



2010 Step Up Forsyth! **Walking Wednesday Adventures**

- Who:** All participants of Step Up Forsyth! are encouraged to participate in Walking Wednesday Adventures
- What:** Walking Wednesday Adventures is a downtown Winston-Salem lunchtime walking initiative that is part of Step Up Forsyth! A 1-mile walking route map (approximate) will be distributed from the check-in station. The map will have a photo of a scavenger hunt item – if you correctly identify the location of the scavenger hunt item you will be entered into a drawing for a \$10 Walmart gift card.
- When:** Wednesdays between 11 a.m. and 1:30 p.m.
Walking Wednesday Adventures runs every Wednesday between September 15 and November 3
- Where:** The check-in station is located on the sidewalk in front of the green space on Fourth street - near the intersection of Fourth and Trade Streets (across from CVS Drug Store and adjacent to One Park Vista).
- Kick-off Event** The kick-off for Walking Wednesday Adventures will be Wednesday, September 15, 2010. Step Up Forsyth! t-shirts and/or socks (your choice) will be given to the first 150 people that participate in Walking Wednesday Adventures.

**IN THE EVENT OF INCLEMENT WEATHER, WALKING WEDNESDAY
WILL BE CANCELLED.
CALL 703-3175 IF YOU ARE NOT SURE ABOUT THE WEATHER.**

Don't forget to log your time on your physical activity log!