



GOING THE DISTANCE

WALK ACROSS CANADA WITH ORC



Member Engagement at ORC



CROSSING CANADA TOGETHER

It's time to get moving: Going The Distance! This fun, complimentary challenge is a group effort, getting in your cardio workout and steps - enough KMs to cross Canada.

Beginning **Monday March 17** until **Sunday May 18**, members will log their daily walking and cardio workout distance by emailing Donna Paris, contributing to the total. It is a fun and motivating program: we trust everyone to use the honour system. We are starting our journey at Torngat Mountains National Park, Newfoundland, finishing on the west coast, at Kluane National Park & Reserve in the Yukon. Participate in the challenge anytime!

PRIZES

There are eight weekly random draws on Thursday morning. One workout is necessary to be eligible for the one weekly draw.

GUIDELINES

Use any fitness app or wearable to track your distance. Please submit your KMs by Sunday night. Any late submission will be added on the next week. You can submit "distance" or "steps" from any wearable device. After the end of each week, our total progress is charted on the map.

Great Ways to Gain Distance:

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|---------|-----------|----------------|----------------|
| 1. Run | 4. Cycle | 7. Daily Steps | 10. Spin Class |
| 2. Walk | 5. Row | 8. Elliptical | |
| 3. Hike | 6. Stairs | 9. Treadmill | |

ROADSIDE ASSISTANCE

Have questions? Need assistance? For questions about Going the Distance, email Donna: dparis@ontarioracquetclub.com.



WHAT EXACTLY IS GOING THE DISTANCE?

Every spring, ORC runs this complimentary member challenge to inspire connection, movement, and a little friendly motivation. It's a fun way to work toward a shared goal—crossing Canada together through walking and cardio activity.

The challenge runs from Monday, March 24 to Sunday, May 18.

Members track and submit their distance weekly using the ORC app, contributing to our cross-country progress.

- Members log their walking, running, cycling, hiking, rowing, or even daily steps—anything that adds distance counts!
- They use their personal fitness tracker, logging weekly totals on the ORC App.
- Submissions earn member a shot at our Tuesday prize draw—winners announced in our weekly update.
- Members can follow our virtual route from Newfoundland to the Yukon, with progress mapped weekly and fun highlights from each stop.

Over 75 members are taking part; we'll see how far we go in 2025!



ONTARIO RACQUET CLUB
CELEBRATING 50 YEARS

