

Register Now for the Nevada Recreation and Park Society's Outdoor Program Excellence Award Winner...

# “Walk the Village”

Last year's 125 participants walked or ran over 9,000 miles. This year's goal is to walk over 15,000 miles!

The IVGID Health & Wellness Initiative in conjunction with the National Recreation & Park Association's *Step Up To Health* program invites everyone of all ages to participate in a *Community Walking Program*...starts July 12th.

The goal of this program is to encourage the Incline Village and Crystal Bay residents to stay fit together with family, neighbors & pets, while demonstrating to America that we are the *fittest* community in the nation.

Walk or Run anywhere you like (even if you are on vacation), and record the results!

**Register  
Now!**



**Register for “Walk the Village” and receive:**

- **Optional** Cardiovascular Walking Fitness Assessments by **appointment** (**Appointments are available on 6/18 & 6/25 - 4:00 to 6:30pm and 6/19 10:30am to 1:00pm**) email [pandora\\_bahlman@ivgid.org](mailto:pandora_bahlman@ivgid.org) or [mary\\_roock@ivgid.org](mailto:mary_roock@ivgid.org)
- Coach Support
- Participant Organizational Meeting on July 8th @ 5:30pm IV Recreation Center Lobby
- Individualized Walking Prescription for Six Weeks
- 8 Organized Walks and 2 Organized Hikes
- Suggested Hikes & Bonus “Green Walks”
- First **175** Registrants Receive Pedometers and Walking Log Books

**Complete “Walk the Village” & be entered into a raffle for:**

- One Night Lodging at Granlibakken Resort & \$50 Gift Card
- Two \$25 Grocery Gift Cards
- Two Massage Gift Cards at the IV Recreation Center plus more Fitness and Health Prizes....

Register Online at  
[www.inclinerecreation.com](http://www.inclinerecreation.com)

For registration details on this program  
read the back of this flyer  
or call 775.832.1310 or [www.inclinerecreation.com](http://www.inclinerecreation.com)



**INCLINE  
VILLAGE**  
PARKS & RECREATION



NATIONAL RECREATION AND PARK ASSOCIATION