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NEWS RELEASE

5/11/09
FOR IMMEDIATE RELEASE

Windsor Joins *iWALK Sonoma* with Inaugural Group Walks on Saturday

The Town of Windsor joins with the rest of Sonoma County participating in *iWALK Sonoma* this weekend with a total of five guided group walks. Windsor residents are invited to join one or more of the following planned walks. Community Leaders (Action Heroes) will accompany the walkers. The walks are free and require no pre-registration.

Saturday, May 16

Foothill Regional Park (Arata Lane)

10:00 a.m. to 12:30 p.m. (2 miles)

Walk with Action Heroes: Town of Windsor Parks and Recreation Commissioners Cindy Holman (Chair), Maria Bernadette Torres and David Brown. The Spanish/English guided walk is free; parking fees are \$6 per car in the park. Dogs on leash are welcome.

Riverfront Regional Park (7821 East Side Road, Windsor)

10:00 a.m. to 12:30 p.m. (2 miles)

An easy walk with Sonoma County Regional Parks' Naturalist Bill Arenander. The walk is free, but parking inside the park is \$6.00. Dogs on leash are welcome. Primary walking surface is gravel.
Spanish and English
Dogs on leash are welcome.

Historical Walking Tour(s) (Old Downtown Windsor)

9 to 10 a.m. and 1 to 2 p.m. (.6 mile)

An historical tour of Old Town Windsor led by Steve Lehmann, President of the Windsor Historical Society, Town of Windsor Historian. The walk is for all ages and will be outdoors along city streets. The tour will be in English. Meet at the Snoopy Statue on Windsor Town Green, corner of McClelland Dr and Bell Rd
Action Heroes: Steve Lehmann, WHS President; Town Council Member Debora Fudge; Town Council Member Cheryl Scholar; Parks and Recreation Commissioner John Cain,

Sunday, May 17

Shiloh Regional Park

10:00 a.m. to 12:30 p.m. (4 miles)

\$6 fee to park inside the park

English only

No dogs please

Action Heroes: Town of Windsor Parks & Recreation Commissioners Bernadette Torres and John Cain

The iWalk calendar of events for the entire county (including Windsor) may be found on the web at www.iwalksonoma.org Event contact information: Sonoma County Regional Parks, 707-565-2041.

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We create community through people, parks & programs!