

Active Walk Run 2014



21st MAY TO 23rd JULY (10 WEEKS)
Wednesdays 5.45 – 6.45pm

Meet our leaders at
Royal Park, Park Street

Active Walk Run will provide you with motivation in a safe group environment, so you can stay active over the cold Tassie winter months. It will also help you to discover the recreational trail network of Launceston.

This program starts four weeks prior to the Launceston 10 and Active 5k and will be a great opportunity to provide you with some training in preparation for these and other community fun runs!



More information over page or contact
Active Launceston on 6324 4027

Move More, Live More!

Active Launceston relies on grants, sponsorships and donations to operate. The Active Launceston Appeal gives you the opportunity to say thank you and contribute to programs and events into the future. To make a donation please visit the UTAS Foundation website www.utas.edu.au/foundation/donate and follow the links to the Active Launceston Appeal.



- Ⓜ Free physical activity
- Ⓜ All ages and abilities welcome – suitable for the general community; choose to walk, jog or run based on individual ability
- Ⓜ Please wear bright coloured/highly visible clothing that is seen easily in dull light for safety and comfortable shoes
- Ⓜ If you have a headlamp it is recommended that you bring this.
- Ⓜ Bring a bottle of water with you
- Ⓜ Arrive 5-10 min early for each session
- Ⓜ No commitment necessary, come to one or come to all sessions
- Ⓜ No bookings required



The Active Launceston Information Hub is your one stop shop for information on everything that is active in Launceston. Visit us to find out more about our great programs and events as well as other community initiatives at 41 Frankland Street Launceston.

Move More, Live More with Active Launceston