

# Norfolk Insider

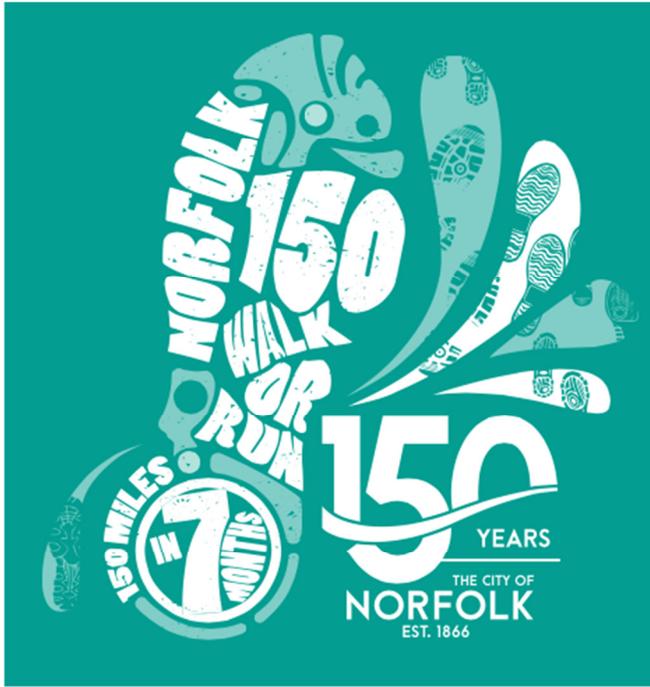
City of Norfolk, NE

[www.ci.norfolk.ne.us](http://www.ci.norfolk.ne.us)

January 4, 2016

## “Walk 150 Miles for the 150th”

Start out the 150<sup>th</sup> anniversary of the settlement of Norfolk by walking or running 150 miles. Luckily you don't have to do it all at once. The Walk 150 program challenges participants to walk 150 miles between now and July 1, 2016. Sponsors of the Walk 150 program are the Norfolk Family YMCA, Marathon Press, the City of Norfolk and Jeanette Johnson Art and Design.



“Walking is a great exercise but sometimes we need a little motivation to do it. This is a community wide challenge to walk 150 miles so maybe you can talk your neighbor into it, your spouse or your child. Getting out regularly and walking has been shown to strengthen your heart, lower disease risk and help you lose weight,” said Nicole Dennis, Norfolk YMCA Health and Wellness Director.

Participants can pick up a tracking card at Hy-vee East and West, Lou's Thrifty Way or the Norfolk Family YMCA on which to record the miles that they run or walk.

Dennis said the challenge is free to all participants. There is no age limit. A donation of \$15 is optional and can be given at the YMCA for those who would like a Walk 150 t-shirt and to help support the event. The first 150 people who bring their completed Walk 150 tracking card to the Walk the Trails Day will receive a Walk 150 drinking

bottle.

“It's a great time to get out and enjoy the City of Norfolk trail system. At the end of the six months, all participants are invited to walk July 1 on Walk the Trails Day at the new trail along McKinley Avenue at Ta-Ha-Zouka Park. It will be a celebration that day whether you walked some or all of the 150 miles,” said Rob Merrill, a Norfolk City Council member and member of the Norfolk 150<sup>th</sup> Celebration committee.

For more information on how to register for Walk 150, contact Dennis at 402-371-9770.