

# *Scoil Dara*

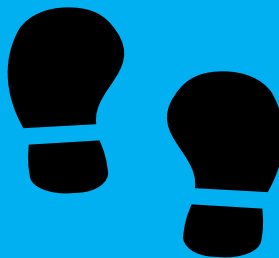
*Meeting of Families 2018*

FAITH - FAMILY - FRIENDSHIP

## *Walking Together*

- Kilcock to Dublin      28km = 40,000 steps
- Dublin to Rome      2,465km = 1,725,500 steps
- Rome to Jerusalem   4,139km = 2,897,300 steps

**What will your challenge be?**



Register before May 1<sup>st</sup>. by emailing  
[meeting.of.families.scoil.dara@gmail.com](mailto:meeting.of.families.scoil.dara@gmail.com) (using a gmail account only)

**Start date May 1<sup>st</sup> 2018**

# Scoil Dara's Families "Walking Together" Challenge

Our aim is to have as many members of the Scoil Dara community out walking, improving fitness and enjoying working on a goal set together.

## How to Become Involved

Each family sets themselves a goal of a certain amount of steps to walk from May 1<sup>st</sup> to December 31<sup>st</sup> 2018. Your target should meet your own level of fitness and can be an individual goal or a combined effort between people from the same family.

You are expected to keep track of your steps using the app linked below or similar style software. Each participant/family will submit their steps to our moderators on a weekly basis who will then collate all the data.

<https://itunes.apple.com/us/app/steps-pedometer-step-counter-activity-tracker/id708359518?mt=8>

All participants who reach their target steps will receive a certificate of merit.

The location of the targets include a range of fitness levels and also have a significant theme of community and family running throughout

## Your options are

Kilcock to Dublin	28km	=	40,000 steps
Dublin to Rome	2,465km	=	1,725,500 steps
Rome to Jerusalem	4,139km	=	2,897,300 steps

## How to Register

Follow these simple steps in order to join Scoil Dara on our fitness journey.

1. Open a gmail account and using your gmail account only email us at [meeting.of.families.scoil.dara@gmail.com](mailto:meeting.of.families.scoil.dara@gmail.com)
2. Include your name, participants and your target.
3. We will then forward you the link to add your weekly progress.
4. Each week you click into the link that was email to you and you input your weekly steps that have been walked by your family

All participants who reach their target steps will receive a certificate of merit and will be entered in to a draw. Prizes include school enrolment fees for a family and various gift vouchers.