

MILEWALKS.ORG

Recording a Walk?

Here are some tips to help make your walk easier for others to follow:

1. Just keep talking

People are interested to hear your observations or thoughts. It doesn't matter if something exciting isn't happening or what you're seeing feels uninteresting. Everyone notices different things.

2. Check to make sure you're recording!

It happens. Just make after the first minute or so you double check that all systems are go. And remember, if you get a call on your phone, it probably stops recording.

Sometimes it is easiest to just put your phone in Airplane mode.

3. Mention the streets you're crossing or turns you're making

People taking the walk will have a map like you, but it helps to hear you mention streets and turns (or if you're stuck at a crosswalk) so they know they're walking at your pace.

4. You can't say something "wrong"

There is no topic for these walks or right thing to share. There also isn't anything you can't say. Some people find it helpful to imagine they're talking to a close friend or partner- someone who wouldn't judge them for their opinions and they are comfortable sharing their past with. Can't think of anything to say? Talk about that.

5. Take your time

No need to rush. No time limit. See an interesting store? Feel free to walk in. Run into a friend? It's fine to stop and talk. Want to start running? That's fine too.

Once you're done, be sure to send the recording (or share it via Dropbox) to milewalks@gmail.com . Be sure to include a pic and 2 sentence description for us to share on the site.