



2022 St. Stephen Nordic Walking Club Schedule

*"Mount up with wings as eagles, they shall run and not be weary,
and they shall walk and not faint" (Isaiah 40:31)*

**The following sites, except for Lake Ave., have mostly surf/dirt paths.
Poles recommended, but not required. All hikes 7:00-8:00pm.**

- ◆ May 10/Tues: Lake Ave, meet at Kowalski's parking lot by Admiral D.
- ◆ May 17/Tues: Katherine Abbott Park, 1000 Lincolntown Ave, Mahtomedi.
- ◆ May 24/Tues: Century College, 3300 Century Avenue. Meet at west end of west parking lot. Hike Wood Duck Trail and Echo Trail.
- ◆ May 31/Tues: Tamarack Nature Center (Bald Eagle-Otter Lake Park) 5287 Otter Lake Road, WB Township (south of County Road H-2).
- ◆ June 7/Tues: Sunfish Lake Park, north side of 34th St (Old Highway 5) about 1 mile west of Lake Elmo Ave. Or, go to 694 south, 34th St (Old Hwy 5) east to park.
- ◆ June 14/Tues: Oakdale Nature Preserve, Hadley Ave. (about 1 mile south of Fleet Farm). Be aware that Hadley makes a right turn just after the first curve.
- ◆ June 21/Tues: Lake Elmo Park Reserve, 1515 Keats Ave N., Lake Elmo. From State Highway 5 in downtown Lake Elmo, follow County Road 17 south for 2.5 miles to County Road 10 (10th Street North). Turn right (west) on County Road 10 for one mile. Turn right (north) into the park. Or, south on 694 to 10th, go east on 10th to the park.
- ◆ June 28/Tues: Tamarack (directions above).
- ◆ July 5/Tues: Lake Ave (directions above).
- ◆ July 12/Tues: Century College (directions above).
- ◆ July 19/Tues: Katherine Abbott (directions above).
- ◆ July 26/Tues: Lake Ave (directions above).
- ◆ August 2/Tues: Night to Unite—NO HIKE.
- ◆ August 9/Tues: Katherine Abbott (directions above).
- ◆ August 16/Tues: Century College (directions above).
- ◆ August 23/Tues: Tamarack (directions above).
- ◆ August 30/Tues: Lake Ave and Admiral D Post hike (directions above).

Benefits: Compared to regular walking, Nordic walking (also called pole walking) involves applying force to the poles with each stride. Nordic walkers use more of their entire body and receive fitness building stimulation not present in normal walking for the chest, lats, triceps, biceps, shoulder, abdominals, spinal, and other core muscles.

Complete information at:

<https://sites.google.com/site/jsxcstrandaolcom/home>

or: just google St Stephen Walking Club.

