



TOWN OF AMHERST INVITES RESIDENTS TO PARTICIPATE IN 2nd ANNUAL WALKING CHALLENGE

Amherst VS Amherst International Competition Encourages Healthy Activity

The Town of Amherst announces that the Amherst VS Amherst Walking Challenge returns February 1 through February 28, 2022 to encourage residents to be active this winter while competing against Amherst, New Hampshire; Amherst, Massachusetts; and Amherst, Nova Scotia. At the end of the month, organizers will announce which community traveled the furthest. Last year, Amherst, NY took home the title.

“Our winters can be harsh, making it difficult to get up and moving. Through this challenge we hope to encourage residents to get out of their homes and safely enjoy outdoor walks and hikes. However, as we know very well, winter weather can force us indoors so miles can also be logged at an indoor track or on a treadmill. Last year our Town walked an impressive 12,271 miles during this challenge. We hope this year to get even more residents involved to surpass that benchmark,” said Supervisor Brian Kulpa.

“We are excited and motivated as a community to retain our ‘miles traveled win’ from last year,” said Lisa Kistner, local challenge organizer and community spokesperson. “This is a fun, healthy, competitive way to push through the worst month of the year. I am looking forward to the new features we have this year, including community walks and hikes through some of our beautiful town parks.”

Taking part in the challenge is simple. Walk indoors or explore the outdoors. Participants are asked to walk, jog, hike or even snowshoe, then log their miles.

Click on this logo to log your miles:



Follow the [Amherst vs Amherst Walking Challenge](#) Facebook event page, share photos and engage with Amherst residents from Massachusetts, New Hampshire and Nova Scotia. Questions should be directed to toainfo@amherst.ny.us.

“The Town’s Youth and Recreation Department is always looking for opportunities to encourage active and healthy lifestyles, and the Walking Challenge is a great way to stay moving this winter. Last year our various program participants took part and logged hundreds, if not thousands, of miles. I expect an even greater turnout this year,” said Executive Director Mary-Diana Pouli.

New this year are group walks/hikes hosted by Amherst Town Parks. All park walks/hikes will be guided and are great for beginner walkers and average 1-2 miles. Participants are welcome to share their park experience, whether they walk alone or with the group, by posting photos at www.facebook.com/visitamherstparks. The schedule is as follows:

- **Walk 1:** 11:00 AM – 12:30 PM Sunday, February 6 at Billy Wilson Park, 1290 Hopkins Rd, Williamsville, NY 14221. Meet at the last pavilion next to the playground.
- **Walk 2:** 11:00 AM – 12:30 PM Sunday, February 13 at Saratoga Park, 200 Yorktown Road, Snyder, NY 14226. Parking is available on Yorktown Road (dead end) – please be mindful of residential driveways when parking on the street.
- **Walk 3:** 11:00 AM – 12:30 PM Sunday, February 20 at Walton Woods Park, 400 John James Audubon Parkway, Amherst, NY 14228. Parking is available in the senior center lot (please do not park in the Meals on Wheels Parking lot).
- **Walk/Hike 4:** 3:00 PM – 4:30 PM Sunday, February 27 at Amherst State Park, 390 Mill Street, Williamsville, NY 14221. Meet in the parking area closest to Mill Street. (Walk is considered moderate in sections)

Walks are subject to weather and trail conditions. In the case of severe weather, a walk/hike may be canceled (check www.amherst.ny.us under Track Us for updates). Please dress accordingly, including proper footwear.

Organized through the Supervisor’s Office, the Amherst VS Amherst Walking Challenge is a friendly indoor/outdoor competition started last year to see which “Amherst” community could walk the furthest. In 2021, all participants from New York, New Hampshire and Nova Scotia tallied a combined 32,095 miles. This year, Amherst, Massachusetts has joined this challenge, and in addition to tallying total miles walked, organizers will track miles traveled per capita.