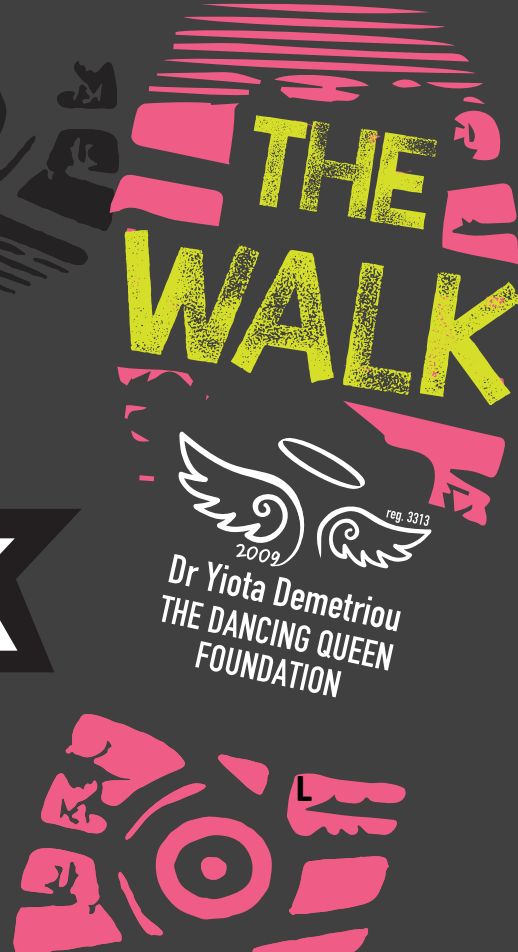


16th Annual Charity Walk

I'd rather **walk** than Drink and Drive

NOVEMBER 2024



Dr **YIOTA DEMETRIOU** The Dancing Queen Foundation has been founded by friends and family of the late Dr Yiota Demetriou, whose ambition to help children in her field of child psychology was cut short in a tragic accident on the 16th November 2008. This tragic accident was a result of a drunk driver.

Through our annual walks with the Motto '**I'd rather Walk than Drink & Drive**' we would like to raise awareness of the devastating effects drunk driving has on the lives of other people.

The 16th Annual Charity Walk hosted by the Foundation allows the participants to select between 3 options, "THE WALK", "THE RUN" and "The Virtual Walk".

All sponsorship forms are sent by email. If the email is not received the JUNK box is to be checked. If nothing is received participants must email info@dancingqueenfoundation.com and the form will be manually resent.

3 options available to the participants:

OPTION 1: Participate in the Walk on the 3rd November.

OPTION 2: Participate in the RUN on the 3rd November.

OPTION 3: Download Wikiloc app at www.wikiloc.com search for our pre-defined walks and complete the walk at your own discretion from the 3rd until the 24th of November.

Η 16^η Φιλανθρωπική Πορεία του Ιδρύματος επιτρέπει στους συμμετέχοντες τη δυνατότητα επιλογής μεταξύ 3 τρόπων συμμετοχής, "THE WALK", "THE RUN" και "The Virtual Walk".

Το έντυπο χορηγίας αποστέλλεται αυτόματα στην ηλεκτρονική διεύθυνση του συμμετέχοντα. Σε περίπτωση που δεν παραληφθεί, συστήνεται ο έλεγχος του junk box ή η αποστολή μηνύματος στο www.dancingqueenfoundation.com.

3 Επιλογές για τους Συμμετέχοντες:

Επιλογή 1: Συμμετοχή στην Πορεία "THE WALK" στις 3 Νοεμβρίου.

Επιλογή 2: Συμμετοχή στο "THE RUN" στις 3 Νοεμβρίου.

Επιλογή 3: Μέσω της εφαρμογής Wikiloc και πληκτρολογώντας www.wikiloc.com θα βρείτε τις προκαθορισμένες διαδρομές τις οποίες μπορείτε να πραγματοποιήσετε μεταξύ 3 και 24 Νοεμβρίου.

