



# The Walk Massachusetts Challenge Returns!

May 1 - October 31, 2022

Run, jog or walk and earn chances to win prizes for you and your Council on Aging! This intergenerational challenge is open to ages 5-59 who 'sponsor' an older adult. (Just enter the name of a parent, grandparent, neighbor or friend! No fundraising is needed.) Participants register and track progress online. Choose from one of four challenges:

## Commonwealth Challenge



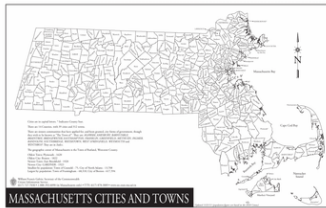
Complete 351 miles to celebrate the number of cities and towns in the Commonwealth.

## Shoreline Challenge



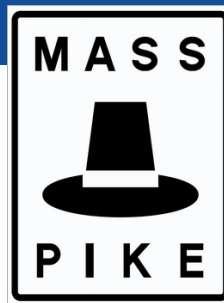
Complete 192 miles to celebrate the length of the Massachusetts shoreline.

## 1788 Challenge



Complete 88 days to celebrate the year Massachusetts became the sixth state.

## Turnpike Challenge



Complete 126.6 miles to celebrate the length of the Massachusetts Turnpike from Boston to Lee.

Registration opens April 1 Register: [www.walkmachallenge.com](http://www.walkmachallenge.com)



Massachusetts  
Councils On Aging