



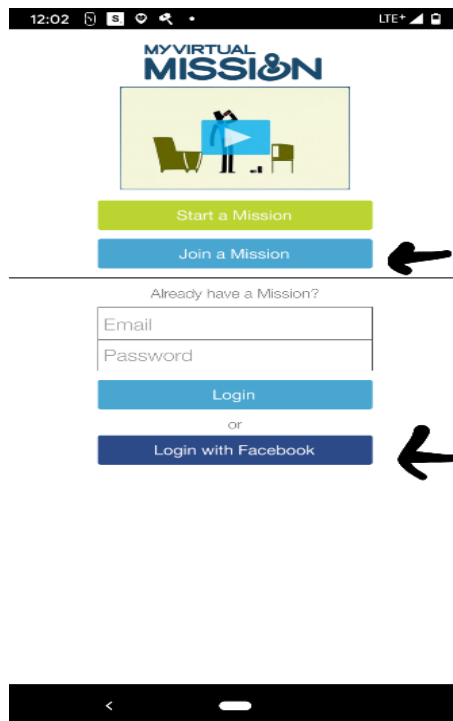
2021 Virtual Great Walk Registration and Distance Recording

How to Register

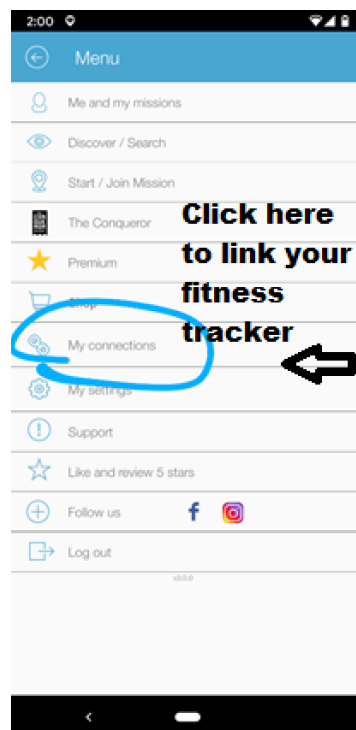
There are 3 ways to register:

1. **Contact the Tahsis Recreation Centre (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.** (The app is free of charge)

After downloading the app, click the “Join” button or log in using your Facebook account.



- When prompted, type in the Mission Code “The Virtual Great Walk” and input your personal information or click on this link after you made an account and have logged in.
- <https://www.myvirtualmission.com/missions/76309/the-virtual-great-walk>
- Link your fitness tracker (e.g., Fitbit) with the app or manually enter your distances

