



2021 Virtual Great Walk

Virtual Great Walk Sample Routes

Valley Route = 2.6 KM (one circuit)

Complete this route 25 times = 65 km (the distance of the Great Walk)

Complete this route 50 times = 130 km (the distance of the Great Walk x2)



Town Route = 5.4km (one way)

Complete this route 12 times = 65km (the distance of the Great Walk)

Complete this route 24 times = 130km (the distance of the Great Walk x 2)

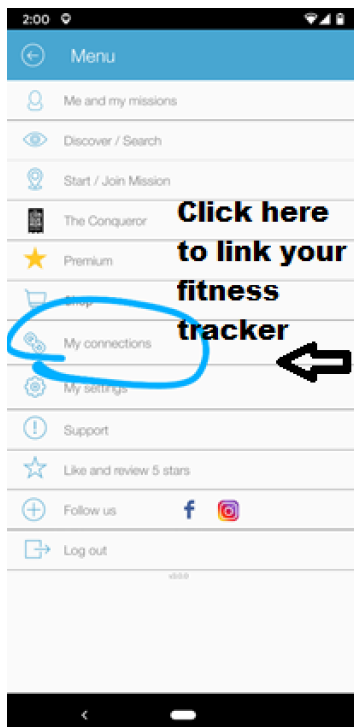
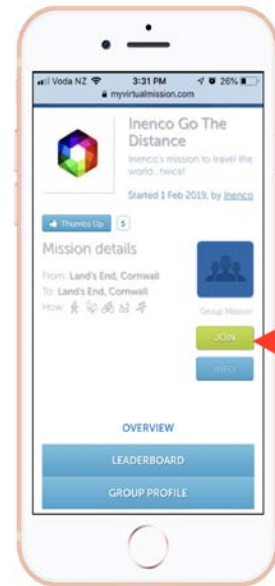


All finishers will receive a gift certificate of their choice to: Sally's Grill, Oceanview Restaurant, Tahsis Building Supply or Tree to Sea Pottery

How to Register

There are three ways to register:

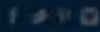
1. Contact the Tahsis Recreation Centre at (250)934-6443 or recreation@villageoftahsis.com
2. In the Apple App Store or in Google Play on a smartphone or tablet download the “My Virtual Mission” app.
 - After downloading the app, click the “Join” button
 - When prompted, type in the Mission Code “The Virtual Great Walk” and input your personal information
 - Link your fitness tracker (e.g., Fitbit) with the app or manually enter your distances



3. On a PC or laptop go to the home page www.myvirtualmission.com
 - Click on the “Sign in” Button on the top right-hand side
 - Click on “Sign up” on the bottom right-hand side
 - Select “Pacific Time Zone”
 - Select “Kilometers”

The screenshot displays the My Virtual Mission website's login interface. At the top, the navigation bar includes links for Home, Learn More, Help, and Blog, along with a 'START A MISSION' button. The main header features the 'MY VIRTUAL MISSION' logo and social media icons. The central section is titled 'SIGN UP OR LOGIN' and contains a 'LOGIN' form with fields for Email and Password, a 'Remember me' checkbox, and a 'LOG IN' button. A modal window is overlaid on the page, titled 'LOG IN', with a close button (X) in the top right corner. The modal contains the same login instructions and fields as the background page, plus a checkbox for 'Check this option to remember your details next visit.' Below the modal, there are two columns: 'OR LOG IN WITH' with a Facebook icon and 'Connect using Facebook' button, and 'NOT SIGNED UP?' with a 'SIGN UP' button. A black arrow points to the 'SIGN UP' button. At the bottom of the page, there is a section titled 'SIGN UP OR LOG IN USING FACEBOOK' with a corresponding Facebook button.

MY VIRTUAL MISSION



tahsis rec
Joined My Virtual Mission Just now

tahsis's Activity
Current: 0 Missions
Completed: 0 Missions

MISSION STATUS

TOTAL
DISTANCE

TAHSIS'S MISSIONS

You have not started a mission yet.

Final Steps

IGMT-08:00 Pacific Time (US & Canada) ▼

Kilometers ▼

Get Social With Us!



My Virtual ..

Like Page

Follow @myvirtual

Submit

The following fitness trackers are compatible with the app:

- 1) Apple Health- from other apps
- 2) Apple Health – from daily step data
- 3) Strava
- 4) Fitbit
- 5) UnderArmour
- 6) RunKeeper
- 7) Google Fit – Daily Step data
- 8) Garmin – Activities
- 9) Garmin – Daily step data

Fitness trackers will automatically post the distances you cover towards your goal of completing the Great Walk or the Great Walk x2. Distances can also be recorded manually on the app, on the website or using the paper distance log (below).

Types of exercises permitted:

- Running
- Walking
- Cycling
- Elliptical

Recording distances on a PC or laptop

- Log in on the My Virtual Mission website home page
- Manually record distances on The Virtual Great Walk page

The screenshot displays the 'The Virtual Great Walk' mission page. At the top, there's a blue header with the mission title and a 'Mission details' button. Below this, a navigation bar includes 'OVERVIEW', 'LEADERBOARD', 'GROUP PROFILE', 'ACHIEVE', 'PLATFORM', and 'MY NEWSFEED'. The main content area is divided into two sections: 'MISSION DISTANCE' and 'MISSION TIME'. The 'MISSION DISTANCE' section shows a goal of 65.0 KM and a current distance of 64.9 KM. The 'MISSION TIME' section shows a timeframe of 56 Days and a current time of 34 Days. Below these sections is a 3D topographic map of a mountainous region with a red line indicating the walk route. At the bottom, there's a 'VIRTUAL WEATHER AND LOCATION INFORMATION' section showing the location as Tahsis, British Columbia, Canada, with weather details for Tuesday, Feb 9th. A 'POST A DISTANCE' form is visible, featuring a 'Steps' dropdown menu, a '0.0' input field, and a 'Post a comment' button. A black circle highlights the 'POST A DISTANCE' form area.

Tech Support

For support with the app go to: <http://help.myvirtualmission.com>

A 24/7 support team is available to assist with any technical queries at support@myvirtualmission.com

You can also access support via the My Virtual Mission App by clicking “Support” on the Main Menu.