I'd rather **walk** than **Drink and Drive**

November 2024

OPTION 1 - THE WALK: Details

Sunday the 3rd of November 2024

Starting point: 138 Amathountos Avenue, Agios Tychonas (next to The Old Limassol Tavern) [\[MAP\]](#)

All participants are required to hand in their funds and collect their T-shirts at the collections points that will be set up on Saturday the 2nd of November.

Participants are requested to please arrive approximately 30 minutes before the walk starts (the walk will start at 9:00 am).

There will be three organised stops on the way where the participants will be provided with refreshments and will be able to take a bathroom break.

A map is provided on page 4 showing the route as well as the Stops and additional public toilets. If required please contact an organiser.

Stop 1: La Isla (2.4km)

Stop 2: Dasoudi (5.3km)

Stop 3: Molos finish line (10km)

A private ambulance will be on standby throughout the walk in case of an emergency. If assistance is required participants are to call Eleni on 99387168 or Andry on 99824666.

Buses will be available to transport the participants back to the START to collect their cars.

OPTION 2 - THE RUN: Details

Sunday the 3rd of November 2024

Starting point: 138 Amathountos Avenue, Agios Tychonas (next to The Old Limassol Tavern) [\[MAP\]](#)

All participants are required to hand in their funds at the collections points on Saturday the 2nd of November. The minimum fee for THE RUN registration is €20 per participant. This includes a customized lightweight running T-shirt which will be given at the collection points.

Participants are requested to please arrive approximately 30 minutes before the walk starts (the walk will start at 9:00 am).

ΕΠΙΛΟΓΗ 1 - THE WALK: Λεπτομέρειες

Κυριακή 3 Νοεμβρίου 2024

Αφετηρία: Λεωφ. Αμαθούντος 138, Άγιος Τύχωνας (πλησίον Ψαροταβέρνας Old Limassol) [\[MAP\]](#)

Όλοι οι συμμετέχοντες παρακαλούνται να παραδώσουν τις εισφορές τους και να πάρουν τα μπλουζάκια τους από τα σημεία συλλογής όπως έχουν προκαθοριστεί στις 2 Νοεμβρίου.

Οι συμμετέχοντες παρακαλούνται να προσέλθουν περίπου 30 λεπτά πριν την εκκίνηση (ώρα εκκίνησης 9:00 πμ).

Θα υπάρχουν 3 προκαθορισμένοι σταθμοί στη διαδρομή όπου θα παρέχεται νερό στους συμμετέχοντες και η δυνατότητα τουαλέτας. Στο χάρτη στη σελίδα 4 υποδεικνύεται η προκαθορισμένη διαδρομή καθώς και οι σταθμοί και δημόσιες τουαλέτες. Σε περίπτωση ανάγκης επικοινωνήστε με ένα διοργανωτή.

Σταθμός 1: La Isla (2.4km)

Σταθμός 2: Δασούδι (5.3km)

Σταθμός 3: Τερματισμός στο Μόλο (10km)

Ιδιωτικό Ασθενοφόρο από την AMBULINE θα είναι σε επιφυλακή κατά την διάρκεια της πορείας σε περίπτωση έκτακτης ανάγκης. Σε περίπτωση ανάγκης μπορείτε να καλέσετε στο 99387168 (Ελένη) ή στο 99824666 (Αντρη).

Θα υπάρχουν λεωφορεία διαθέσιμα για να μεταφέρουν τους συμμετέχοντες πίσω στην Αφετηρία.

