

Saturday May 21

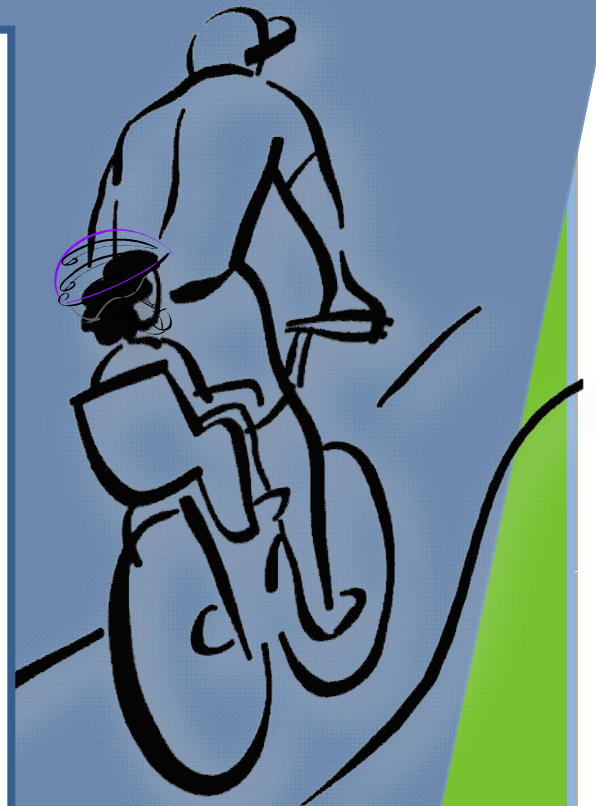
TREK Across Ozaukee

on the  Interurban trail

with the



Join Wisconsin health departments by
Bringing awareness to the
importance of a personal wellness
lifestyle that includes regular
physical activity



Be safe on the trail...wear your helmet!

WALK

BIKE

RUN

Join in at the following:

BIKE from Belgium Village Park at 9:30 am
(18 miles)

Bike/Walk/Run from Grafton Family Aquatic Center at 10:30 am
(2 miles)

Bike/Run from Mequon Logeman Community Center at 10:00am
(5 miles)

End at the Cedar Creek Park, Cedarburg
11:00am-1:00pm

With FREE refreshments & children's events.

Also FREE massages from *Touch of Heaven Massage Therapy* as well as children's bike helmets/fitting (\$10) and bike gear from *Local Motion Outfitters* available for purchase.



For questions please contact the Public Health Department
Phone: (262)284-8170 M-F 8:30am-5:00pm

