



**News Release**  
August 16, 2019

## **Free Community BBQ and Public Skating if Ponoka Wins Walk 'N' Roll Challenge this Summer**

*(August 16, 2019 – Ponoka, Alberta)* – With only two weeks left in the Walk 'N' Roll Challenge, Ponoka remains in first place – for the fourth week in a row! If we are able to hang on to first place when the Challenge ends on August 31, we plan to celebrate!

If we win, the Town will host a free victory BBQ and free public skating at the Ponoka Arena Complex to thank the community for its outstanding performance in this year's Challenge. More details about the community BBQ will be announced in early September once the winner has been declared.

### **Residents Encouraged to Log Trips During Final Weeks of the Challenge**

We're competing with Wainwright and Stettler for bragging rights over who can register the most trips in the Walk 'N' Roll Challenge this summer. Staying in first place won't be easy! Ponoka residents are encouraged to keep walking or 'rolling' to their destinations (walking, cycling, skateboarding, etc.) and keep logging their trips on the Town website at [www.ponoka.ca](http://www.ponoka.ca) to help Ponoka remain in first place and win the Challenge!

You can log trips that date all the way back to May 1 if you haven't already logged them on the Town website. Start tallying up those trips! There's still time to join the Challenge if you haven't done so yet! Full details about the Challenge are posted on the Town website. Remember, participating in the Walk 'N' Roll Challenge is good for you, our environment, AND you can save on gas!

### **Win Prizes!**

There is still one monthly prize draw left in this summer's Walk 'N' Roll Challenge. Double your chances of winning by posting a photo of yourself on social media participating in the Challenge and use the hashtag **#PonokaWalknRoll**. Here's how:

- Simply log your trips on the Town website at [www.ponoka.ca](http://www.ponoka.ca) – scroll down the page and click the link under Walk 'N' Roll Challenge.
- Post a picture of yourself participating in the Challenge using our hashtag **#PonokaWalknRoll** on Facebook, Instagram or Twitter.
- You will then automatically be entered twice for this month's prize draw!
- Did you walk to the store? Record it as a 'trip'!
- Did you walk to the mailbox or to a friend's house? Record that as a trip, too!
- Remember to count the 'to' and 'from' portion of each trip as two trips.
- The length of the trip doesn't matter.



The winner of our monthly prize draw will win a prize basket filled with Town of Ponoka swag and a \$20 Town Recreation gift card that is redeemable year round at the Ponoka Aquaplex, tennis courts, Arena, and racquetball courts.

Once again we would like to send out a BIG thank you to all Ponoka residents and businesses who are participating in the Challenge this summer. Everyone's ongoing participation is making a huge difference in the results and is helping us stay on top!

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