



NWT RECREATION & PARKS ASSOCIATION

MediaRelease

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Congratulations to all the participants of the 2014 Walk to Tuk

The Walk to Tuk is over and the results are in: Of the 102 teams participating, 73 made it Tuktoyaktuk (1658 km), logging a grand total of 207,808 kilometres. Calculated in hours of exercise the walking challenge participants collectively spent over 48,918.5 hours walking.

We are thrilled with the response that we have received this year, not only in the numbers of people and teams that registered, but in the sheer volume of activity logged. On average, each participant accumulated 245 minutes of weekly exercise, which is 95 minutes more exercise than the 150 minutes recommended in the Canadian Physical Activity Guidelines. All this was done during the darkest time of the year, and by many accounts, one of our coldest winters in recent memory.

A draw was held for the prizes on Tuesday, March 4. The winners are:

First Air Flight pass:	Dreamweaver Basil of the Yellowknife DAAIR Devil's Team and Fredrick Arey of the Aklavik Never Say Die Team
Team Captain Winner:	Peter Terrien of team Pavlov's Pavement Pounders from Yellowknife
School Team Prize Winner:	Ice Walkers 11 team from Tuktoyaktuk
Corporate Team Prize Winner:	Tuk Dynasty team from Yellowknife
Community Team Prize Winner:	Bushwhackers team from Yellowknife

Sheena Tremblay, NWTRPA's Active Communities Coordinator, is currently travelling to communities throughout the Dehcho and Beaufort-Delta, bringing Walk to Tuk T-shirts to participating teams.

"We will be planning next year's challenge soon and are always interested in suggestions to make it more fun, challenging and motivating", says Geoff Ray, Executive Director of the NWT Recreation Parks Association.

For details and team status visit: www.nwtrpa.org, or check out our Facebook page.

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Recreation for Life!

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