ΕΠΙΛΟΓΗ 2 - THE RUN: Λεπτομέρειες

Κυριακή 3 Νοεμβρίου 2024

Αφετηρία: Λεωφ. Αμαθούντος 138, Άγιος Τύχωνας (πλησίον Ψαροταβέρνας Old Limassol) [\[MAP\]](#)

Όλοι οι συμμετέχοντες παρακαλούνται να παραδώσουν τις εισφορές τους στα σημεία συλλογής που προκαθοριστεί στις 2 Νοεμβρίου. Το ελάχιστο ποσό εγγραφής για το THE RUN είναι €20 το οποίο περιλαμβάνει ειδικό μπλουζάκι το οποίο θα παραδίδεται στα σημεία συλλογής.

Οι συμμετέχοντες παρακαλούνται να προσέλθουν περίπου 30 λεπτά πριν την εκκίνηση (ώρα εκκίνησης 9:00 πμ).

OPTION 3 - VIRTUAL WALK: Details

The minimum fee for the Virtual Walk registration is €20 per participant.

Participants can collect additional funds for the foundation with their sponsorship forms and funds can be deposited in the foundation Bank of Cyprus account. Please reference your form number on the deposit.

T-shirts and promotional gifts will be sent to the participants via ACS to the city of registration.

Participants can complete the Virtual walk at their own discretion from the 3rd until the 24th of November. There are routes available in all cities, Limassol, Paphos, Nicosia and Larnaca. Participants can download the Wikiloc app at www.wikiloc.com search for our pre-defined walks.

DQ LimassolCY Walk
DQ PaphosCY Walk
DQ LarnacaCY Walk
DQ NicosiaCY Walk

Once the Virtual walk has been completed the participant has an option to share his walk on FB. We request participants to include **#DQWalk2024** in their post.

Sponsorship forms and money will be collected at the below locations in Limassol:

1. Saturday 2nd November from 10:00 till 14:00 at **NOA Restaurant and Bar** (2 Promachon Eleftherias Street, Agios Athanasios, 4103, Limassol) [\[MAP\]](#)
2. Saturday 2nd November from 10:00 till 14:00 at **Egophobia ClubHouse** (Arch. Makarios III Avenue 79, Limassol 3067) [\[MAP\]](#)

Certificates will be sent electronically by email to all the participants that have completed the walk.

ΕΠΙΛΟΓΗ 3 - VIRTUAL WALK: Λεπτομέρειες

Η ελάχιστη χρέωση για εγγραφή στην ηλεκτρονική πορεία Virtual Walk είναι €20 ανά συμμετέχοντα.

Οι συμμετέχοντες μπορούν να μαζέψουν επιπρόσθετα χρήματα για το ίδρυμα μέσω του έντυπου χορηγίας και να τα καταθέσουν στον τραπεζικό λογαριασμό του Ιδρύματος στην Τράπεζα Κύπρου. Παρακαλείστε όπως αναφέρετε τον αριθμό του Εντύπου σας στα στοιχεία της κατάθεσης.

Μπλουζάκια και διαφημιστικά δώρα θα αποστέλλονται στους συμμετέχοντες μέσω ACS στην πόλη εγγραφής τους.

Οι συμμετέχοντες θα μπορούν να ολοκληρώσουν την ηλεκτρονική πορεία κατά την αρέσκεια τους μεταξύ 3 και 24 Νοεμβρίου. Θα υπάρχουν προκαθορισμένες πορείες διαθέσιμες σε όλες τις πόλεις Λεμεσού, Πάφου, Λευκωσίας, Λάρνακας. Μέσω της εφαρμογής Wikiloc και πληκτρολογώντας www.wikiloc.com θα βρείτε τις προκαθορισμένες διαδρομές.

DQ LimassolCY Walk
DQ PaphosCY Walk
DQ LarnacaCY Walk
DQ NicosiaCY Walk

Μόλις η πορεία ολοκληρωθεί, οι συμμετέχοντες έχουν την επιλογή να δημοσιεύσουν την πορεία τους στο FB. Παρακαλούμε όπως χρησιμοποιείτε το **#DQWalk2024** στις δημοσιεύσεις σας.

