

## PRESENTS:

## BEGINNER HIKE/WALK

Who: Open to individuals of all ages who are blind or visually

impaired. Individuals under 18 will need to be

accompanied by an adult.

Where: Riverfront Park

(to Wallace Marine Park)

200 Water St NE Salem, OR 97301

Terrain: Hike/walk 2 miles of paved and firm packed gravel trail

(with little elevation change) after 15 minutes of fitness

exercises.

When: Saturday, September 19, 2020

Time: 10:30 am - 12:00 pm

NWABA will be encouraging independent travel to/from

this event. Staff will meet athletes and volunteers at the

above address at 10:15 am.

Registration is due by Monday, September 14, 2020.

To register, please call or email Megan Ahleman 360-768-5649

mahleman@nwaba.org

https://nwaba.org/events/

Northwest Association for Blind Athletes' mission is to provide life-changing opportunities through sports and physical activity for individuals who are blind and visually impaired.