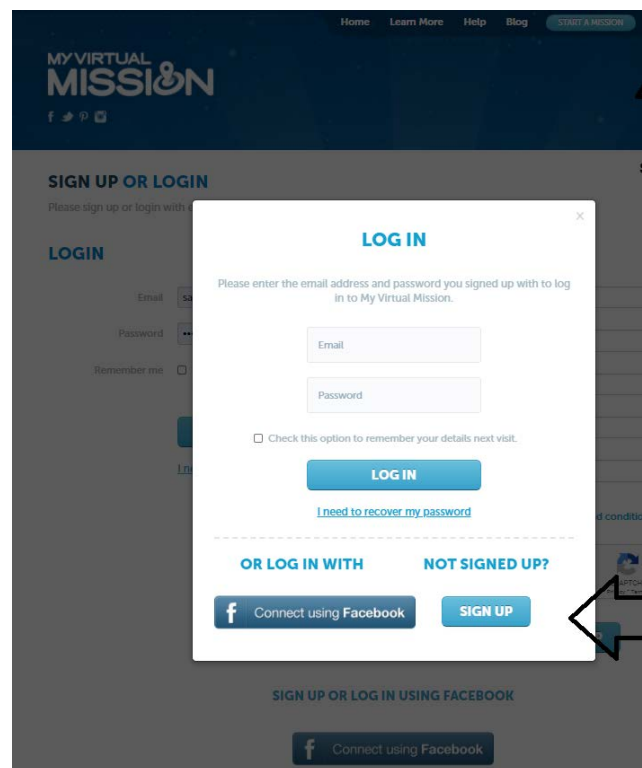


3. On a PC or laptop go to the home page www.myvirtualmission.com

- Click on the “Sign in” Button on the top right-hand side



- Click on “Sign up” on the bottom right-hand side



SIGN UP

- Fill in personal information

First name


Last name

Email

Choose a Password

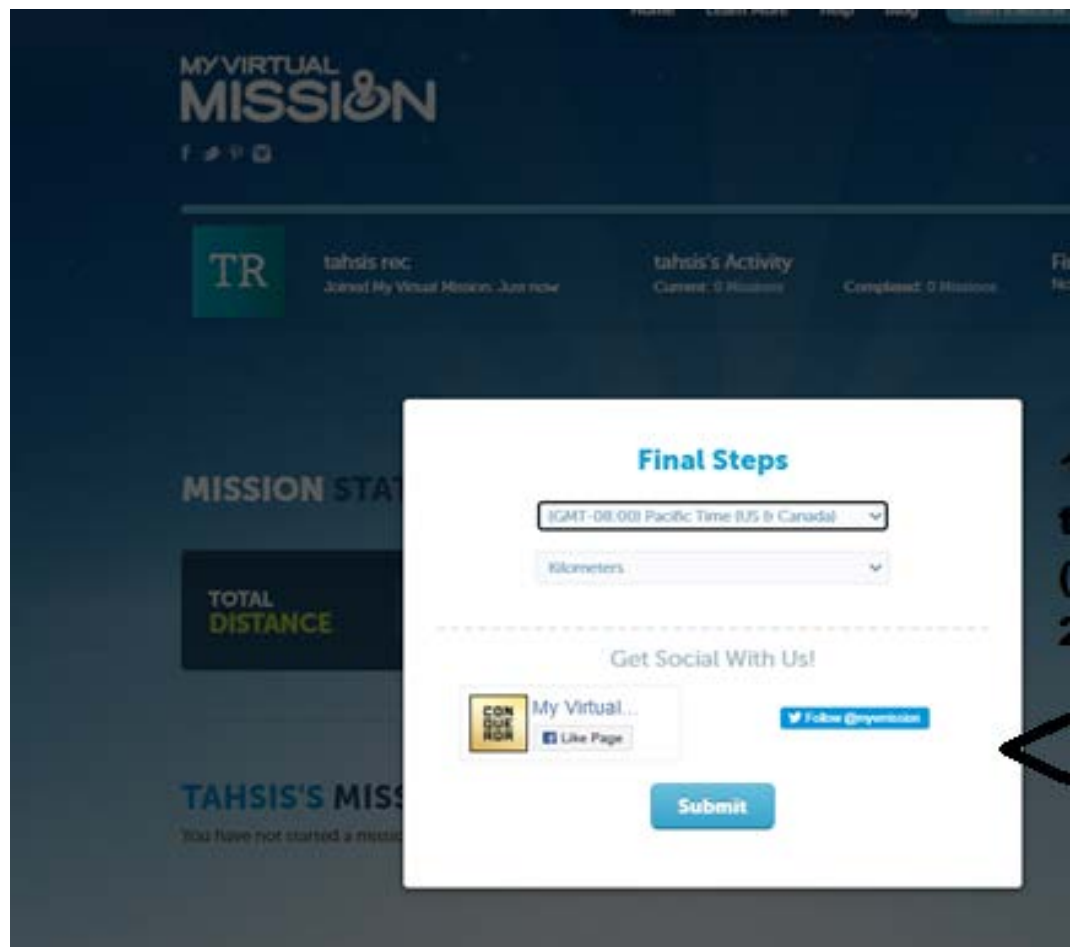
Confirm Password

I agree to the standard terms and conditions found [here](#).

