



DOUBLE THE FEET ON THE STREET

NZ Walking Conference 2008

4-5 August, Auckland

Conference Organisers
Harding Consultants Ltd

P: +64 3 352 5598
F: +64 3 352 0197
E: glenda@hardingconsultants.co.nz
W: www.livingstreets.org.nz/2008conf.htm
PO Box 5512, Christchurch.

Surname	Cuthbert	First Name	Kitch
Organisation	Waitakere City Council		
Postal address	Private Bag 93109 Henderson, Waitakere 0650		
E-mail Address	kitch.cuthbert@waitakere.govt.nz		
Phone number	021378926	Fax Number	09 836 8001
Presentation topic	Walking the Walk- Extreme Walking		
Presentation title	Walking the Walk		
Presentation Style	Presentation <input checked="" type="checkbox"/> Workshop / Walkshop <input type="checkbox"/> Other <input type="checkbox"/>		
Estimated Time Required	0-10 mins <input type="checkbox"/>	10-20 mins <input checked="" type="checkbox"/>	20-30 mins <input type="checkbox"/>
Abstract Remit	<p>Being a "Team leader" of a team that promotes, advocates and actions sustainable transport activities has its adventures and challenges. Relearning to ride a bike, reducing single occupant car journeys, car pooling when i have to use my car- but most significantly reawakening the joys of walking.</p> <p>At the end of January I was asked if i would like to be the second reserve in councils Oxfam Trailwalker women's team. Enthusiastically I said yes. I had for several years had it on my 'Bucket List' but hadn't been activated yet! Being the second reserve was such a long way from one of the 4 walkers that i went on holiday in February confident that I wouldn't ever be really needed for the real team.</p> <p>Returning from holiday mid February I found a note on my computer "Welcome to the Team 'Go Girl.'" The first reserve had moved Towns, the 4th team member was injured!</p> <p>Could the 57year old body walk 100kms? I said that I would come for a training walk with the team before i committed to the adventure. So Sunday 17th Feb I went on my first 30km Walk setting out from the Pt Chev toilets at 6.30am - walking to Okahu Bay and back in 7 hours. I did it! How would the body be the next day? Stiff but not too bad! Was this a fluke? I trained all week and the same walk next weekend took 6 and 1/2 hours. I was in the Team.</p> <p>The Oxfam trailwalker is described as the worlds greatest team challenge- 4 people, One goal, 100km in 36hours to help overcome poverty and injustice.</p> <p>This paper is my personal walking journey. I would like to share my journey, the challenges and the adventures- and inspire others to have adventures of their own.</p>		
Author Profile	<p>Kitch Cuthbert has been working in Road Safety and Sustainable Transport for over 12 years. Her Son Jack got her into walking as a part of a fitness and weight loss programme a couple of years ago- and she has not looked back! Having achieved and maintained her goal weight- and a new lease on life- Kitch is going around the block again.. .but this time its in her sneakers.. and not in her car!</p>		