



EXPERIENCE EDMONTON'S BEAUTIFUL RIVER VALLEY!

Join us for a **group led Walk or Run**
in the longest interlinked recreational area of urban parkland in North America!

The Walk/Runs will be approx. 40 - 45 minutes out and back (5 Km **leisurely** runs). There should still be time to get a muffin and juice afterwards. Different routes will be offered every day. All participants meet inside the Westin, in the Lobby, about **15 minutes prior**.

Times:

Sunday 8 a.m. -8:45

Monday 7:30 a.m.-8:15

Tuesday 7:15 a.m. -8:00

We will be leaving **AT THE SCHEDULED TIME...**

We would appreciate an idea as to the number of people wanting to participate.
Please e-mail one of us and let us know on which days you might come.

Thanks!

Walk

Andrea.zielinski@gov.ab.ca

Run

Sylvia.martin@gov.ab.ca