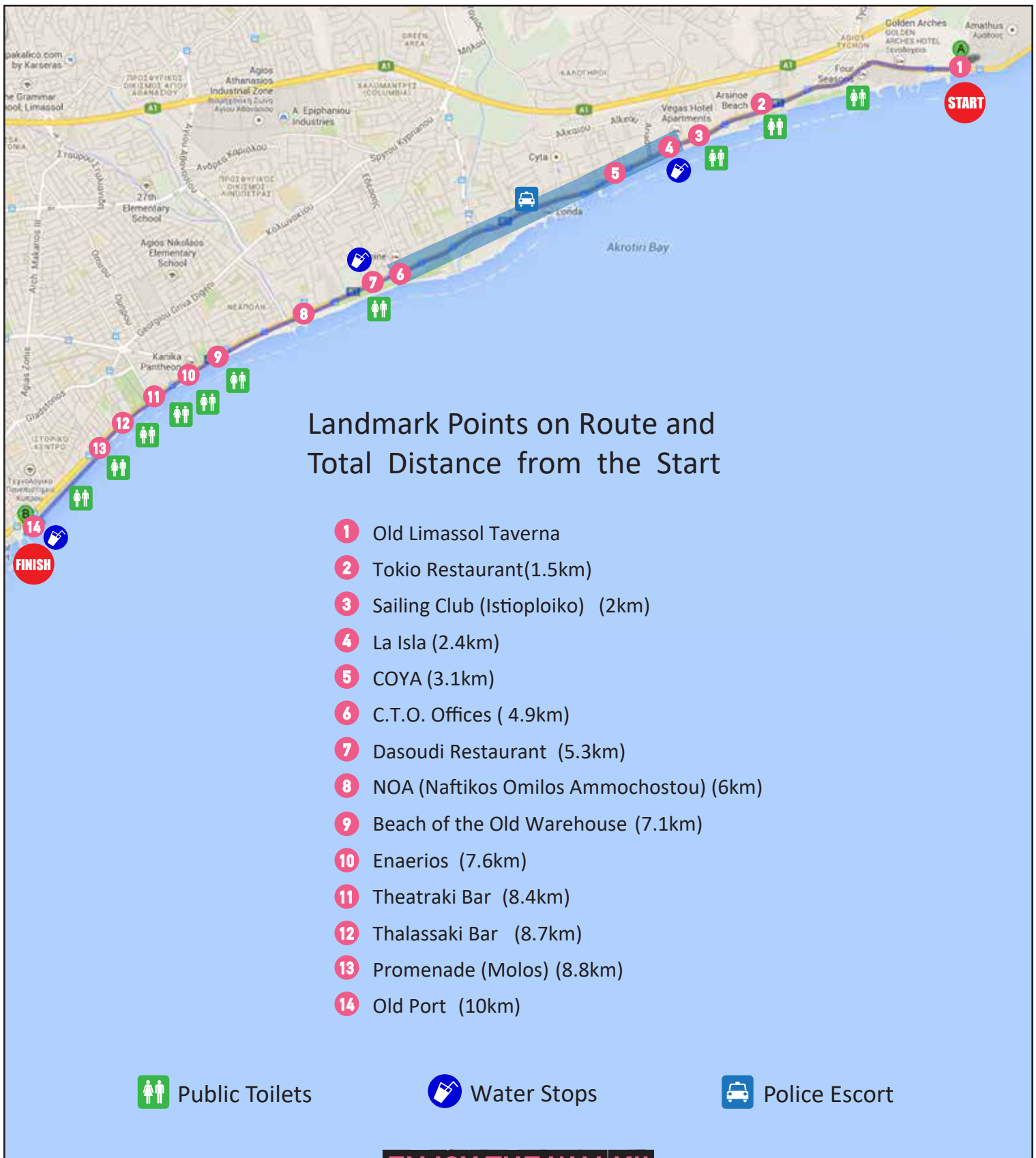
Τα έντυπα χορηγίας και τα χρηματικά ποσά θα συλλέγονται στα πιο κάτω σημεία στη Λεμεσό:

1. Σάββατο 2 Νοεμβρίου από τις 10:00 μέχρι τις 14:00 στον **Ναυτικό Όμιλο Αμμοχώστου** (Προμάχων Ελευθερίας 2, Άγιος Αθανάσιος 4103, Λεμεσός) [\[MAP\]](#)
2. Σάββατο 2 Νοεμβρίου από τις 10:00 μέχρι τις 14:00 στο **Egophobia ClubHouse** (Λεωφ. Αρχ. Μακαρίου Γ' 79, Λεμεσός 3067) [\[MAP\]](#)

Πιστοποιητικά θα αποσταλούν ηλεκτρονικά με email στους συμμετέχοντες που θα ολοκληρώσουν την πορεία.

I'd rather **walk** than **Drink** and **Drive**

November 2024



ENJOY THE WALK!!

FUNDRAISING TIPS

By participating in the Walk, you have an opportunity to eliminate drunk driving and help in the improvement of mental health of children and their families.

We acknowledge and understand that the current financial climate will make your fundraising more difficult compared to past years. Here's a guide towards maximizing your sponsorship.

8 Steps to Raise Sponsorship Money

- 1 Show your commitment and contribute to yourself
- 2 Ask your spouse/parent/family members to match your donation
- 3 Ask your co-workers to donate or participate in the walk (5 co-workers for €10)
- 4 Ask 5 friends to sponsor you €10 each
- 5 Ask neighbors, extended relatives & other people (10 people for €10)
- 6 Ask businesses that you visit often for a donation
- 7 Ask people who have asked you for a donation
- 8 Ask your boss for a company contribution

Here are some additional tips to help make collecting donations easier...

Anyone is a potential donor. Ask people you have contact with daily or who you've established a relationship with in one way or another – parents, friends, classmates, co-workers, neighbors, grocer, banker, mechanic, lawyer, dry cleaner, etc. Start with the person whom you think will give the largest donation, which will establish a high baseline of giving.

- Ask your company about matching gifts. Some companies will match whatever amount each employee raises on his or her own.
- Tell your sponsors why you're walking. Emphasize that 1 in 3 will be involved in an alcohol-related crash at some point in their lives. Share your own story, if appropriate.

- Collect your donations up front so you don't have to ask for them a second time.
- Ask at least one person a day to donate to you.
- Aim high – ask for €50 and settle for €25, instead of asking for €25 and settling for €10.
- Base the amount you're asking for on your prospects' ability to give.
- Carry your walker donation envelope with you at all times.

Following is some information that is relevant to the walk and how you should prepare for it. We hope that this helps you to prepare and to make the walk more enjoyable.

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1. Training for Walks
2. How to Walk - Beginner Walking Technique
3. Clothing and Shoes

1. Training for Walks

Training is critical to comfort and success in a long distance walk. Your training should concentrate on building a base of walking, then increasing your mileage in a systematic fashion. Avoid injury by not increasing your total mileage per week or distance of your longest walk per week by more than 10%

You Don't Need Speed

Forget going training for any speed faster than a 15-minute mile. You will not need speed but endurance and the mental conditioning of walking for hours and hours at a steady pace.

Fluids

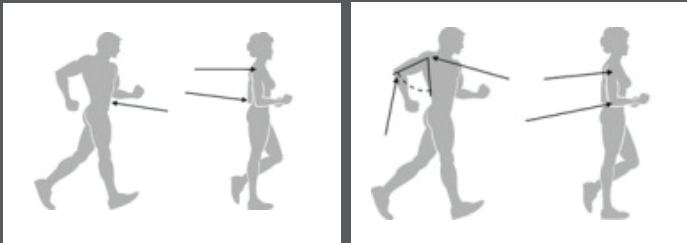
Train with the water, sports drink, food and snacks you will be using at the event and do not deviate from it during the event. Water is all that is needed for events 20k and under, but for longer events an electrolyte replacement sports drink may be good. Diluting it or leaving out some of the sugar can make it easier on the stomach. Never feel thirsty, keep drinking steadily throughout the event.

