

# Welcome to the Derby Walks Initiative

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Join the Derby Health Collaborative's Derby Walks Initiative by pledging to walk 30 minutes most days to improve and maintain your health. Walking is great for your health and only requires a good pair of shoes. Walking reduces the risk of many chronic diseases too. By signing up and tracking your time, you will become eligible to use the indoor track at the DRC free of charge on inclement weather days. Get started by downloading the Fitness Pledge form and Tracking form at [www.derbyrec.com](http://www.derbyrec.com) or call (316) 788-3781 to receive copies.

## **Inclement Weather Policy**

The DRC is committed to your health and wellness and with your pledge to walk and track hours; the DRC will allow you to use the indoor track for FREE on days of inclement weather. Inclement weather for use of the DRC indoor track is defined as follows:

### **Inclement Weather Policy for using DRC indoor track:**

1. Winds must be greater than 15 miles an hour
2. Temperatures below 40 degree Fahrenheit
3. Temperatures above 90 degree Fahrenheit
4. Snow, sleet, rain or ice.



## **Derby Walks Indoor Track Procedures**

- DRC Coordinators will monitor conditions for each day.
- All Derby Walks participants must check-in with the front desk prior to using the track.
- Participants are only allowed on the track to complete their fitness walking. To use other parts of the facility, membership is required.

We encourage our walkers to invest in a membership for further walking and exercising. The Derby Walks inclement weather indoor track usage is a privilege and maybe revoked at any time.

**Contact Debbie Williams, Community Wellness Director for further information at (316) 788-3781 or by email at [Debbie@derbyrec.com](mailto:Debbie@derbyrec.com).**