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Come Walk with Us...Walk with a Doc!

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Come Walk with Us...Walk with a Doc!

June 2, 2018 at 9:00 am

Parks & Trails—a Prescription for Better Health!

Come Walk with Us!



1 p.m. Friday, May 18: Walk with a Principal! (Easiest)
All are welcome to walk with principal Kristie Medina from **Raton Intermediate School** to Ripley Park and back. This easy walk is okay for small kids and strollers! Popsicles will be sold for \$1 each at Ripley Park to raise funds for the new Parent-Teacher Organization.

9 a.m. Tuesday, May 22: Walk with a Principal! (Easiest)
Celebrate the last day of school by walking with principal Kim Sanchez from **Longfellow Elementary School** to Roundhouse Memorial Park and back. OK for small kids & strollers!

9 a.m. Saturday, June 2: Walk with a Doc (on National Trails Day!) (Moderate-Strenuous) Walk with Eric Armstrong of Miners' Colfax Medical Center at **Climax Canyon Park**. Meet at Climax Canyon parking lot.

9 a.m. Saturday, July 14: Walk with an Old Geezer! (Moderate-Strenuous) Walk with Howard Woodworth, age 83, at **Climax Canyon Park**. Meet at the parking lot at the west end of Apache Ave.

9 a.m. Saturday, Aug. 11: Walk with a Slowpoke Ranger! (Moderate-Strenuous) Join State Park Ranger Pat Walsh to take a REALLY SLOW hike in **Climax Canyon Park**. Meet at the parking lot at the west end of Apache Ave.

9 a.m. Saturday, Sept. 8: Walk with a Dog! (Easiest)
Raton Humane Society & Nichole Romero at **Roundhouse Memorial Park**. Meet at Raton Regional Aquatic Center. Bring your own dog, or walk one from the Animal Shelter.

Bring: water, good walking shoes, hat, sunblock.

   

For more information call:
Nichole at 445-3601
or Pat at 575-445-5607
or online via vraton.org

On Saturday, June 2, National Trails Day, The Ramblin' Round Raton community group will host a Walk with a Doc event. Eric Armstrong of Miners' Colfax Medical Center will be leading a walk at the Climax Canyon Park for this moderate-to-strenuous walk, starting at 9:00 AM.

This event is part of a series of walks being held throughout the summer in Raton.

Be sure to bring water, good walking shoes, a hat, and sunblock. Leashed dogs are allowed on all walks.

Check out the flyer to learn more. We hope to see you there!

EVENT LOCATION

Climax Canyon Park

Raton, NM