



News Release

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Activity and Recreation Center Forms Walking Club

Get in shape and enjoy nature on a fall walk on the MKT Trail! The Activity & Recreation Center (ARC) has formed the ARC Walking Club for all who would like to participate in adventurous walks for fitness and socialize with other nature lovers.

Five more walks are planned this fall on the MKT. All walks start at 10 a.m. and will include a social gathering and refreshments. Walking will be at a normal trekking pace and will be held rain or shine, barring unsafe conditions. Upcoming walks will be held on these dates with participants meeting at the MKT access points:

Sept. 16, a two-hour walk with participants meeting at Rocheport and heading west to New Franklin

Sept. 30, a four-hour walk with participants meeting at Hartsburg and heading southeast to Claysville

Oct. 14, a three-hour walk with participants meeting at Twin Lakes and heading west to McBaine

Nov. 4, a two-hour walk with participants meeting at Bear Creek and heading west

Nov. 18, a two-hour walk with participants meeting at McBaine and heading southeast to Easley

There is a one time initiation fee of \$10 and participants are required to sign a waiver form. Participants may sign up at the ARC control desk. For more information, contact Brian Higginbotham at 874-7720 or email bthiggin@gocolumbiamo.com.