

May 20, 2004

VICTORIA CLUB TREAD WALK RATING SCHEME

Subcommittee members: Judy Brown, Val Moir, John Ward

Guiding Principles:

- Walks are on smooth terrain — asphalt, concrete or well used paths, otherwise the event is considered a hike. Terrain is therefore not a factor in calculating ratings for walks.
- Walk ratings are derived with regard to the distance of the walk and whether or not there are hills.
- Participants on Club walks are not required to wear hiking boots — they may use sneakers or other suitable walking footwear.
- The rating of a walk is indicated by sneaker icons, generally with a maximum of 4 although the rating scheme could be modified to derive higher ratings for longer events.
- Additional features such as “fast-paced,” “scavenger hunt,” “bakery tour,” etc. should be added as text on the Club schedule.
- The following template should be used to derive sneaker ratings for walks.

Template for Deriving Sneaker Ratings for Walks

Name of walk: _____

Derived by: _____ Date: _____

Note: Scores below are for walks on relatively flat terrain. Add 1 sneaker to any walking event where there are hills to climb.

Distance	< 5k	5 – 10k	10 – 15k	> 15 k
Score	1 sneaker	2 sneakers	3 sneakers	4 sneakers