



November 2019, Edition 43



Congratulations to Knox SOW!

A big congratulations to David and Glenys Mallen who are the organisers of Knox Street Orienteering Walkers (SOW). Knox SOW has been selected by the Heart Foundation as a 'unique' walking group to help promote their November Walking Challenge! This group was chosen to represent the entire State of Victoria, with just one walking group selected per State.

Street Orienteering is a variation of the competitive sport of Orienteering. You are given a specially prepared orienteering map outlining streets, paths and pathways and the location of a number of clues. Each clue is worth different points. You have to navigate your way around finding the answers to the clues and writing them on your map, with the aim of maximising your score and returning to the start/finish location within an hour. The group meets on the 1st and 3rd Friday of the month at 10.15 am. For details about Knox SOW [click here](#) or call David on 0419 337 311.

Be rewarded for stepping it up

Track your progress in the Heart Foundation's November challenge and you could walk your way to Thailand. Every step you take between 1 November to 10 December 2019 will put you in the running to win an eight night trip to Thailand valued at over \$5,000, or 1 of 10 \$250 Rebel gift cards. Receive one entry into the draw for every 100,000 steps you take. The more you walk, the more chances you have to win! For details [click here](#) or call 13 11 12