

Nordic Walking Challenge

CONVERSATION WITH ADAM Z.

Do you have favorite nordic walking routes that you particularly enjoy visiting?

My favorite nordic walking routes are around reservoir in Węgrów and the vicinity of Liwiec. I love spending time close to nature.

Do you have any nordic walking-related goals for the future?

I intend to continue nordic walking, even after the completion of the Sport-Challenge Addit. For me, it's not only a sporting challenge but also a way to maintain an active lifestyle.

Do you engage in any other sports?

Not really. Unless fishing can be considered a sport. I enjoy spending time by the water and fishing as a form of relaxation and connection with nature.

What will you use the vouchers you won in the nordic walking category for?

I will use my vouchers to purchase new shoes because the ones I have are already quite worn out.

Why did you decide to participate once again in our Sport-Challenge?

The decision to participate was straightforward for me, as nordic walking is my passion. I engage in this sport regularly throughout the year. Additionally, I wanted to take part in this challenge to collectively contribute to raising 16 502,12 Polish Zloty for local charitable initiatives. It's important to me that I can help the local community, too.

CONVERSATION WITH PRZEMYSŁAW S.

How did you like this year's edition of the Sport-Challenge?

This year's event was fantastic. It had a large number of participants, thousands of kilometers covered, and it was a lot of fun with a touch of competition when trying to break the record.

Do you have favorite nordic walking routes you enjoy visiting during your training sessions?

The mountains captured my heart every year, and that's where I love to practice nordic walking. I managed to conquer Rysy from the Polish side and Przełęcz Krzyżne, which are places I hold in high regard.



Photo sent in by our employee Przemysław.

How did you feel when you were at a height of 2499 m.a.s.l? 😊

I felt incredible. The view from that height, with many other Polish peaks visible, was beyond words. The satisfaction of conquering Rysy from the Polish side was compelling.

Was the route a challenge for you?

Indeed it was. There were some challenges and doubts, especially on the first ascent from Czarny Staw under Rysy due to a 1-hour steep climb. I had to cope with pain, but ultimately, after a short break for a chocolate bar, I reached the top in 2.5 hours.



Photo sent in by our employee Przemysław.

How do you prepare for your mountain expeditions?

I generally don't follow a specific diet or engage in special training. My passion for the mountains was inherited from my mom, and I walk there for pure pleasure. I've been going to the mountains for 19 years, at least twice a year, so preparation is in my blood. However, I always do some warm-up on the first day, usually when I go to the Dominicans' church (pl. kościół Dominikanów) on Wiktorówki.

Which peak do you plan to conquer next year?

Next year, I plan to conquer Kazalnica and complete the entire Orla Perć route.



CONVERSATION WITH

NORBERT S.

How did you like this year's edition of the Sport-Challenge?

This year's initiative to collect kilometers for a noble cause was a fantastic idea and an additional motivation. I hope that next year more of us will participate.

Perhaps in a joint outing.

From left: Michał, from right: Norbert.

How did physical activity affect your well-being and physical fitness?

Regarding physical activity, I try to stay active as much as possible in various ways. Unfortunately, this year, due to knee issues, I couldn't run as much. I hope it will be better next year.

Which routes did you like the most?

In general, I enjoy exploring new places. This year I was most impressed during my vacation in Corfu, where I did a lot of walking. I visited Paleokastritsa in Corfu, and I highly recommended it. The views there were like something out of a fairy tale. As for the Greeks, they are very friendly, smiling, and helpful. In Greece, everyone can find something for themselves.

It was also a fun idea to search for gnomes in Wrocław, adding a few extra kilometers.



Photos sent in by our employee Norbert.



Photo sent in by our employee Norbert.

What did you exchange your winning voucher for?

I used my voucher to purchase a tennis racket since a new tennis court opened nearby. I quickly got interested in the sport. I highly recommend it.