



A walking program for everyone



PROGRAM UPDATE May, 2005

FREE HOSTED WALK UPDATE

INTERMEDIATE WALKS MOTOR WITH MERLE:

Tuesday and Thursday

- Time: 5:00 pm
Location: Pen High Track
Level: Intermediate & up
Host: Merle Irvine

Saturdays

- Time: 8:00 am
Location: Community Centre
Level: Intermediate & up
Host: Merle Irvine

OKANAGAN LAKE "NO HOST" LUNCH WALK:

Monday through Friday

- Time: Noon (sharp)
Location: S.S. Sicamous
Level: All levels

Noon Walks are on their 'last leg' Hosted walks will wind down on May 10th. Now is your chance to come out and meet new walking buddies so you can continue noon walks with other steppers!

This summer we have "Step Up" hike discounts for treks in July and August to get you up into our beautiful mountains and lakes. Watch for the Summer Recreation Guide for treks to Cathedral Lake Park, The Pinnacles, Sheep Rock, Apex Mountain, McIntyre Bluff and more. Registration begins May 24th.

PENTICTON MOVE FOR HEALTH DAY ACTIVITIES TUESDAY ~ MAY 10th

POLE WALKING WORKSHOP:

- Time: Noon
Location: Community Centre Front Entrance
Host: Sheri Simson

NOON WALK WITH ANNA MCIVOR:

- Time: Noon
Location: S. S. Sicamous
Host: Anna McIvor

MOTION WITH THE MAYOR: Time: 5:00 pm - 40-minute walk Location: S. S. Sicamous

Come down and help us recognize Teresa Maurer for developing the concept of Penticton Steps Out! Make sure you Log in ALL your MAY 10th Canada Move for Health Day Steps no Later than May 11th, so that we can send our Penticton Numbers to OTTAWA!

You can now RETURN to PENTICTON once you reach LAS VEGAS! WELL DONE to those eager walkers that have reached Las Vegas - New contest starts October 1st!

EARN BONUS STEPS

by volunteering for the Okanagan International Children's Festival May 26th, 27th and 28th

(mark 2 times the steps in your log book and help the Kids at the same time) Pick up an OICF Volunteer Form at the front desk of the community centre, pick a role and a shift or two

Please email me your testimonials and good news feedback as it really does go along way to drum up support for another Penticton Steps Out campaign this Fall.

Bob Pope: bob.pope@penticton.ca

Walk for the "health of it" and enjoy our city with your family, friends & neighbours! The success of this program will be measured by your steps!