

TAKE A WALK ON THE MILD SIDE

Many people are familiar with the different sections of the Nashville Greenway system and either walk, run, or cycle on them. But there are a number of neighboring cities around Nashville that have Greenway systems as well including White House, Smyrna, Murfreesboro, Goodlettsville, Hendersonville, Ashland City, and Brentwood. The Nashville Striders Walking Program would like to invite you to participate in walking parts of the many different Greenways available to us. Starting in April and continuing through October, we will walk a section of a different Greenway in a different city once a month and enjoy both our walking and what the Greenway has to offer us. We will be flexible on the days of the week and times of day we will walk as well as the distance walked – but we won't race and we won't try to walk a five or ten miler. Walk/joggers are welcome to join us. The Striders will provide water and snacks at each of the walks.

Participation is free for Striders members and \$20 for non-members who will receive membership in the Striders and all of the benefits that come with being a Strider including discounts at running stores, etc. for their fee. Participants who walk at least four legs of the Greenway will receive a t-shirt commemorating their participation.

The first leg of the walk will take place on Saturday, April 1 on a leg of the Nashville Greenway. Please contact Bill Cohen at cohenbozo@aol.com if you are interested in joining us in this fun and interesting adventure.