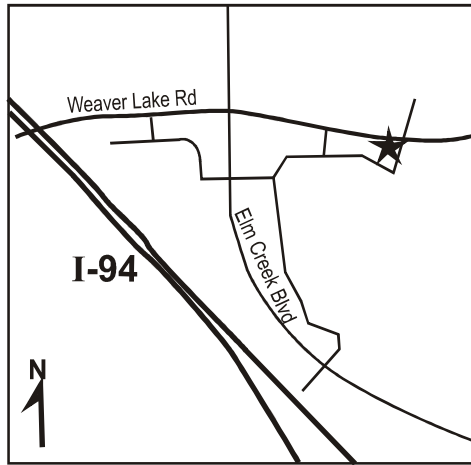


9 Greater Mpls Girl Scout Council Walk

November 4, 2006
Maple Grove, MN

73955



Start Point: Maple Grove Community Center, 12951 Weaver Lake Rd, Maple Grove, MN

Start Times: 9:30 am to 2 pm. Finish by 4 pm.

Description: 5 and 10k. Walk on Rice Lake Community paved hiking trails in parks, near the Village and some residential.

Awards & Fees: Awards available. Credit only is \$3. Non-credit walk \$2.

Directions: From either I-494 or I-94, take I-94 west to the Weaver Lake Road exit. Exit right (east) to the 4th stoplight. Turn right into the community center parking lot.

Contact: Bonnie Johnson
 (763) 571-8041

GNC LiveWell.

73951

GNC Ridgedale Mall Walk

November 11, 2006
Minnetonka, MN



Start Point: GNC Store, 12301 Wayzata Blvd. Enter at the south entrance on the lower level.

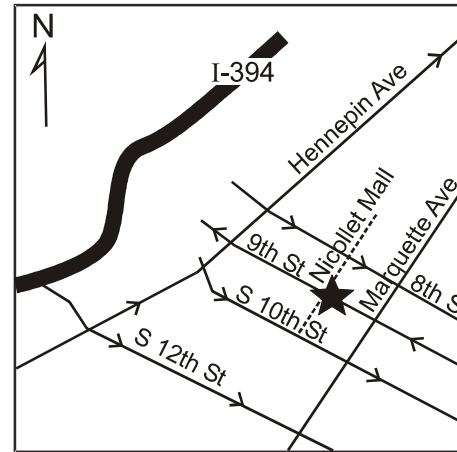
Start Times: 7:00 am, finish by 11 am.

Description: A warm indoor walk in this suburban mall. Rating 1.

Awards & Fees: Awards available. Credit only is \$3. Non-credit walk \$2.

Directions: From I-394 heading west, take the Ridgedale Drive exit and proceed left at the stoplight. Follow to the 2nd mall entrance. From I-394 coming from I-494, take the Plymouth Rd exit. Turn left on Ridgedale Drive, then left into the mall.

Contact: Paul Stachour
 (952) 884-5977



GNC LiveWell.

Contact: Darwin Lay
 (952) 432-7318

Directions: From 35W turn left on 9th St and continue to 900 Nicollet Mall, near the Target Store. The GNC Store is in downtown Minneapolis on the skyway level in the Target building on 9th St. and Nicollet Mall (buses only). Be aware of one-way streets. Parking is available in nearby parking ramps.

73931



10 Winter Wonderland Walk

December 9, 2006
Minneapolis, MN

Start Point: **GNC**, 900 Nicollet Mall

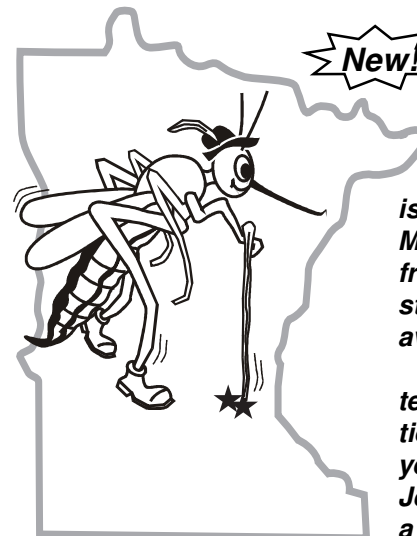
Start Times: 10:00 am, finish by 2:00 pm.

Description: 5k & 10k walk. A great opportunity to see the downtown Holiday decorations and do some Holiday shopping on this walk that is entirely throughout the Minneapolis Skyway system. Rating: 1.

Awards & Fees: Awards available. Credit only is \$3. Non-credit walk \$2.

“Thank You!”

Twin Cities’ Volkssports & Minnesota Sneakers thanks all the businesses, parks & homes that sponsor the starting points for our events.



New! “Walk the Minnesota Counties” Program

The Minneapolis YMCA walk (see page 4) is the official kick-off for the new “Walk the Minnesota Counties” Program. Pick up your free county book, brochure and get your first stamp for Hennepin County. T-shirts will be available for purchase.

Each year we will focus on a specific cluster of counties to provide walking opportunities for all counties. Any event, seasonal or year-round event will qualify! Contact Bonnie Johnson at (763) 571-8041 for more details or a brochure.