

5km Walk/Run along the Stanley Park Seawall

Join the All Seasons-sponsored walk/run around the seawall and do it in style and comfort. Register with us and select from men's t-shirt sizes Small, Medium, Large or Extra Large to ensure that you receive a great-fitting top for a morning of exercise and fun.

SMALL x____ PARTICIPANT'S NAME(S): _____
 MEDIUM x____ PARTICIPANT'S NAME(S): _____
 LARGE x____ PARTICIPANT'S NAME(S): _____
 EXTRA LARGE x____ PARTICIPANT'S NAME(S): _____

Please return completed form to cmga@sentex.net, or fax during business hours to (519) 837-3369

Participants will be provided a map of the route and all finishers will receive a commemorative t shirt. Come out and see one of the most popular vistas in Vancouver and get some exercise at the same time!

The Seawall is a scenic 22 km path that lines Vancouver's waterfront. Perfect for a walk, cycle or jog, it is the most popular recreational spot in the city.

The Seawall is divided into two clearly marked sections - one for walkers and joggers (closest to the water), and one for cyclists and inline skaters.

Be sure to follow the signs to make sure you use the seawall safely, especially on sunny summer days and weekends when the area is particularly busy.

SPONSORED BY: *The Natural Choice* **All Seasons MUSHROOMS**

The Seawall Map & Timeline

The seawall refers to the 22km (13.7 miles) walking, jogging, cycling and inline skating path that lines Vancouver's waterfront from the Convention Centre on Burrard Inlet (Coal Harbour), around Stanley Park and False Creek, past Granville Island and ending at Kitsilano Beach Park.

TIMELINE

