

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 *and* one highlight from your **Walktober** in an email to chayes@cityofmadison.com by November 4th 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 Walk or Wheel (WOW) challenge (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 skymaps.com (2 points)
Walk somewhere that is new to you! (2 points)	Snap a picture in front of any Madison Park/Path sign and post on social media with hashtag #WALKtoberMadison (2 points)	Walk to a farmer's market. Find a list here. (2 points)	Watch "ASIMO Step to safety" online with kids to introduce walking safety (2 points)	Walk on an Art Route. Find more at Madison WALKtober (2 points)	Walk on a Mounds Route. Find more at Madison WALKtober (2 points)	Do a night walk (3 extra points if there is a full moon) (3 points)
Do your grocery shopping 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)	Smile to one stranger each time you are walking (3 points)	Walk a Historical Landmarks Route. Find more at Madison WALKtober (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 on social media #WALKtoberMadison (2 points)	Walk to pick up food at your favorite restaurant (2 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)
Pick up trash in your neighborhood park or trail. Next box for safety tips. (3 points)	Trash pick up TIPS: - Do not come in direct contact with any trash. - Wear protective gloves. - Use trash picker tool, if possible. - Dispose of bagged trash in park cans		- Use hand sanitizer when you finish. - Wash your hands with soap and water for a minimum of 20 seconds when you return home. - Learn more about volunteering with Madison Parks HERE .			

Total Points tally:

GOAL: 45 points for prize eligibility

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

