



You are invited to...

The Sheila Macauley Memorial Walking Contest

October 19th-25th, Sponsored by GFWC/CT

Former member, Sheila Macauley, was dedicated to the “Health and Wellness” of all our State Club members and our Federation. We invite you to join us as we remember and celebrate a very special woman who freely gave of herself for others.

INSTRUCTIONS: Each club president appoints a contact person for her club.

The contact person asks participants to record their exercise activity on all days from Oct. 19th to the 25th. And to inform her of their totals by phone or email. Any type of exercise is okay; even walking, Zumba, exercising, pickleball—all athletic endeavors. Estimates are okay.

Use the attached Activity Log to email your **club's miles/hours** to Ginny Chulkovs at ginny.chulkovs@gmail.com or mail to 9 Brookside Trail, New Milford, CT. logs are due in by Oct. 31st. (phone #203-545-7996)

All exercise activity will be converted to equivalent miles walked, using the standard charts of calories burned for each type of exercise. Certificates will be presented to the best club performers in the small, medium and large category. Club performance will be calculated by dividing total equivalent miles walked, by the total number of members of that club. Small gifts will be given to the top three individual performers.

Ginny Chulkovs

GFWC/CT Health and Wellness Chairman