2. How to Walk - Beginner Walking Technique

Posture

How you hold your body is important to walking comfortably and easily. With good posture, you will be able to breathe easier and you will avoid back pain. Stand up straight. Think of being tall and straight. Do not arch your back. Do not lean forward or lean back. Leaning puts strain on the back muscles. Eyes forward, not looking down, rather 20 feet ahead.

Chin up (parallel to the ground). This reduces strain on neck and back. Shrug once and let your shoulders fall and relax, your shoulders slightly back. Suck in your stomach. Tuck in your behind and rotate your hip forward slightly. This will keep you from arching your back.



Arms

Arm motion can lend power to your walking, burning 5-10% more calories and acting as a balance to your leg motion. Bend your elbow 90 degrees.

Hands should be loose in a partially closed curl, never clenched. Clenching your fists can raise your blood pressure and should be avoided. With each step, the arm opposite your forward foot comes straight forward, not diagonally. As the foot goes back, the opposite arm comes straight back. Keep your elbows close to your body - don't "chicken wing." Your forward hand should not cross the centre point of your body. Your hand when coming forward should be kept low, not higher than your breastbone. If at first you find adding arm motion tiring, do it for 5 to 10 minutes at a time and then let your arms rest.

Taking a step

The walking step is a rolling motion. Strike the ground first with your heel. Roll through the step from heel to toe. Push off with your toe.

Bring the back leg forward to strike again with the heel. Flexible shoes will ensure you are able to roll through the step. If your feet are slapping down rather than rolling through, your shoes are likely too stiff.

At first, your shin muscles may tire and be sore until they are strengthened.



Your stride

Avoid over striding - taking longer steps to increase speed. This is potentially harmful and is inefficient.

Take more, smaller steps rather than lengthening your stride. Your stride should be longer behind your body, where your toe is pushing off, rather than out in front of your body. Your forward leg has no power, while your back leg is what is driving you forward. Getting the full power out of the push from the back leg as it rolls from heel to toe is the key to powerful, efficient walking. Fast walkers train themselves to increase the number of steps they take per second and to get full use out of the back part of the stride.

Below: The stick walker on the left is over striding, on the right is better.

Warm Up

Start out at a slow, easy pace for each walking session. Allow your muscles to warm up before you stretch, add speed or hills. Warm up for 5 minutes at this easy pace.

Stretching

Stretching will add flexibility and can make your walking more comfortable. Warm up for 5 minutes at an easy walking pace before stretching, never stretch cold muscles or you risk tearing them. Incorporate mobility exercises designed to take a muscle and joint through its range of motion. You will start at the top of your body and work your way down.

Cool down

For the final 5-10 minutes of your walk, finish with an easy walking pace. At the end of your walk you may want to repeat the stretches you did after your warm-up.

3. Clothing and Shoes

Plan for the layers you will need given the climate and terrain. Choose wicking fabrics that will allow your skin to breathe and cool itself. Choose your shoes or boots and wear them on your long training days to ensure they will work over distance. Packs should be tested on your longer training days to ensure you can carry it comfortably over long distance and it has the capacity needed. Walking shoes are your most important item of gear. There are a few elements walkers should look for in a shoe.

1. Flexible - you should be able to bend and flex the shoe.

2. Low heel and no flare - Some running shoes have higher heels to support runners who land on the ball of the foot. Walkers land on the heel and do not need a built-up or flared heel.

3. Fit - the shoes should be fit by an athletic shoe expert, best found at the store in your area that caters to serious runners.