

## Second Saturday Tour for April 2010

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As the weather warms, the ITS Trail Committee will again be promoting their Second Saturday Tour beginning April 10, 2010. The purpose is to encourage everyone to be outdoors between the hours of 8 a.m. and Noon on the Second Saturday of every month. There are no distance requirements or timetables. Just walk or ride your bike around your block, neighborhood, town or trail on the morning of the second Saturday of each month. This is an opportunity for you to get involved and get some exercise, so you are encouraged to smile, wave to your neighbors, meet and visit with those around. Perhaps you will discover a new trail, an old coffee shop or an old friend along the way. We would like for you to share your adventure with all of us by sending your comments to [info@its-trail.org](mailto:info@its-trail.org).

On April 10, a group will be leaving from the parking lot south of Duda Garden on North Union St in Staunton and riding to Worden, Hamel or however far they decided to ride.

We encourage you to walk or ride your bike as often as possible in your daily life. We all benefit from being a little greener and our health depends on it