

LETTER or E-MAIL

TO SEND TO PARTICIPANTS TO PREPARE

FOR THE

2019 OPTIMIST WALK FOR YOUTH

For the walkers for the Optimist Walk for Youth, the walk starts at 1 pm at the Coquitlam Sports and Leisure Center on November 17th.

Please meet inside at the Coquitlam Sports and Leisure Center – near the South Side Entrance at 12:55 pm.

1. Dress for the weather.
2. Parents, you and the dogs on leash are welcome to join the Optimist walk.
3. Find your fellow **Group Sign** _____ and walkers, so you can walk proudly as a group.
4. Start the walk at 1:00pm following your:
(Name of Group) _____ **banner/sign**
5. Walking routes are clearly posted. We will be walking approximately 5 km through Mundy Park and back to Coquitlam Sports and Leisure Centre Coquitlam Centre.
6. Upon completion of the walk, enjoy your well-earned hotdog and hot chocolate!
7. If you still have energy, there is a free skate (with a non-perishable food donation) in the arena.

Thank you for your support!