

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:** 15 minutes of fitness exercises followed by a 2 mile hike/walk on a paved and firm packed gravel trail (with little elevation change).
- When: Friday, March 26, 2021

Time: 6:00 pm - 7:30 pm NWABA will be encouraging independent travel to/from this event. Staff will meet athletes and volunteers at the above address at 5:45 pm. Registration is due by Monday, March 22, 2021. 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.