

# Walking

# West



## With Robert Campbell

Join us as we retrace the steps of Robert Campbell's first journey West. We will work as a group to reach 1,804 miles; roughly the equivalent of what Robert would have undertaken on his journey towards Cache Valley beginning in 1825. There will be many "stops" along the way. When we reach a stop you will receive an e-newsletter with excerpts from Robert's journal about what he saw there and who he met along the way. When we reach Cache Valley there will be a celebration with prizes for the participant who logs the most miles overall, and the most miles in a single week.

### *How does it work?*

We will be starting at Saint Louis.

Each week participants will submit the number of miles they walked via e-mail so we can keep track of our group total. As we reach each "stop" the group will receive an email update of our location! This will be a fun way to stay healthy and learn about Robert's first journey West.

### *Track your miles:*

There are several ways to keep track of mileage. You can purchase a pedometer if you wish, but if you have a smartphone in your pocket you can download a pedometer application. iPhones have one built right in, just look for the application called "Health." Samsung users should look for the "Samsung health" application. If you wish it is easy to get an estimate of your number of miles walked. Just remember that 30 minutes of non-stop activity (biking, walking the dog, etc.) is equal to a mile. One tour of the Campbell House is  $\frac{1}{4}$  mile as well. Keep in mind that if the activity is stop and go (like a tour of a museum) you will have to accommodate for the time spent idle. This isn't an exact science, we are using the honor system so just do your best with these estimates. The point is to have fun after all!

