

# Let's Walk to Bethlehem!

At EKLC our mission statement includes Gathering. During this time of COVID it is hard to be together as a congregation. Gather by joining the EKLC World Walking Group on a virtual Walk to Bethlehem from now until Christmas.

Each individual who joins the group will record their real world steps walking, miles biking, meters rowing, etc. All of these steps, pedals, and strokes will be used to virtually traverse the 7400 miles from here to Bethlehem.

Let's keep healthy this fall and do something together even when we are apart!

You do not have to have a computer to participate. Follow the appropriate steps below to join us.

How to Participate:

## High Techy Folks

1. Search and download **World Walking** from your app store (either iphone or android).
2. Search for the EKLC Group.
3. Create an account and connect to the group.
4. Add the Walk to Bethlehem walk to your account by clicking on the walk from within the group and saying **Join Now**.
5. Connect your account to your fitness device. If you are doing this from your phone, you will get a prompt..
6. **Move!** Your steps will sync to the app. You will need to move your banked steps to the walk in order for them to count toward our destination.
  - a. If you bike or row you may need to manually add those miles as your fitness tracker may not count them.

## Low Techy Folks

1. Go to <https://worldwalking.org/> .
2. Click on Groups.
3. **Search** for EKLC in the search field and select the group by clicking on it.
4. **Join this group** by clicking on the button of the same name.
  - a. You will need to Register with your name and email.
5. Once in the group add the Walk to Bethlehem by selecting the EKLC group in your Dashboard, clicking on the Walk to Bethlehem, and choosing **Join Now**.
6. **Move!** This can be walking, biking, or marching in place while watching TV.
7. Track your steps or miles in the app. From your Dashboard use **Add Steps** to log the miles/you've moved. (note that you can log in either mode steps or miles....or kilometers if you want to be Canadian)
8. Choose **Spend Steps** to apply those steps to our walk. You can do this each time you log or at some other interval. Note, your steps will not be logged to our walk until you "Spend" them.

## No Techy Folks

1. **Move!** This can be walking, biking, or marching in place while watching TV.
2. Track your steps or miles on a piece of paper.
3. Call the church office once a week with your weekly counts. Julie will enter them manually in our walk. You can leave a message if the office is closed.
  - a. Alternatively, you could get a family member to create an account for you (see Low Techy Folks) and track your individual progress toward our group goal.

