

Walk to Whistler

Last year, Fort Saint John challenged all B.C. residents to Walk to Whistler! Maple Ridge and Pitt Meadows are now registered as participating cities in this exciting lead-up to the 2010 Olympics.

To participate in this fun challenge, you need access to the Internet, good walking shoes and a pedometer.

All registered participants will be entered in prize draws with the grand prize being two tickets to the **Olympics**.



To find out more, or to register, log on to www.walktohistler.com.

In addition to the fun of the challenge, walking a minimum of 20 minutes a day, three times a week provides multiple health benefits.

Let's put Maple Ridge and Pitt Meadows on the walking map !

walk

Active Community Walking Campaign

Our goal is to increase active participation of Maple Ridge & Pitt Meadows residents through walking.

You can increase your commitment to walking a greater distance by:

- Planning errands that involve walking.
- Visiting a trail or park that you have not been to before.
- Scheduling a walk with a friend.
- Using a pedometer to measure your steps and increase your motivation.
- Recording your success in a walking journal.
- Joining an existing walking club, or starting your own walking group.

Start Your Own Walking Group!

Want to walk with others in your neighbourhood, but don't know how to get started?

To receive a free "Get Started Kit", contact the following Parks and Leisure Services staff:

Maple Ridge
Pauline
604-467-7466

Pitt Meadows
Tracy
604-465-2453

New for 2006

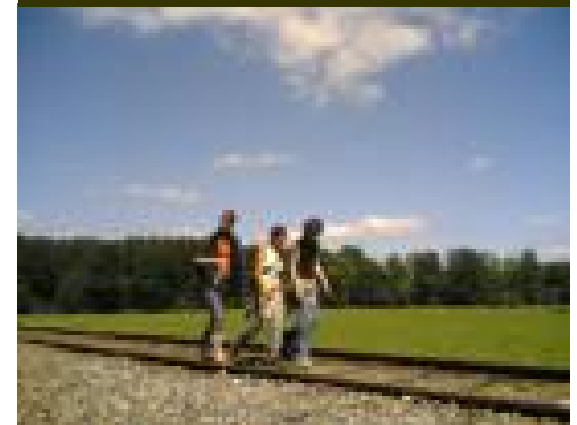
Our Parks and Leisure Services Active Walking Team is coming to a neighbourhood near you.



Join us with your family and friends for a fun and inspiring walk.

walk

Experience breathtaking views, natural settings, and an abundance of fresh air ...



...as you enjoy all that Maple Ridge and Pitt Meadows have to offer outdoors.

Walking is an excellent way to adopt an active lifestyle.

It's free, easy and fits any schedule.

Make walking a part of your everyday. In addition to the benefits you will receive from being physically active, you can enjoy the exceptional scenic outdoor trails, paths, dykes and parklands in our communities.



WALKING CLUBS

Waggin' Wednesdays Dog Walking Club

Meet at the Barking Biscuit Bakery on Wednesdays at 6:00 p.m.

Contact: Robyn 604-466-1195

Yummy Mummy Walking Club

Meet at the Bandstand at Memorial Peace Park on Mondays at 11:00 a.m.

Contact: Monique.....778-241-4612

Indoor Walking Club

Meet inside Valley Fair Mall next to the Liquor Store on Tues/Thurs/Sat at 8:30 a.m.

Contact: Anne.....604-466-4920

Whonnock Walkers

Meet at Whonnock Lake Centre Parking lot on Mon/Wed/Fri at 9:15 a.m.

Contact: Maureen.....604-462-7940

Try Hard Walkers

Meet at Haney Place Mall (near the lottery booth) on Mon/Wed/Fri at 8:30 a.m.

Contact: Anne.....604-466-4920

Pitt Meadows Women's Walking Club

Meet at Pitt Meadows Family Recreation Centre on Tues/Thurs at 8:45 a.m.

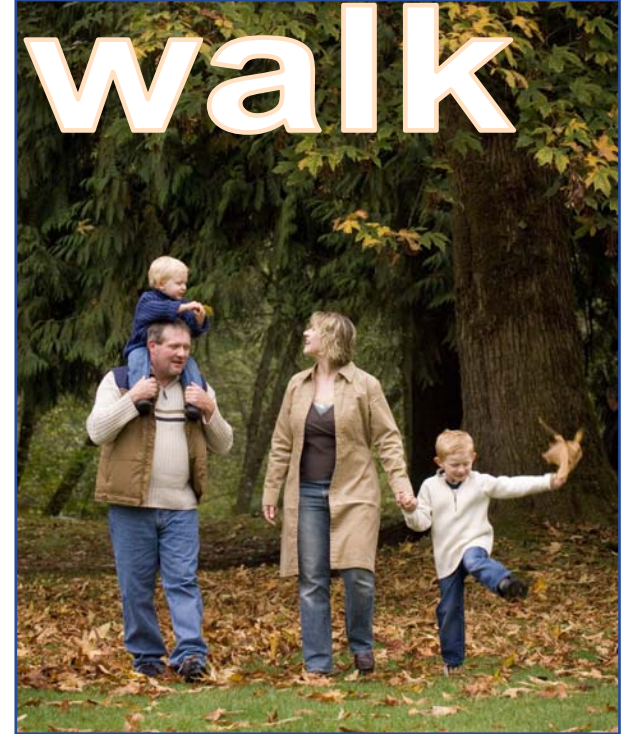
Contact: Bev.....604-465-7425

Singles Over 45 Club

Meet in the Pitt Meadows Heritage Hall parking lot on Saturdays at 9:15 a.m.

Contact: Eileen.....604-460-6524

2006



Maple Ridge

Pitt Meadows

