

Studies have shown that a person's life expectancy can be measured by the length of their walking stride.

Mission Statement:

To establish an annual event that would create a venue inspiring a fun and a healthy walking competition amongst our senior citizens, between the ages of 50 and over, here in our community, as well as, extending an invitation to seniors from around the World to visit and compete here in the Virgin Islands.

To create an activity that would target senior citizens as the primary benefactors.

To stage a fun, engaging competition bringing organized walking groups and individuals together.

To encourage more seniors to begin walking as their healthy, low impact, exercise routine, joining others on our roads, tracks and trails.

To include those with walking challenges to be able to set their own personal goals, along with others.

Walking Events:

Day - 1

Speed 50 m / 100 m / 200 m

Mid-Distant 400 m / 800 m / 1500 m

Option event: 15lb. Backpack walks mid-distant / long distance

Relays (4x4) 400 / 800 m / 1500 m

Field Events:

All field events have been modified to insure minimal physical stress or injury.

Limbo (instead of how high, but how low can you go)

Backpack Throw (replacing the - Hammer Throw)

Horse Shoes (substitute for Shot-Put)

Jumping Rope (instead of hurdles, triple jump, broad jump)

Optional (some kind of obstacle course : tires, steps, barriers, pole walking, etc.)

Walking Event

Day - 2

This on-road and off-road trek will test the senior's ability to walk up and down hills.

Long Distant Trail Trek

The starting point will determine route, ex:

North-Side

Cane Bay (the loop: beach — west up the Bitch - east down the Beast - east to the Beach)

Once established this can be an alternating schedule of locations.