

Mayor Vergano invites you to join the movement!



Wayne Walks

What is Wayne Walks?

Wayne Walks is a Mayor's Wellness initiative that has Wayne residents up and moving in fun, exciting ways! Wayne Walks encourages social activity among friends while setting attainable goals for a healthy lifestyle!

Why should I join?

- Walks are one mile in length and suitable for all age groups.
- There are more than a dozen neighborhood walks to choose from. Do it alone or with neighbors and friends!
- Take the Mayor's Weekly Challenge to earn milestone prizes!

How do I sign up?

Register with Wayne Parks & Recreation

Online at: www.waynetownship.com.

In Person: 475 Valley Road, Wayne, NJ 07470

Fee: \$10.00 pp – Provides Wayne Walks gear and access to all program activities!

Save the Dates!

Saturday, September 5, 2020

Kick Off Walk with Mayor Vergano

10:00 a.m. – Waks Memorial Park

September 5 to October 31, 2020

Neighborhood Walks

Saturday, October 31, 2020

Milestone Awards & Party

10:00 a.m.

Town Hall

Program Sponsored By:



**Atlantic
Health System**
Chilton Medical Center



SWEAT STEP

Become a Walk Leader

We're looking for routine walkers to become neighborhood walk leaders. Benefits include walk times/locations of your choice, as well as Wayne Walks apparel! Inquire with Parks & Recreation by email: recreation@waynetownship.com or phone: 973-694-1800 x 3260.





Wayne Walks



Registration Form

Name: _____

Address: _____

Phone: _____ Email: _____

I'm interested in the following neighborhood walks:

(Neighborhood Walking Maps available online at www.waynetownship.com/parks)

- | | |
|--|--|
| <input type="checkbox"/> All neighborhoods | <input type="checkbox"/> Lionshead Lake (Tamarack Rd.) |
| <input type="checkbox"/> Dotterweich Field (Laauwe Ave.) | <input type="checkbox"/> Siena & Sisco Village (Runnymede Dr.) |
| <input type="checkbox"/> Faber Park (Farmingdale Rd.) | <input type="checkbox"/> Packanack Lake (Lake Dr. West) |
| <input type="checkbox"/> Kilroy Park (Concord Place) | <input type="checkbox"/> Waks Memorial Park (Barbour Pond Rd.) |
| <input type="checkbox"/> Laurelwood Arboretum (Pines Lake Dr. W) | <input type="checkbox"/> Wayne Valley HS Track |

☐ I am interested in group walks! Please let me know what walks are available in my neighborhood.

☐ I am interested in walking alone. Please do not send me information on group walks.

☐ **I am interested in becoming a Walk Leader.**

(Please read Wayne Walks Information Sheet before checking box.)

I agree to hold harmless the Township of Wayne, Department of Parks & Recreation, and any of its assignees. I further understand that my own insurance company will be responsible for any bills for injuries or accidents that I may suffer while participating in the above mentioned activity.

Signature

Date

Please return this registration form to:
Wayne Parks & Recreation, 475 Valley Road, Wayne, NJ 07470

Please include \$10.00 registration fee
Payable by Cash or Check by mail.



Wayne Walks



Information Sheet

How does the program work?

Wayne Walks is a fun, incentives driven walking program designed to encourage residents of all ability levels to walk locally whether alone, or in a group. Walks take place across Wayne in local neighborhoods between September 5 and October 31, 2020. Join a walk, earn rewards in the *Mayor's Weekly Challenge* and live a healthier lifestyle starting with walking one mile per day!

Benefits of walking in a group:

Walkers who join our group walks are eligible to earn all the prizes featured in the *Mayor's Weekly Challenge*. Group walks are fun opportunities to get to know your neighbors. Visit our website: www.waynetownship.com/parks to find a walk in your neighborhood!

Individual Walkers

Walkers who want to walk alone are encouraged to do so! It can be on your time at your pace. We'll provide you with a record sheet and a pedometer to track your progress. Individual walkers may participate in the *Mayor's Weekly Challenge* and earn milestone prizes, but will be ineligible for Raffle Tickets and Raffle Prizes.

What is a Walk Leader?

A walk leader is a person who enjoys recreational walking, and has time to volunteer between 2-4 hours per week leading community walks in their neighborhood.

What does a Walk Leader do?

- Will lead a 20-minute, 1 mile walk, three or more days per week in their neighborhood.
- During the walk, will lead the activities in the Mayor's Weekly Challenge.
- Will use forms provided by Parks & Recreation to record walk results.
- Will communicate any schedule changes/cancellations to Parks & Recreation personnel in a timely manner.

The Walk Leader will select a schedule with the Parks & Recreation Department on the days/times of the week the Walk Leader is available to host their neighborhood walks. In addition to the health benefits of walking, Walk Leaders will receive FREE Wayne Walks apparel and be automatically entered into the end-of-season prize giveaway!

Am I eligible?

Walk Leaders must be a minimum 16 years of age or older. Walk Leaders must have regular access to phone and internet and be able to scan or upload results and send by email. We need only ten walk leaders, so sign up early! **Application deadline:** Friday, August 28, 2020.

How do I enroll?

Complete the Wayne Walks Registration Form, and check off the box that reads "I am interested in becoming a Walk Leader". Someone from the Wayne Parks & Recreation Department will contact you within a few days after receiving your enrollment form.

For more information, please contact Wayne Parks & Recreation at 973-694-1800 x 3260, or send us an email: recreation@waynetownship.com.



Wayne Walks



Mayor's Weekly Challenge

It is the intention of the Wayne Walks Mayor's Weekly Challenge to keep you motivated and walking each week. There are fun activities, and easy to reach milestones which can lead to some great rewards! In order to earn your rewards, have your local *Walk Leader* record your name on the dates/times you attended. Walk Leaders will be keeping track each week. At the conclusion of each week, Parks & Recreation will announce weekly rewards!

Weeks will begin on Saturdays and end on the following Friday. Week 1 Dates: 9/5/2020 – 9/11/2020. All weeks will follow in order, with the program concluding at the Milestone Awards on Saturday, October 31, 2020.

	<u>Mayor's Weekly Challenge</u>	<u>Weekly Reward</u>
Week 1:	Join a Walk Leader for a group walk on 1 day this week.	One Raffle Ticket
Week 2:	Join a Walk Leader for a group walk on 2 days this week.	WW Sunglasses
Week 3:	Play Catch! With a fellow Wayne Walks participant during a walk.	WW Water Bottle
Week 4:	At least once this week, double your walk to 2 miles.	One Raffle Ticket
Week 5:	Recruit at least one new participant to join you in Wayne Walks!	2 Raffle Tickets
Week 6:	Join a Walk Leader for a group walk on 3 days this week.	WW Gloves
Week 7:	Join a different Wayne Walks walking group this week!	2 Raffle Tickets
Week 8:	Attend the Milestone Party at Town Hall	2 Raffle Tickets

Milestone Party

Join us for the conclusion of the Wayne Walks program at the Milestone Party on Saturday, October 31, 2020, 10:00 a.m. inside the Wayne Public Library at Town Hall, 475 Valley Road. Mayor Vergano will be hosting a small continental breakfast and ceremony for participants. If you've collected raffle tickets throughout, your name will be in the running for one of our participation prize giveaways!