

This logbook has been sponsored by:

**Take Mike For "Granite"**  
**40 Wilson Avenue Belleville**  
**613-962-0869**

# **Quinte Grannies for Africa African Walkabout**

Walking Logbook  
2014

**Turning the Tide of HIV/AIDS**



In Support of

**Stride to Turn the Tide**

Stephen Lewis Foundation

Grandmother to Grandmother Campaign

This logbook belongs to:

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Join the **Quinte Grannies for Africa** and walk, bike, swim & exercise your way as we walk from Cape Town through sub-Saharan Africa and visit projects supported by the Grandmother to Grandmother campaign of the Stephen Lewis Foundation.

We shall walk from March – June logging and accumulating our steps. We are trying to raise \$15,000.00 to help our African sisters who are raising their grandchildren orphaned by HIV/AIDS.

- Log your steps each day
- Report your steps or KM at the end of each month
- Support the “Quinte Grannies for Africa Team”
- Follow us on Facebook-Quinte Grannies for Africa
- Ask your friends & family to sponsor you
- Donate online or by cheque.
- **Online pledges**  
[stride@stephenlewisfoundation.org](mailto:stride@stephenlewisfoundation.org)
- For cheques see inside back cover.
- For Information Contact Dianne (613) 968-6110
- Join our Celebration Picnic June 14, 2014

Join our 5th **Stride to Turn the Tide** campaign.  
In the last four years we have raised  
more than \$25,000.00

*“We will not rest until they can rest”*

Donations may be made online  
[stride@stephenlewisfoundation.org](mailto:stride@stephenlewisfoundation.org)

or

Cheques may be made payable to:

The Stephen Lewis Foundation  
Grandmothers to Grandmothers Campaign

Mail to:

Quinte Grandmothers for Africa,  
Stride to Turn the Tide Campaign,  
36 Parkview Heights  
Trenton, ON K8V 5R7

Grandmothers to Grandmothers Campaign  
Easing the pain of HIV/AIDS in Africa

## Steps-to-Distance Conversion Table

Steps	KM	Steps	KM
500.....	0.40	5500.....	4.43
1000.....	0.80	6000.....	4.83
1500.....	1.21	6500.....	5.23
2000.....	1.61	7000.....	5.63
2500.....	2.01	7500.....	6.03
3000.....	2.41	8000.....	6.44
3500.....	2.82	8500.....	6.84
4000.....	3.32	9000.....	7.24
4500.....	3.62	9500.....	7.64
5000.....	4.02	10,000.....	8.05

### Quick conversion:

Steps divided by 1312 = 1 KM

### Activities-to-steps Conversion table

One minute of cycling = 150 steps

One minute of swimming = 150 steps

One minute of roller skating = 200 steps

## IMPORTANT

If you have a medical condition or any other reason to doubt whether you should participate in this initiative, please consult your primary health care provider. It is a condition of your participation that you accept full responsibility for any personal injury resulting from your participation in this event

**Remember who we are walking for.  
They are counting on us.**



WEEK# \_\_\_\_\_

Date	Day	Steps	Extra	KM
	1			
	2			
	3			
	4			
	5			
	6			
	7			

Total steps this week =

Conversion: divide by 1312 steps = KM

Total KM  
this week

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