

**Special Olympics**  
Norfolk



# SON Lockdown Challenged Continued!

Well done on completing our lockdown challenge visiting the Eastern Region and SOGB office.

Fear not we haven't finished yet. We are now going to virtually travel from Special Olympics Norfolk to the SO Head Office, Washington DC! We will travel to London Heathrow, Baltimore/Washington International Airport and finally onto SO Head Office - [6101km](#).

This time you can walk, run, cycle, wheel or exercise to accumulate km. Athletes and volunteers can cycle this time - Kevin and Jeremy we have listened!

Good luck everyone!

## Go Team SON!

### **Keep Active With SON Rules and instructions for entering distance:**

1. Anyone can join in - volunteers, family members, friends but most importantly our SON participants.
2. Activity must be a specific exercise e.g. not walking around as part of job. Exercise activity will be converted to kilometres.
3. Dogs can accompany owners but their distance does not count (even if fit bits are attached to dogs)!

4. Individuals should update their activity to Kay Bailey ([kbailey23@me.com](mailto:kbailey23@me.com)), Nicola Fish ([njfish@hotmail.co.uk](mailto:njfish@hotmail.co.uk)) or Alison Williams ([alisonwilliams519@btinternet.com](mailto:alisonwilliams519@btinternet.com)).
5. Please provide distances covered in kilometres.
6. Everyone's individual distances will be accumulated into one SON team distance.
7. You can track your distance using apps like Strava and Run Keeper or using a Fitbit, Apple Watch etc..
8. Progress will be shared on Facebook.
9. Please **do not** break lockdown rules.
10. Start date - Saturday 16th January.
11. End date - Sunday 28th February.

We are not asking for evidence of the activity, but feel free to share any photos of your activity to the Facebook page.

## Get out there and have some fun with SON!

From	To	Distance (km)
Norfolk	London	198
London	Baltimore/Washington Airport	5849
Baltimore/Washington Airport	SO Head Office	54
<b>GRAND TOTAL</b>		<b>6101</b>