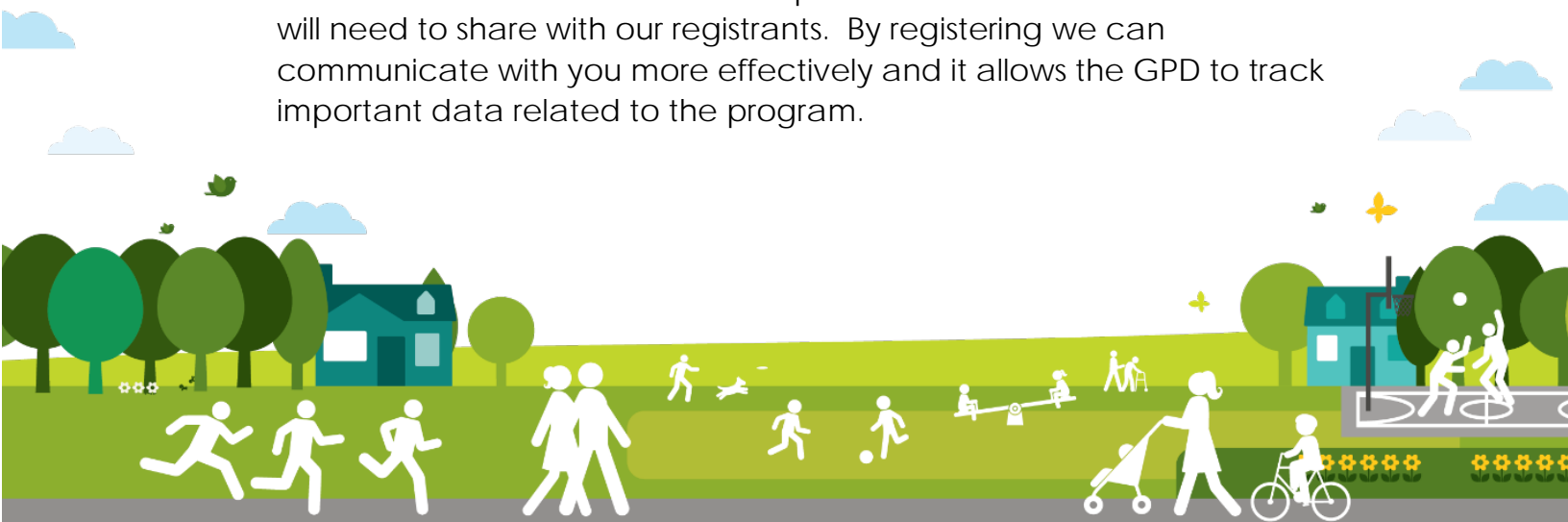




## GO Gurnee Go the Distance: Youth Walking Challenge FAQ 4/29-7/15

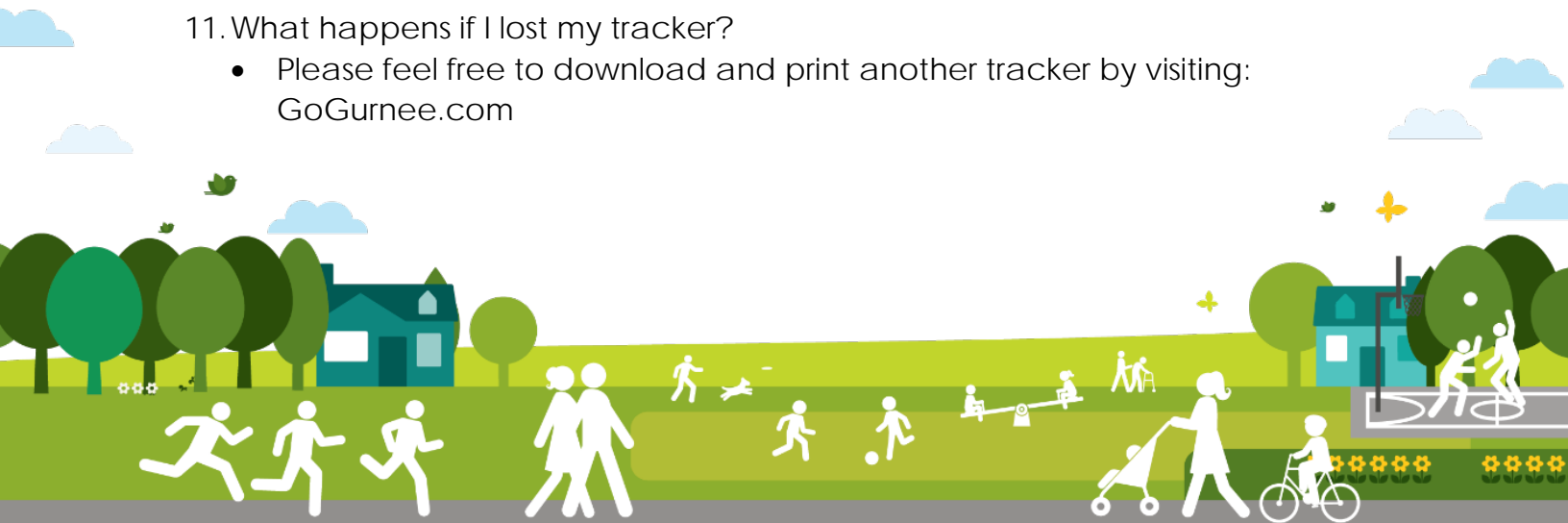
1. What is Go Gurnee?
  - Go Gurnee, presented by the Gurnee Park District, is a community walking movement designed to promote community values of health and wellness through activities, education and community collaboration.
  - Walking is for everyone! All residents and friends are encouraged to make a commitment to themselves to get moving for 30 minutes each day. For more information on walking tips and Go Gurnee details please visit: [GoGurnee.com](http://GoGurnee.com).
2. What is the Go Gurnee Youth Walking Challenge?
  - The Go Gurnee Youth Walking Challenge-Go the Distance is a youth walking challenge, wherein youth ages 5-14 years can participate and accomplish a walking marathon of 26.2 miles over a three month span.
3. Where is the Go Gurnee Kick-Off Event and can I attend?
  - Our Go Gurnee Annual Kick-Off Event is slated for April 29, 2018 at 4:00p at Viking Park. We encourage everyone to attend!
4. How much does the program cost?
  - The Go Gurnee Youth Walking Challenge-Go the Distance program is FREE. Registration is required.
5. Why do I have to register if the program is free?
  - The Gurnee Park District will have updates and Go Gurnee news that we will need to share with our registrants. By registering we can communicate with you more effectively and it allows the GPD to track important data related to the program.



