



GET INVOLVED! EVERYONE CAN PARTICIPATE!

How? Choose an activity, set a goal, collect pledges, and get active!

Possible activities include Swimming, Kayaking, Stand up paddle boarding, walking or peddling a paddle boat! You can track your fitness activity in equivalent oar strokes, similar to the ones Colin Sanders will be using to row across the Atlantic Ocean! The activities are not limited to this list, so if you or your team have a great idea please submit your idea to Dawn Lee at CLC/B because your great idea may inspire others!

Swim:	2 arm strokes	= 1 oar stroke
Kayak/canoe/dragon boat:	1 oar stroke	= 1 oar stroke
Stand up paddle board:	1 oar stroke	= 1 oar stroke
Walk:	4 steps	= 1 oar stroke
Paddle boat:	2 rotations	= 1 oar stroke

Proudly display your activity and goal at the top of your pledge sheet. This will let your sponsors know what you will be accomplishing between **Aug 16, 2017 and Aug 30, 2017**. For example:

My goal is to: swim the equivalent of 200 oar strokes between August 16 and Aug 30, 2017.

This goal doesn't have to be reached in a day, so you can challenge yourself to participate in one of these activities for the duration of the time frame, it could be for an hour each evening or plan two events where you reach your goal. You can plan it so it fits your schedule and pace, ensuring you will be successful in reaching your goal by Aug 30, 2017!

Feel free to plan your activities individually, as a group, or challenge your friends, neighbours and colleagues to meet a goal! You can utilize the pool at the YMCA, try something new and rent the equipment from a provincial park, or local business, organize a daily walking group at the Hastings Field House, or a favorite location in your community. The possibilities are endless, so be creative!

Once you have picked your activity and goal see how many pledges you can collect between **July 15, 2017 and August 30, 2017** to sponsor your efforts!

Colin Sanders and his family have generously decided that all funds raised locally will go towards CLC/B'S Outcome Sponsorship Fund. This is a great opportunity to be active and raise money for a great local cause!

