

2025 Walking Challenge

Challenge #1: January – February 7, 2025



Welcome to the
Winter Walking Challenge

Start 2025 with the gift of movement! Join our January Walking Challenge and kick off the new year with healthy habits, fresh air, and fun. Whether you're a seasoned walker or just getting started, this challenge is perfect for all fitness levels. Set your own pace, track your steps, and feel the benefits of daily movement—better mood, improved health, and a sense of accomplishment. Invite friends and family to join the fun, and let's walk our way to a great year ahead!

If you want to be part of this awesome journey with us and others, email us at WalkTennessee@gmail.com. We would love to help you in 2025!

Details

TOTAL MILES: 30/60/90 MILES

*If you complete your initial mileage and decide to walk (or run) to the next goal distance, let us know and we can assist you.

Time Frame: Now through February 7, 2025

Where can I walk to complete my challenge?

You can whenever and wherever fits your schedule and lifestyle. You can walk the neighborhoods,





parks, trails or treadmill. It all counts, and we want to encourage you to stay active and get moving.

Log your daily or weekly mileage on the provided log sheet below.

We would love for you to post to your social media a few photos of your walks, including at least one photo holding or wearing your mug, shirt, beanie or patch. Make your posts public & not friends only. Tag your posts with the following two hashtags with allow us and others to find them: #thegoosechase #tricitiewalkingchallenge

Submit the completed Log Sheet by emailing us at walktennessee@gmail.com or info@thegoosechase.org.



January Door Prizes:

Brookstone Cold Plunge Tub from The Goose Chase

Pasta meal kit from the Natural Foods Market

16 oz. Bottle of Elderberry Syrup by The Syrup Shop

Complimentary registration to the Shamrock Shuffle by The Goose Chase

The random door prizes will be drawn from the individuals that completed their challenge the week of February 9th.

Facebook Group:

Join our Facebook group, Tri-Cities Walking Challenge. It is a place where we post photos, announce upcoming walking groups and activities.

Walking Groups:

We will be announcing soon area walking groups. It is free to join and our ambassadors will help keep you motivated and moving.

