**July 2020 Update to Update**

**This is probably the quickest update to a monthly update ever!**

**But it's good news - we now have a bit more information from Julie Cribb about the July LDWA Virtual 100-mile Challenge:**

I**f you’d like to bring some focus to your exercise in July, why not join in with the LDWA Virtual 100-mile Challenge.**

**Even though the restrictions on exercise are being eased across the UK, the May Challenge was attractive to many LDWA members who for one reason or another could not manage long distances,  but the challenge of walking just over 3 miles a day, each day in the month was not only achievable, but also gave many a focus.   However, the challenge is open to EVERYONE, regardless of how little or how far they can walk – the only request we make is that people should only record the distance they cover in any one hour of daily activity.**

**Quite apart from the exercise itself, the associated Facebook page for those on social media, was hugely successful in creating a friendly and supportive community for sharing photographs and experiences, especially at a time when group walks were suspended.  However, it is quite possible to participate without using Facebook as the spreadsheet is held on the member pages of the LDWA website.**

**The theme for the July Challenge is Long Distance Paths and information on how to join in will be on the LDWA Website under News and on the main LDWA Facebook page this weekend - 27th/28th June.  The Challenge itself will begin on Wednesday 1st July. Everyone who participates will receive a virtual memento of the event.**

**We hope to see you there**

Change your [LDWA email preferences or unsubscribe](http://www.ldwa.org.uk/emails/email_options.php?id=b600a8526828c9bcb8e4a9db650f535a).