

# WALKtober

An event for everyone to walk, roll or wheel!



Let's walk this October! Consider these FREE activities, track your progress, tally your points and enter to win prizes!  
 Submit your total points earned by sending an email to [jbarroshoffens@cityofmadison.com](mailto:jbarroshoffens@cityofmadison.com)  
 With a picture of your tally by November 8<sup>th</sup> to qualify.

## #WALKtoberMadison Free Walking and Recreational Activities

Go on a walk for sunset  (2 points)	Go on a walk for sunrise  (3 points)	Follow City of Madison Traffic and Parking on social media  (2 points)	Participate on <a href="#">Walk or Wheel (WOW) challenge</a>  (5 points)	Walk at a Madison Park  (2 points)	Take a 30-minute walk and list all the animals/creatures you see (2 points)	Love astronomy? Get outside to see the night sky! Go to <a href="http://skymaps.com">skymaps.com</a>  (2 points)
Walk somewhere new  (2 points)	Snap a picture in front of any Madison Park/Path sign and post with the #WALKtoberMadison (2 points)	Walk to a farmer's market. <a href="#">Find some here</a>  (2 points)	Watch "ASIMO Step to safety" <a href="#">online</a> with kids to introduce walking safety  (2 points)	Walk on an Art Route. Find more at <a href="#">Madison WALKtober</a>  (2 points)	Walk on a Mounds Route. Find more at <a href="#">Madison WALKtober</a>  (2 points)	Do a night walk (3 extra points if there is a full moon)  (3 points)
Do your groceries by foot  (3 points)	Walk to pick up lunch/dinner at your favorite restaurant  (3 points)	Don't want to go out today? Walk at home and count/measure your apartment/house dimensions by counting steps (2 point)	Go for a walk while leaving your phone at home  (3 points)	Go for a walk and smile to one stranger each you see  (3 points)	Do a Historical Landmarks Route. Find more at <a href="#">Madison WALKtober</a>  (2 points)	Wear a costume or just a funny hat or t-shirt on your walk  (2 points)
Snap a photo of something interesting on your walk and post it with the hashtag #WALKtobermadison and #WALKbikemadison  (2 points)	Go for a walk before lunch/dinner  (2 points)	Walk when the temperature is below 50 degrees  (3 points)	Walk in your neighborhood scanning for things you like, and thing you would like to improve on that route. Then share in social media #WALKtoberMadison  (2 points)	Create art using something you find* while walking or wheeling. *Please do not take private property and do not disturb living beings. Take a picture of your art and share on social media with #WALKtobermadison (4 points)	Read a book from the WALKtober Madison Public Library reading list  (3 points)	Go for a walk under the rain. No raincoat? Look up "how to make a raincoat at home"  (3 points)

Total Points tally:

GOAL: 45 points for prize eligibility

Follow Madison Traffic and Parking on social media and tag us  
**#WALKtoberMadison**