**"The simple act of walking has the power to transform your health."**

Vivek H. Murthy, U.S. Surgeon General

6. What does the Go Gurnee Kick-Off event entail and how do I register for the Go Gurnee Youth Walking Challenge-Go the Distance?
  - Start stepping at our Kick-Off event on April 29<sup>th</sup>.
    - First 225 Go the Distance kids will receive a special prize
    - Register for the youth walking challenge
    - Receive your walking tracker
    - Receive your t-shirt
    - Pledge your commitment
    - Enter to win prizes
    - Join us for a 30-minute walk and track your first distance
  
7. What do I need to do to get involved if I missed the Kick-Off Event?
  - Please visit [www.gurneeparkdistrict.com](http://www.gurneeparkdistrict.com) to register for this free program, 416930-01. Upon completion of your registration details on where to pick-up your Go Gurnee t-shirt, how to access your walking tracker and program details will be e-mailed to you.
  
8. How long will I have to accomplish the Youth Walking Challenge?
  - You will be able to track your steps beginning April 29<sup>th</sup>-July 15<sup>th</sup>, 2018.
  
9. I have a child who wants to participate but they are not age appropriate, can they participate?
  - Yes, please contact Beckie Korzyniewski at [bkorzyniewski@gurneeparkdistrict.com](mailto:bkorzyniewski@gurneeparkdistrict.com) for details.
  
10. When will registration for this program end?
  - You can register for the Go Gurnee Youth Walking Challenge through June 8.
  
11. What happens if I lost my tracker?
  - Please feel free to download and print another tracker by visiting: [GoGurnee.com](http://GoGurnee.com)



12. What if I lose my t-shirt?
- T-shirts can be replaced at \$4.00 per registrant. Contact Beckle Korzyniewski at [bkorzyniewski@gurneeparkdistrict.com](mailto:bkorzyniewski@gurneeparkdistrict.com).
13. Can I ride a bike or participate in another activity and log that on my tracker?
- Yes, 10 minutes of physical activity is equivalent to one square on your tracker.
14. What if I don't accomplish the entire 26.2 miles can I still submit my tracker for review and receive the prize pack at the end of the event?
- Yes, we encourage all kids to do the best they can and to celebrate in their efforts.
15. I finished my tracker what do I do now?
- Completed trackers must be shown to the front desk team at the Hunt Club Park Community Center from July 16<sup>th</sup>-20<sup>th</sup>. Once your tracker is approved you will receive a special prize pack for your participation.
16. I am going to be gone July 16<sup>th</sup>-20<sup>th</sup> and cannot submit my tracker then, can I still turn it in and receive my prize pack?
- Yes, you can turn in your tracker at the Hunt Club Park Community Center after July 20<sup>th</sup> through August 4<sup>th</sup>.
17. What is included in the prize pack?
- A daily pass to the Hunt Club Park Aquatic Center, coupons, treats and more!
18. I had so much fun! Is the Gurnee Park District going to do this again?
- We appreciate your involvement and look forward to offering more fun and interactive Go programs and events in the future.

**Happy Walking!**

