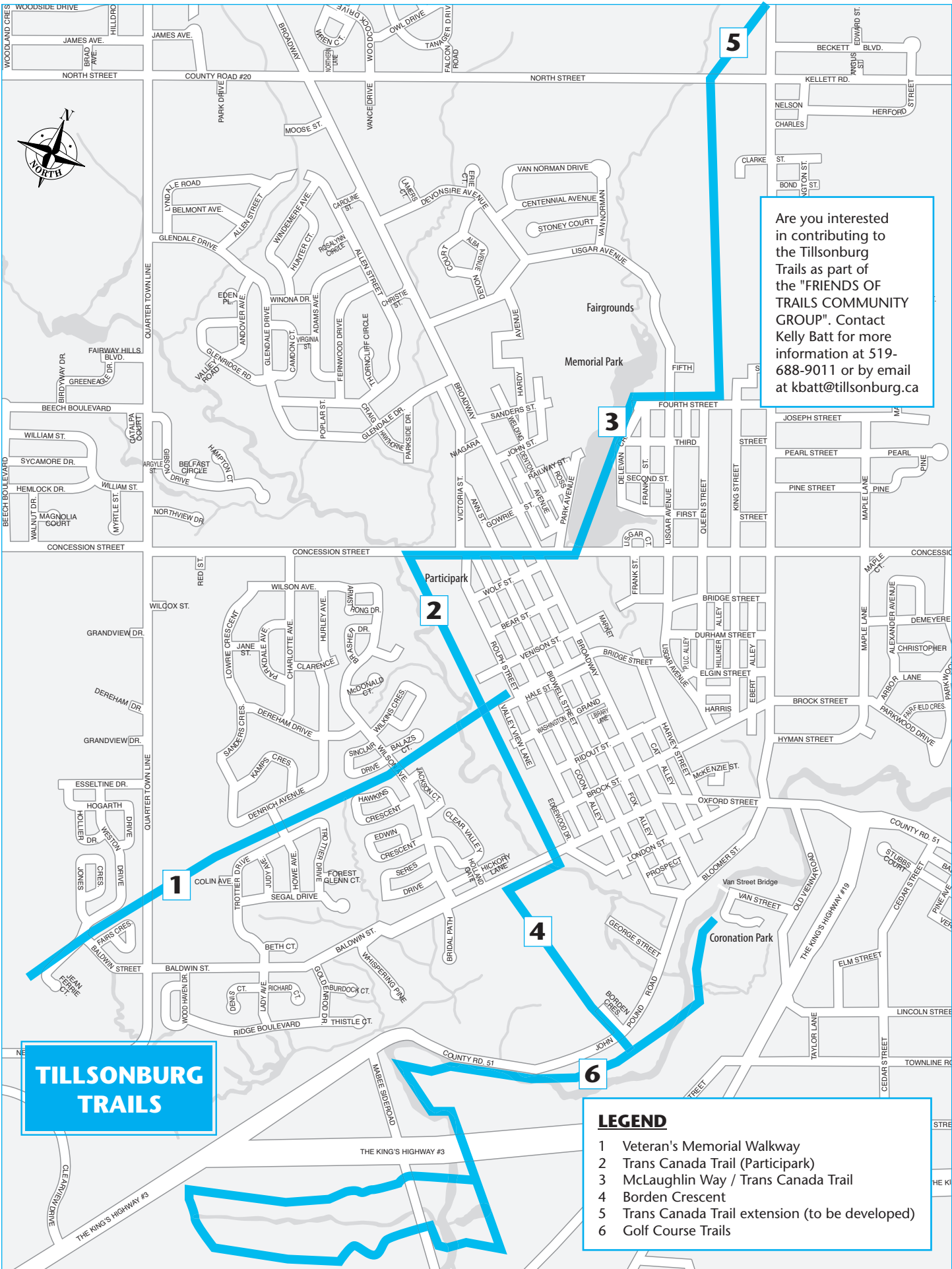




Are you interested in contributing to the Tillsonburg Trails as part of the "FRIENDS OF TRAILS COMMUNITY GROUP". Contact Kelly Batt for more information at 519-688-9011 or by email at [kbatt@tillsonburg.ca](mailto:kbatt@tillsonburg.ca)

# TILLSONBURG TRAILS

- LEGEND**
- 1 Veteran's Memorial Walkway
  - 2 Trans Canada Trail (Participark)
  - 3 McLaughlin Way / Trans Canada Trail
  - 4 Borden Crescent
  - 5 Trans Canada Trail extension (to be developed)
  - 6 Golf Course Trails



