

# Walk Around the Sound Registration

Have you ever wanted to tour all the villages of Norton Sound? Now you can! Join the CAMP department today!

FROM → TO	MILES
Nome → Savoonga	163
Savoonga → Gambell	39
Gambell → Teller	190
Teller → Brevig Mission	7
Brevig Mission → Wales	50
Wales → Little Diomede	25
Little Diomede → Shishmaref	87
Shishmaref → Koyuk	168
Koyuk → Shaktoolik	40
Shaktoolik → Unalakleet	35
Unalakleet → Stebbins	52
Stebbins → St. Michael	7.7
St. Michael → Elim	79
Elim → Golovin	24
Golovin → White Mountain	15
White Mountain → Nome	61

**Who:** YOU! Anyone can participate. Participants under 18 years old must get a parent or responsible adult to sign the registration form.

**What:** A “tour” of Norton Sound kicking off in Nome and covering 1,043 miles. While you won’t actually be walking to these villages, each minute of physical activity will get you closer to your destination.

**Where:** Wherever you want! Any physical activity that gets your body moving counts whether it’s walking the dogs outside, running on a treadmill, walking the stairs at work, or having a dance party in your living room!

**How:** Record your physical activity on the recording sheets. You may use the electronic or physical form. Report weekly, monthly or when you arrive at a village to CAMP. For each village you reach, you win a button! The first 3 to complete the 2018 Walk Around the Sound challenge will receive a medal.

**When:** March 2018 – December 2018

Name \_\_\_\_\_ Email \_\_\_\_\_ Date of Birth \_\_\_\_\_

Guardian's name (If under 18) \_\_\_\_\_

Phone Number \_\_\_\_\_ PO Box: \_\_\_\_\_ Village: \_\_\_\_\_

I understand and accept the element of risk of physical injury through participation in the Walk Around the Sound. I further understand there is no medical insurance provided by the Norton Sound Health Corporation or its employees, volunteers, and sponsors for this program. I will assume all risks and I am aware that I shall be responsible for any and all medical costs that may arise from injury through participation in this program as well as any other unforeseen costs that could arise.

I release Norton Sound Health Corporation from any and all liability, loss, damage, costs, claims or causes of action including but not limited to property damage or bodily injuries that may arise from this activity.

(Participant or Parent/Guardian signature)

Date

**PUBLICITY RELEASE:** I hereby grant NSHC CAMP the right to use my name/ image/ testimonial in news releases, feature articles, advertisements and promotional efforts.

(Participant or Parent/Guardian signature)

Date

Please return this registration form to the NSHC CAMP Office (Hospital 1<sup>st</sup> Floor) or email it to [kgray@nshcorp.org](mailto:kgray@nshcorp.org). Questions: Call 443-3365



# **Walk Around the Sound Activity Tracking Sheet**

**NAME:**



Please use the following information to record your miles.

**1 mile = 10 miles  
2,000 steps = 10 miles\*  
30 minutes of physical activity = 10 miles**

\*based on average stride length.  
Note miles will be the most accurate way to track.

## ***Online Form Available***



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