**30-Day Step Challenge**



**Get Ready to WALK or RUN**

**your way to a Win!**

Vision of Wallkill (VOW) & Wallkill Public Library are having a Step Challenge starting the Saturday of Weekend of Wallkill (Weekend of Wallkill is Sept. 19-20). The Challenge starts **Sept 20th**. Prizes will be awarded to the top 3 people with the highest number of steps.

* **Fill out and submit the Step Challenge entry form (entry forms available at the library and at the VOW tent during Weekend of Wallkill)**
* **This contest is free and open to anyone**
* **Start walking and/or running Sept. 20th. Finish Oct. 19th**
* **Use the log form to note the number of steps you take on a daily basis**
* **Submit your log by 5pm Oct. 23rd at the library or email to** **melaniechristiandilorenzo@gmail.com or** **TCraner@hvc.rr.com**
* **Winners will be announced no later than Friday Oct. 31st .**

See the Wallkill Public Library, [www.visionofwallkill.com](http://www.visionofwallkill.com) or Vision of Wallkill’s Facebook or Instagram pages for an entry form, log sheets, and more information.

Need help getting started, check out: <https://www.livestrong.com/article/13711439-the-10000-steps-a-day-challenge/>

**30-Day Step Challenge**



**Get Ready to WALK or RUN**

**your way to a Win!**

Vision of Wallkill (VOW) & Wallkill Public Library are having a Step Challenge starting the Saturday of Weekend of Wallkill (Weekend of Wallkill is Sept. 19-20). The Challenge starts **Sept 20th**. Prizes will be awarded to the top 3 people with the highest number of steps.

* **Fill out and submit the Step Challenge entry form (entry forms available at the library and at the VOW tent during Weekend of Wallkill)**
* **This contest is free and open to anyone**
* **Start walking and/or running Sept. 20th. Finish Oct. 19th**
* **Use the log form to note the number of steps you take on a daily basis**
* **Submit your log by 5pm Oct. 23rd at the library or email to** **melaniechristiandilorenzo@gmail.com** **or** **TCraner@hvc.rr.com**
* **Winners will be announced no later than Friday Oct. 31st .**

See the Wallkill Public Library, [www.visionofwallkill.com](http://www.visionofwallkill.com) or Vision of Wallkill’s Facebook or Instagram pages for an entry form, log sheets, and more information.

Need help getting started, check out: <https://www.livestrong.com/article/13711439-the-10000-steps-a-day-challenge/>