# "CREATE YOUR ADVENTURE" on Tillsonburg Trails

- Veteran's Memorial Walkway:** 3.6 km return, paved surface from Bridge St. at Rolph St. to connect to Quarterline Road. Benches available, lit walkway; ideal for walking, running, cycling, in-line skating; flat terrain. Ideal parking area is available on Bridge Street or along Quarterline Road. Low difficulty.
- Trans Canada Trail (Participark):** 2 km, limestone surface, access from Concession St. (lit parking lot available) or from Baldwin St. (no parking available). Benches, natural park like setting, ravine, picnic tables. Low difficulty.
- McLaughlin Way:** 0.7 km, access just south of the Lake Lisgar Waterpark (parking area available off John Street), limestone surface, connects to Lisgar Ave. Beautiful walk along the lake and over the lake via the Kinsmen Bridge to connect to Delevan St. Low difficulty.  
**Trans Canada Trail (proposed extension):** 2 km, access at Fourth Street, by railway tracks, parking available, natural trail, beautiful natural vegetation, limited elevations. Trail is currently roughed in. Low to moderate difficulty.
- Borden Crescent:** 0.2 km, access at John Pound Road or Baldwin Street. Stone and natural surfacing, gentle sloping trail from Baldwin to John Pound. Low difficulty
- Trans Canada Trail (proposed):** 2 km of rough trail cut. Currently a one-way trail experience. Low to moderate difficulty.
- Golf Course Trails:** 5 km, access through Coronation Park (parking, playground equipment), limestone and paved surfaces. Benches available. Medium difficulty.

- Watch for Trail improvements in Cadman Park in 2009!

## Summer Legion Track & Field



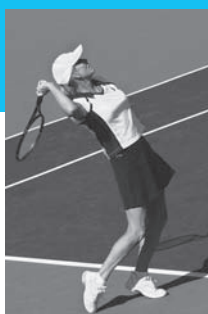
6-week program beginning  
Monday, July 6th

Monday	7:00-8:30pm
Wed	9:00-10:30am
Thursday	9:00-10:30am
Where:	Annandale School
Age:	5-12 yrs.
Cost:	\$60.00

The sport of track and field is introduced through instruction and games

## Tennis Lessons

Interested in learning how to play tennis or improving your game?



### YOUTH

#### Tuesday

June 9-July 7

July 28-August 25

6:00pm-7:00pm

#### Wednesday

July 29-

August 26

9:00am-10:00am

### ADULT

#### Tuesday

June 9-July 7

July 28-August 25

7:00pm-8:00pm

#### Wednesday

June 10-July 15

July 29-August 26

10:15am-11:15am

\*NOTE: No class July 1st

**Cost: \$70.00**

## Tillsonburg Fun Run

### JOIN IN THE FUN AND SPRING INTO ACTION!

**Race Time:  
9:00am sharp**

**Pre-Register by  
April 27, 2009**

- T-Shirts & Goodie Bags for all pre-registered participants
- Great Draw Prizes
- Refreshments
- Water Stations
- First Aid Stations
- Music Stations

**START TRAINING  
TODAY AND BE PART  
OF THE ACTION!**

**Sunday  
May 3rd**



### ENTRIES

#### 10 km Run

\$20.00 for pre-registered participants  
\$25.00 after April 27th  
(plus GST)

#### 3 km Run

\$15.00 for pre-registered participants  
\$20.00 after April 27th  
(plus GST)

#### 1 km walk/run New

\$10.00 for pre-registered participants  
\$15.00 after April 27th  
(plus GST)

Register in person at the Tillsonburg Community Centre 45 Hardy Avenue, Tillsonburg or visit [www.tillsonburg.ca](http://www.tillsonburg.ca) and click on RecConnect to register on line!

Portion of Entry Fees will be allocated to the Tillsonburg Trails

Start and Finish of each event will be at the Tillsonburg Community Centre.

Maps can be accessed at [www.tillsonburg.ca](http://www.tillsonburg.ca) under Living Here, Parks & Recreation or visit us at the Tillsonburg Community Centre

### RUNNING CLINIC

10 week course for beginners to competitive runners Includes walk to run transition, form & technique, stretching, shoe and clothing advice

**Ages: 13+**

**Where:** Tillsonburg Community Centre

**When:** Monday & Thursday at 6:30pm

**Date:** March 30 – June 4 **Cost:** \$60.00

**GOAL RACE – FUN RUN – May 3, 2009**