

A virtual trip around MD201, raising awareness for diabetes

17 August - 14 November 2023



How?

Lion members in the C1 District are invited to record their steps/kms as they walk, run, skate, bike, row or swim. Clubs collate and share their records with the project coordinators every 1-2 weeks, for a 90 day period.

Why?

By Lions getting out there and being active, we hope to encourage family, friends and the community, to get active too, adopt a healthy lifestyle, and raise awareness for diabetes.

Track

Track the progress of clubs, and the district, with the district leader board. This will be updated regularly on the district website and social media.

How far can we travel together? Can we beat our current record of 69,007.57km which we set in 2021? We were close in 2022.

This year, C1 Making Strides will be visiting as many Lions Clubs across the MD201 area as possible, on our way to the 2024 Lions International Convention in Melbourne.



**For more information and to submit your records, please contact
Petrea & Andrew Stacey via c1makingstrides@gmail.com**



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C1 Making Strides is back for 2023 – together we can get active, adopt a healthy lifestyle and raise awareness for diabetes.

How does your club get involved?

Step 1

Email c1makingstrides@gmail.com to register your club's interest.

Whether you have 1 member or 30 that want to participate, every step counts.

Step 2

Starting Thursday, August 17th, start recording your steps/kms when you walk, run, skate, bike, row or swim, keep your club's spreadsheet Up-to-date.

Step 3

Every 1-2 weeks, submit your updated spreadsheet to c1makingstrides@gmail.com

Step 4

Follow the C1 Making Strides Facebook page and www.lions201c1.org.au

Step 5

Stop recording after November 14th, and submit your final records no later than November 21st.

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2023 Challenge Categories

1. Overall club based on total kilometres travelled
2. Overall club based on total kilometres travelled per participating Lions
3. Overall club based on total kilometres walked
4. Overall zone based on the total kilometres travelled by clubs in a zone
5. Individual who walked the furthest total distance
6. Individual who cycled the furthest total distance
7. Club that promotes diabetes awareness the most effectively

**Gather your members, club and zone together, and
let's get active!**

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