

# 1st Annual "GO THE DISTANCE" STATE WALKING CHALLENGE KEEP MOVING WALKING CLUBS

Massachusetts Association of Councils on Aging and the Sturbridge Council on Aging

**Date:** June 6<sup>th</sup> 2016 – rain date June 13, 2016

**Time/Place:** 4:00 - 7:00 – The walk steps off at 4:30 from the Education Building of Old Sturbridge Village. You may start your walk any time after 4:30 and end before 7:00.

**Directions for Parking:** All parking will be at the Education building on the Old Sturbridge Access Road. The Access Road is the Road that is behind Crabtree and Evelyn. There will be plenty of signage directing you to the parking area.

We have designated a 1-mile loop on a portion of the access road. Participants may walk as many times around as they wish and take as long as they wish.

All walkers with varying speeds and abilities (wheelchair, walkers etc.) are welcome to participate in the 1-mile challenge.

Please register in advance. Register to walk by calling or visiting the reception desk of the Sturbridge Senior Center. Call 508-347-7575

On the day of the walk, check-in will begin at 4:00 pm.

Every ¼ mile you will receive a small gift! All registered walkers with our senior center will be entered into a state wide raffle for special prizes.

**From baby strollers to walkers, ALL ages welcome. We celebrate and encourage each other to live an active, healthy, independent lifestyle!!!**

