



Registration Fee:

Adults: \$10 ea.
Students: \$5 ea.
(age 17 and under)

Walking Program

Register: Online at www.walknd.com

Goal: Walk 200 miles in 8 weeks
(2,000 steps = 1 mile = 20 minutes)

Report: Submit steps every two weeks

Incentive: Receive a WALK ND incentive
after completion

Questions?

E-mail us at:
info@walknd.com

Web site:
www.walknd.com

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NDSU
Extension Service

www.walknd.com