



"Sheila Macauley Memorial Walking Contest"

Sponsored by GFWC/CT

As you know Sheila was dedicated to the "Health and Wellness" of all our State Club members. This fall our walking contest will take place the week of October 22, 2023.

Please keep track of your Club's miles/hours: walking, Zumba, exercising, and all athletic endeavors. Clubs will be measured by size compared to member participation. There will be awards for small, medium and large clubs, with an individual award for the member walking/exercising the most miles/hours.

Clubs, please send your miles/hours to Sara Newell - sdn0104@gmail.com.

Sara Newell GFWC/CT Health and Wellness Chairman



Please appoint a contact person for your group. List miles/hours of activity for each member participating. Use "Other activity" for exercises not included in list. Please return by October 31st to Rainey Pavarini

email: raineyday1021@gmail.com.

Phone: 914-844-7288

All exercise activities will be converted to equivalent

miles by using standard charts of calories burned for each activity. Have fun and stay healthy!

Sheila Macauley Memorial Walking Contest – Fall 2023

Club: WCDNF Contact Person:			Email:		
Participant's: Activity: Miles/Hours					
Name	Walking miles	Running miles	Aerobics hours	Biking miles	Other activity List mis. or hrs.
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