



Dust off those walking shoes & join the Striders of St. John's & the UPG for our weekly walks beginning in May. All are welcome, including family, friends, & even dogs (except when dogs are not permitted per the location - will be noted in the location description)! Weather permitting, all walks begin at 7:00 PM on Thursday evenings from May 6 through September 30. For variation, the location changes each week. Walk for an hour of exercise at your own pace - some of us walk quickly, some of us amble along, but we all have fun! Join us for fellowship & exercise! Let's be good stewards of the gift God first gave us...our bodies.

Walking schedule for September 2021:

- 09/02/2021 Hanover Township on Jacksonville Rd - meet in the parking lot near the path entrance to the playground area
- 09/09/2021 Hellertown Rail Trail, meet at Grist Mill, Walnut Street Trail Entrance
- 09/16/2021 Louise Moore Park, Country Club Rd, Bethlehem Township/Easton - Meet at parking lot on side of road opposite from pavilions
(NO DOGS PERMITTED)
- 09/23/2021 Riverview Park - 1391 Lehigh Drive (off 25th St), Easton
part of the D&L Trail
- 09/30/2021 Greenway on the Southside - park in St. John's parking lot

Thank you to all of the Striders who joined us for exercise & fellowship! We enjoyed sharing time & walking with you. We look forward to resuming Striders activities next Spring! Let us know your preferred walking day & time & favorite locations, even locations new to our excursions.