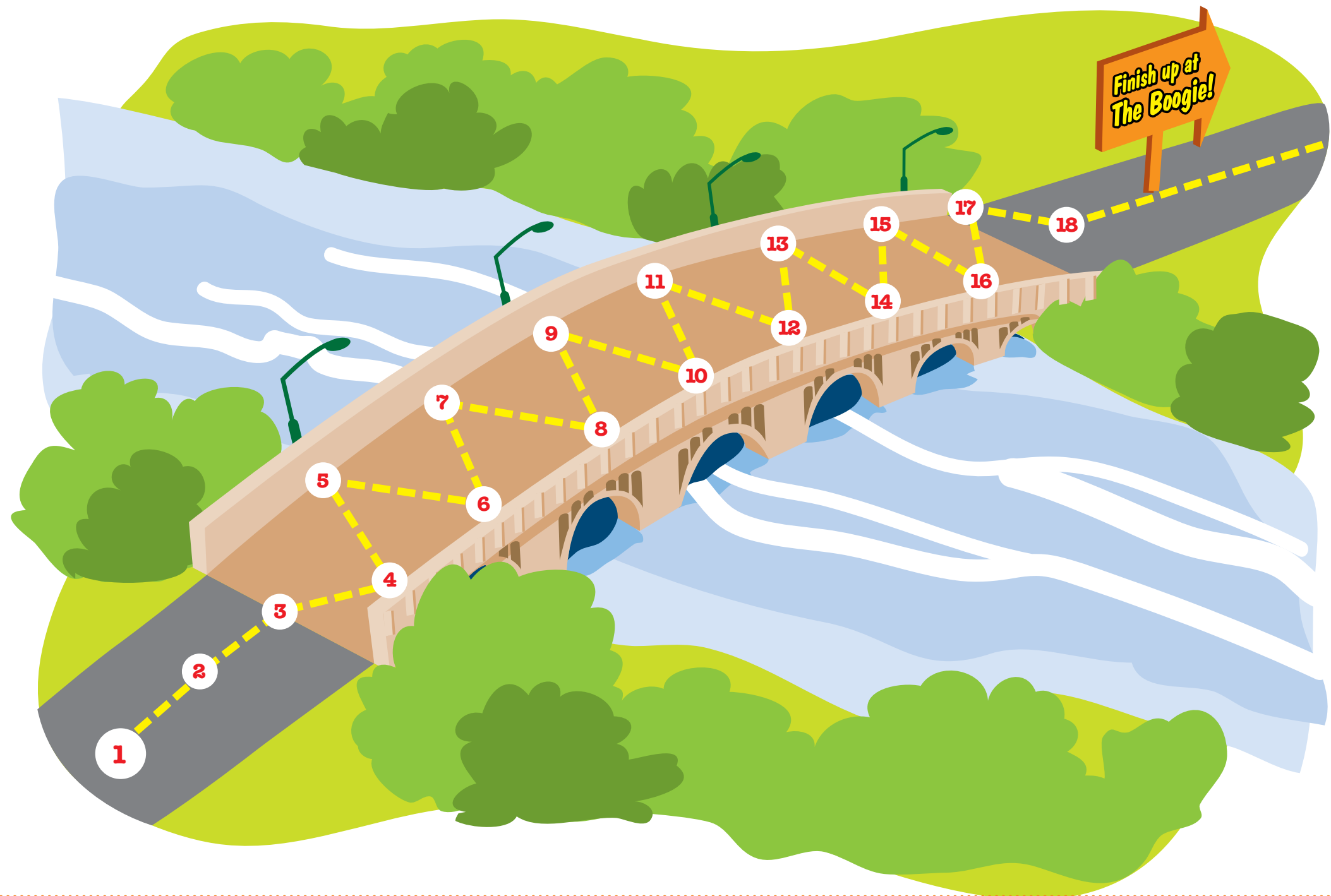
2. Come and celebrate your last 2 kilometres at the Bridge City Boogie.

3. DO IT at school

- Walk, jog, or run with your friends or as a class during recess, lunch, or after school
- Participate at the Bridge City Boogie together to boost school pride and your school could win some fabulous prizes!
(see the back of this brochure for details)

or DO IT at home

- 1 kilometre equals approximately 15 minutes of brisk walking
- Get your family *"in motion"* using the Kilometre Tracker.
- Here are some ideas for family activities:
 - Take your family dog for a walk
 - Take a scenic walk on a nature trail
 - Map out a route in your neighbourhood for 1 or 2 km
 - Make a habit of walking to the store for groceries or other needs
- Join your school team at the Bridge City Boogie to increase your school's chance to win fabulous prizes! *(see the back of this brochure for details)*



For more ideas on being active with your family, or to download more Kilometre Tracker sheets for family and friends visit our websites:

www.in-motion.ca or www.bridgecityboogie.ca