



FAQs

What is a virtual walk?

A virtual walk our way of hosting a walk without bringing people together in the same place. Instead of following a designated route with a group of people, you will be able to walk your own route while connecting with other people virtually. You also get to choose how you participate meaning you set your distance and how you are going to achieve that goal. You can stay indoors or go outside and you can choose to walk, run or roll – whatever you would enjoy most!

How far do I have to walk?

You can walk any distance you like. We encourage you to try a minimum of 1 K. For tips on training and preparing for a long distance walk, click [HERE](#)

Do I have to go outside to participate?

No. You can participate in the comfort of your home by walking around the house, using an elliptical, treadmill, or stationary bike. You could also walk up and down your stairs or move along to an exercise video.

What if I just want to give a donation?

That would be wonderful! You can make a donation [HERE](#)

Will I get a tax receipt?

You will receive a tax receipt for your \$10 registration and any donations over \$10. Tax receipts will be emailed to you immediately after you make the online donation.

When is the walk taking place?

The walk is taking place over a 10 day period, from June 21 to July 1, to ensure every participant can find a day and time to complete their goal.

Do I have to have Facebook to participate?

No. Our Facebook page is a resource and a great way to connect with other participants. But don't worry, we will make sure you get everything you need and are up-to-date via email as well.

Do you have a question that you don't see answered here? Please reach out to our Fund Development Coordinator, Michelle Betlem, at michelle.betlem@von.ca