

Knox Street Orienteering Walkers


How to join the **Knox SOW** walking group

*We are one of over 200 Victorian walking groups registered with the **Heart Foundation**.*

We walk in and around the City of Knox on the 1st and 3rd Fridays of the month.

We walk for 1 hour finding the answers to 20 clues.

Afterwards we go to a nearby café for a cuppa and a chat.

- Step 1** Go to our website (www.knoxsow.org.au) and click on the **Start/Finish Locations** link to find out where the next walk will be. Click on the  icon to display a map showing the exact location.
- (If you have downloaded this list to your phone or tablet you can add an icon to your screen to open it with one touch. Instructions how to do this are on the Home page. Make sure you regularly check for updates and replace this downloaded file.)
- Step 2** Contact **Walk Organiser, David**, by phone, text message or email to let him know you are coming. (0419 337 311 david@knoxsow.org.au)
- Step 3** Click on the [Knox SOW Walker Registration form](#) link to download the form. Fill it in and email it to David or print it and hand it to David at the walk. (If you do not have easy access to a computer or printer, David has blank Registration forms available that you can fill-in on your first walk.)
- Step 4** Click on the **Register** button to register with the **Heart Foundation**. (Other buttons link to **Heart Foundation** resources and information.) Note that the **Heart Foundation** only accepts one email address. If you are a couple, leave the email box blank for one person. Tick 'Yes' for participation in the Walkers Recognition Scheme and showing last name to WO (= Walk Organiser). (If you do not have easy access to a computer, David can register you with the **Heart Foundation**.)
- Step 5** Click on the **Guidelines & Rules** link to see how the group is run. Click on the **Maps** link to check out old maps and see what information is provided at each walk. (You may download and print these maps at any time to do an SOW around an area you missed or would like to do again.)
- Step 6** Arrive at the Start / Finish Location at about 10am. (Look for the blue wagon with the back door up.) Sign the attendance book and pay the \$1 donation. You will receive a map, a copy of the Start /Finish Locations list and a name tag. You will be given a short training session from Glenys (with any other 'first-timers'). You will then be assigned to a team or be accompanied by David and/or Glenys for your first walk. Have fun !
- We walk on the 1st and 3rd Fridays of the month from the same Start Location.
1st Friday = Course #1. 3rd Friday = Course #2. Come to one or both walks.
- Important:** *If you are coming on a walk, always notify David by text or email the day before. (See Step 2.)*

