

# Media Advisory



## WHAT:

## Aurora's trail system showcased on June 24

### Activate Aurora and partners invite the public to stroll, bike – or pole walk!

AURORA (June 11, 2018): Aurora's trail system is always open to the public, but Activate Aurora and partners are issuing an open invitation to discover – or rediscover – the Town's extensive trail system and its features:

- Enjoy a stroll with family members around the Aurora Family Leisure Complex (AFLC) during our 'Intergenerational Walk.'
- Take a walk through the Arboretum, and learn about its unique features.
- Participate in an introductory clinic with Shawn Nisbet, a Nordic pole-walking specialist.
- Bring your bike to the Aurora Seniors Centre for information on bike safety and maintenance, and then take off for your own 'trail ride.'

#### Intergenerational Walk

Supported by CHATS and the Activate Aurora Seniors Network, including Chartwell Residences. Enjoy the mobility-friendly asphalt paved sections of the trails.

- Location: Aurora Family Leisure Complex North Trails
- Time: 1:00-3:00 pm
- Parking/Access: North or South AFLC Parking Lots, 135 Industrial Pkwy. N.

#### Nordic Pole-Walking Clinic

Join Shawn Nisbet at Sheppard's Bush for a free orientation to Nordic pole walking and its benefits. A limited number of poles are available for demonstration.

- Location: Sheppard's Bush
- Instruction 1: 9:30 am
- Walking session: 10:30 am
- Instruction 2: 11:00 am
- Parking/Access: Sheppard's Bush Northeast Parking lot

#### Arboretum Walk

Meet Arboretum members and experts, who will answer questions about this special feature on the Town's trail system.

- Location: Aurora Arboretum
- Time: 1:00-3:00 pm
- Parking/Access: Drop-Off and parking at south end of the AFLC. Follow the signs.

#### Bike Aurora

Bike Aurora, in co-operation with Aurora Bike Shop and Trek Bicycle Store, will present a bike safety and maintenance clinic. Discuss your bike needs with the experts, and enjoy bike demos, including e-bikes. Trail maps will be available for those who want to take their own trail ride. Please note this is not a supervised ride; it is an opportunity to learn about and use the trails for biking.

- Location: Aurora Seniors' Centre Parking Lot
- Time: 1:30 pm to 3:30 pm
- Parking Access: Aurora Seniors' Centre and Town Hall Parking lot.



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### WHO:

All Aurora residents, including family and friends. We also cordially invite members of the media to join us at any of the above walks, clinics and demonstrations.



For further information, please contact:  
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### About Sport Aurora:

Founded in 2005, Sport Aurora is a not-for-profit corporation that supports and develops high-quality sport opportunities. They advocate on behalf of member organizations to increase participation, build capacity and celebrate excellence. Sport Aurora now represents 31 sport organizations, with a volunteer base of more than 2,500, and a player base of nearly 10,000 from ages of 3 to 80. Sport Aurora has also helped develop the municipal Parks and Recreation Master Plan, continues to provide leadership and guidance, and has become the “voice” of Sport in the Town of Aurora. For more information, visit <http://www.sportaurora.ca/>

### About Activate Aurora:

Activate Aurora is on a mission: to make Aurora “Canada’s Most Active Community” through education, activities and awareness. This Ontario Trillium Foundation (OTF) funded program was designed by Sport Aurora with the guidance of the Canadian Sport for Life Society, and is endorsed – and supported – by the Mayor’s Task Force on Physical Activity. The Activate Aurora team includes representatives from diverse areas of interest: local sports organizations, education, parks & recreation, seniors and health care. For more information, visit <https://activateaurora.com/>