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## 'Walkolution' aims at record

By **ROB NAY, SUN MEDIA**

Canadians used foot power to pursue a record yesterday.

More than 500,000 people were expected to participate in the World Record Walk, an event held in Manitoba and across the nation which aimed to set a new world record for the largest number of people walking one kilometre at the same time.

Along with the record, the walk had additional goals, said Lise Smith, a co-ordinator with Resource Conservation Manitoba, which oversaw the walk in Manitoba.

"It was started as a really neat, galvanizing event to start a 'walkolution,'" said Smith.

Organizers of the national event came up with "walkolution" to spur Canadians to incorporate walking into their daily life, she said. "It's health-related and it's environmentally sustainable," said Smith.

Yesterday morning, about 48,000 people had registered for the walk in Manitoba, with about 584,000 signed up across the country, said Smith.

The official event tally likely won't be confirmed until later this fall, but organizers are confident Canada will set the record, she said. The record was established last year in Australia with 100,915 people registered.

The event was started by Green Communities Canada, an organization based in Ontario that focuses on environmental programs and community action.

Dave Elmore, a walk participant in Winnipeg, said the event raised awareness about healthy activities, along with the need for more activity-friendly facilities.

"I really would like to see the city become more walkable and more rideable," he said, adding he's spent more than 20 years cycling to work.

Numerous Manitoba businesses, organizations and schools took part in the walk, which started at 11:30 a.m. and lasted for about 20 minutes.

"It's significant in terms of bringing different people together to enjoy the outdoors," said Elisabeth Ostrop, executive director of the Manitoba Recreational Trails Association.



**Eager Winnipeggers take part yesterday in the World Record Walk.**  
(C. PROCAYLO/ SUN MEDIA)