



ISPARC

Indigenous Sport,
Physical Activity & Recreation Council

Ama Sah! Dexter Fuhrman di waayu.

I am the Sr. High teacher at 'Na Aksa Gyilak'yoo School. I recently was trained by ISPARC to deliver an Indigenous RunWalkWheel program, which I will be offering to anyone who lives in Kitsumkalum, or is involved in the school community. See the information below for details!

Indigenous Run - Walk - Wheel

Every Monday - 4:30-5:00pm, from October 4th -
November 22nd - Millennium Pathway (meet by Chill)

What?

ISPARC's Run Walk Wheel program is for anyone who would like to learn how to run, improve their running, or simply get active with a group of people. Parents with strollers, people in wheelchairs, walkers and runners are all welcome.



When?

Mondays from 4:30pm-5:00pm. First day is October 4th! Meet at the Start of the Millennium trail by Chill! Look for a leader in a green ISPARC pinny! We will run, walk and wheel for 30 minutes, which may increase as the weeks go on. At the end of the 8 weeks,

anyone interested in running, walking or wheeling 5 km will have the chance to participate with their peers in an organized event!



**Water and snacks for after the workout will be provided, as well as rain ponchos in the event of poor weather. Regular participants will have a chance to win prize draws!!*

All participants must sign a Par-Q form, anyone under the age of 18 must have a guardian present at the first session to sign their form.

Covid precautions:

As this is an outdoor activity, masks are optional and participants will be encouraged to social distance while participating.