I'm not a robot  reCAPTCHA
Privacy Terms

SIGN UP

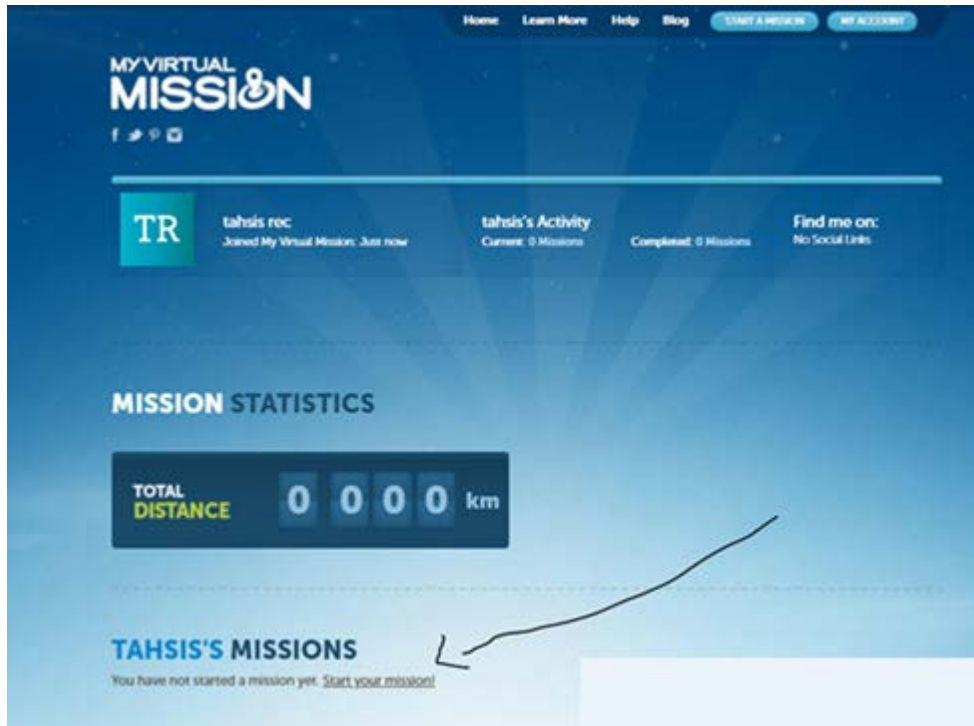
- Select “Pacific Time Zone”
- Select “Kilometers”



The screenshot shows the 'Final Steps' modal on the 'My Virtual Mission' website. The modal contains a dropdown menu for the time zone, currently set to 'GMT-08:00 Pacific Time (US & Canada)'. Below it is a dropdown menu for the unit of measurement, currently set to 'Kilometers'. At the bottom of the modal, there is a 'Submit' button and a section titled 'Get Social With Us!' which includes a 'Like Page' button for Facebook and a 'Follow @myvirtual' button for Twitter. The background of the website shows the user's profile 'tahsis rec' and their mission status.

- Search for “Virtual Great Walk” or click on this link

<https://www.myvirtualmission.com/missions/76309/the-virtual-great-walk>



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
- Wheelchair

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

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', 'ADMIN', 'PLATFORM', and 'MY MEMBERS'. 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 progress of 64.9 KM. The 'MISSION TIME' section shows a time frame of 56 Days and a current progress of 34 Days. Below these sections is a large map showing a red route through a mountainous region. At the bottom, there's a 'VIRTUAL WEATHER AND LOCATION INFORMATION' section for Tahsis, British Columbia, Canada, and a 'POST A DISTANCE' section with a form for recording distance and a 'COMMENTS AND UPDATES' section.

MISSION DISTANCE

| DISTANCE GOAL | My Distance | Progress |
|---------------|-------------|----------|
| 65.0 KM | 64.9 KM | 99.8% |

MISSION TIME

| TIMEFRAME | Progress |
|-----------|----------|
| 56 Days | 34 Days |

VIRTUAL WEATHER AND LOCATION INFORMATION

Tahsis, British Columbia, Canada

Tuesday, Feb 9th
6:55pm

-0°C | 32°F

POST A DISTANCE

0.1 KM travelled so far on this mission!

Steps: steps

Your Comments:

COMMENTS AND UPDATES

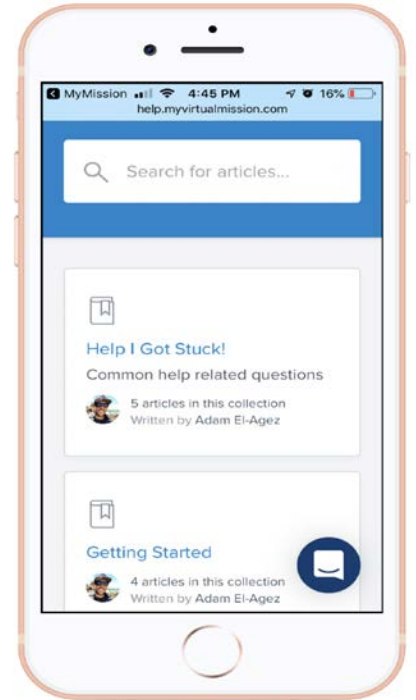
Post a comment

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.



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 (out and back)

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)





2021 Virtual Great Walk

Distance Log for Participants Not Using a Fitness Tracker

Include on a separate sheet the contact information of the person who verifying your distances. Please print and copy or contact the Rec Centre for more copies.

| Date | Distance completed | Type of Activity | Verifier's signature |
|-------------|---------------------------|-------------------------|-----------------------------|
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