

## **Special C-19 Activities Program Starts April 6<sup>th</sup>** **Virtual Online Programs—Jan Van Vlack**

In an effort to stay healthy and active during the COVID-19 crisis, we are setting up a special version of the Virtual Online Program (VOP), The Appalachian Trail, based solely on activities converted to steps beginning 4/6. How creative can you be? Since some activities, like bicycling, would convert to more steps than mopping or gardening, we decided to use an average of 2,500 converted steps/day.

Go for a bike ride... done for the day. Only mopped, gardened, or walked some stairs? Find something else to get your activity in. Play croquet with the grandkids, lift some weights, get the Wii out and bowl! Most anything and everything will count... so if you can't find it on the list, find something comparable. Let your imagination guide you. And if you do go for a Volkswalk, a walk around your block, or a walk in the park, that will also count as an activity!

We are trying to reach non-walkers and those who have had to cut back on walking because of social distancing and quarantines, but we think many of our current VOP Walkers will also want to join the fun. Unlike other additional Challenges, because the Special C-19 Activities Program will include a very special T-Shirt, there will be a charge for this Program. Due to increasing costs, we are asking for reimbursement for postage for T-Shirts.

### ***Here is the current (and creative) VOP pricing:***

- \$35 - Current Walking Appalachian Trail Challenges, includes T-Shirt. Postage reimbursement appreciated.
- \$25 - (limited time special), current Walking Appalachian Trail Challenges, no T-Shirt (unless purchased separately plus shipping).
- \$30 - Special C-19 Activities Program for new VOP Appalachian Trail participants, includes Special C-19 T-Shirt, postage reimbursement expected. (Does not include walking versions of The Appalachian Trail Challenges).
- \$15 - Have it all... Special C-19 Activities Challenge for current VOP Appalachian Trail walking participants, includes Special C-19 Activities T-Shirt and The Appalachian Trail T-Shirt. Postage reimbursement expected.

***Remember: The actual Appalachian Trail Volkswalk is currently closed. This may be the only way to “see” this wonderful trail this year! Join now, see as much as you can of the AT during this crisis, and if you don’t finish, you will still earn the Special T-Shirt while having fun. Sign up now so you won’t miss logging your Activities. The Challenge begins 4/6/20.***

Questions: Please post on The VOP Appalachian Trail Challenge for others to see or email me at [vop@ava.org](mailto:vop@ava.org).

[Click here](#) to visit website and register.

Here is a list of VOP/C-19 Program activities, [click here for pdf](#).