

# Get Ready for the Walktober Challenge



2023 Walktober Challenge winner Sydney Brahmavar and her running buddy Jimmy.

Get ready, Clark College Community! The Walktober Challenge is back, and we can't wait to kick off this exciting annual competition with Lower Columbia College and Washington State University Vancouver. Let's join forces in October and bring that trophy home to the Penguin Nation!

## What is Walktober?

Walktober is a 31-day movement challenge designed for faculty, staff, and students. Whether you're a seasoned fitness enthusiast or just looking to add a little more movement to your day, this is a no-cost opportunity to get active and engage with our community. Together, we'll help Clark College



earn the title of “Walktober College Champion.”

This year, we wanted to give every participant an opportunity to win a prize, so we have added a raffle where every participant has a shot at winning.



Cath Busha with her walking buddy Ruth a high-energy blue heeler-German shorthair Pointer mix.

**Tips from 2023 Walktober Challenge participants who logged the most**

## **steps**

### **Sydney Brahmavar, Atmospheric Science instructor: 812,535 steps**

“I am a trail runner with a dog who also needs a lot of walking and running. I just tracked my usual activity. I did nothing special for Walktober. I am lucky to have trails right outside my house, so I start every day with a long run or hike with my dog and end most days with a long walk with him as well. The time in the forest helps me connect with the Earth, prepare for or process my day, and stay grounded and happy.”

### **Terri Anderson, Dental Hygiene: 623,862 steps**

Terri’s Dental Hygiene department completed the most steps in the 2023 Walktober Challenge. “We sometimes walk together on a break or lunch. We also give each other kudos for our progress and motivate ourselves.”

“I always like a challenge. I am a runner and most of my steps were accumulated by running. I also get a lot of steps during my day at work. The Walktober Challenge is a good way to get out of your office chair. It is not good to sit all day long. Get up, find a friend, and go for a walk.”

### **Aaron McPherson, Facilities: 575,229 steps**

“My position is custodian, and I usually cover at least two buildings a night (O’Connell and Beacock) during graveyard hours, so I do a lot of walking on campus regularly. Some of it was running, but I tried to keep the running to a minimum. Regardless of your final total step count or overall rank, it is far better for your health to get up and move than to stay

stationary. If you can't do it for Clark, then do it for yourself."

## **Cath Busha, Student Affairs: 448,530 steps**

"I LOVE walking and hiking. It's part of my daily practice, not only for physical health, but mental health, as well. It was fun to count up my steps for the work challenge. My daily goal is to walk 15k-20k steps. Every morning before work I walk about 8k steps with my dog, Ruth (or I should say she walks me. She's a very high-energy blue heeler/German Shorthair Pointer mix)." "At work, I eat my lunch at my desk, then use my lunch break to walk and listen to podcasts. I also take walk 'snack breaks' during the day and will do a loop around campus or through Gaiser/PUB to see folx and stretch. At home, I finish my days with a long walk—sometimes talking with friends, sometimes walking with a friend. On the weekends, I hike (Falls Creek Falls and Hamilton Mountain are my favs) and I also walk A LOT with my partner – it's our favorite date!"

Cath encourages fellow Penguins to walk: "The data are clear: If you're able to, moving our bodies is so good for our physical, mental, emotional, spiritual and social health. Start where you are, set your own goals, and go from there. 'Habit stack' walking and moving with other things you enjoy (ie talking to someone; taking pictures; walking to a favorite bakery; noticing nature; listening to an audiobook) is another great way to build walking into your daily life."

## **How to Participate**

- Track your steps: Log your total daily steps from October 1-31 using the attached Walktober Log here.
- Use technology: Use your smartphone or smartwatch to

track your daily movements. Use your smartphone to search fitness trackers.

- Earn tickets for prizes: For every 1,000 steps you log, earn tickets to be entered into our prize raffle. Tickets for three employees and three students will be drawn to win raffle prizes.
- Collect your incentive prize: At the end of the challenge, participants who submit their Walktober log in person to Human Resources (BRD 133) will receive an incentive prize and can choose between a selection of Clark-branded swag (while supplies last).
- Vary your activities: Walktober isn't just about walking! Check out the Step Equivalency Chart to see how other activities count toward your movement goals.

**Last day to enter:** Submit your completed Walktober log to Vanessa Bural at vbural@clark.edu or stop by Human Resources (BRD 133) by November 7.

*"Let's move! Walking is a fantastic way to boost your energy and improve your health. Take advantage of the beautiful fall weather. Step outside or meet up with friends for a stroll around campus. All movement counts! We can't wait to see how far we can go together this October. Let's make this a fun and active month!"*

*–Clark's Well-Being Team: Vanessa Bural, Dr. Evelyn Buschur, Veronica Brock, Mike Law, Valentina Pishchanskaya-Cayanan, and Tre Sandlin*

## **2023 Penguin Nation Walktober Stats**

- 84 participants (employees and students)
- 23,344,718 total steps (more than 23 million steps!)
- 277,913 average steps per participant
- Department with the most participants: Dental Hygiene

with 12 participants

- Department with the most steps: Dental Hygiene with 3,472,767 total steps
- Department with largest average steps: Veterans Center of Excellence with 536,981 average steps

## **2023 Walktober Challenge: Penguins who logged more than 400,000 steps**

- Sydney Brahmavar, Meteorology: 812,535
- Terri Anderson, Dental Hygiene: 623,862
- Aaron McPherson, Facilities: 575,229
- Donna Larson, Veterans Center of Excellence: 567,893
- Megan Anderson, Veterans Center of Excellence: 506,069
- Josh Nichols, Central Services: 492,525
- Cecelia Martin, Assessment & Institutional Research: 482,449
- Veronica Brock, Dental Hygiene: 471,100
- Ronald Anderson, Security: 457,917
- Cath Busha, Student Affairs: 448,530
- Andrew Shaman, Library: 433,319
- Gene Biby, Theatre/Drama: 423,977
- Wende Fisher, Advising Services/Student Affairs: 416,035
- Jennifer Dean, Library: 405,467
- Kevin Damore, Communications & Marketing: 405,395
- Nicole Marcum, OOI: 401,481