



your guide to choosing walking shoes and

WALKING AND RUNNING CLUBS IN YORK REGION

GOING SOMEWHERE?
go active!



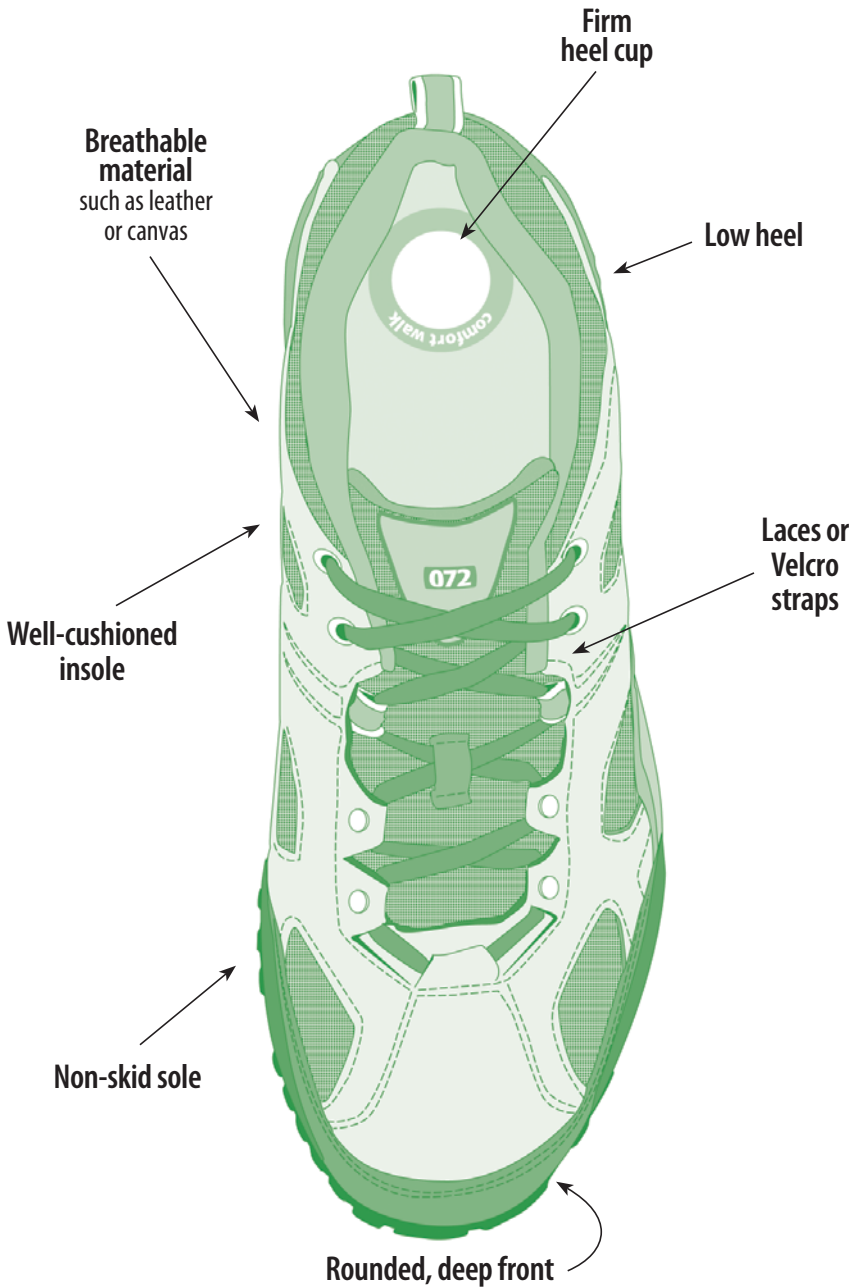


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FEATURES of a good shoe



WHAT TO LOOK FOR in a good shoe

- A shoe that is lightweight and flexible
- A non-skid, resilient sole—thick enough to protect the foot
- A firm heel cup and laces or Velcro straps that can be adjusted to prevent the foot from sliding around in the shoe
- A heel height of 25mm (one inch) to distribute body weight evenly from heel to toe to prevent strain on the foot
- A 6mm (¼ inch) free space at the widest point across the toes and a depth adequate enough to allow for movement of the toes
- A size that leaves 12mm (½ inch) of space between the longest toe on the largest foot and the end of the shoe

TIPS for buying shoes

- If you are active, look for shoes with extra cushioning and shock absorption
- For older adults, look for shoes which provide stability and support for your feet
- Check for comfort

SOCKS for walking

- Wear socks to keep the feet warm, to absorb perspiration and to reduce friction between the shoes and feet
- Look for socks made from natural fibres such as cotton or wool

WALKING^{AND} running clubs in York Region



Walking is one of Canada's favourite physical activities—it's fun and can help you feel great!

Walking for just 30 to 60 minutes, four to seven days a week can provide many health benefits.

- *Walking reduces your risk of developing:
Heart Disease & Stroke
Diabetes
Osteoporosis
Some cancers*
- *Walking can help decrease stress and anxiety*
 - *Walking increases your energy level*
 - *Walking can improve your quality of sleep*
 - *Walking is a low impact activity on joints*
- *Walking can help to achieve or maintain a healthy body weight when combined with healthy eating*

WALKING^{AND}running clubs in York Region

AREA	CLUB NAME	LOCATION	PHONE
AURORA	Aurora Trail Blazers Running Club	135 Industrial Pkwy N. (Aurora Family Leisure Complex)	905 841-7529 ext. 4764
GEORGINA	Georgina Running Club	Georgina & East Gwillimbury	See website
	Keswick Walking Club for Seniors	Ice Palace	905 476-4301 ext. 375
	Pefferlaw Walking Club for Seniors	Lions Hall	905 476-4301 ext. 375
	Sutton Walking Club for Seniors	Sutton Arena Hall	905 476-4301 ext. 375
MARKHAM	Markham Centaurs Running Club	Markham	905 471-1251
	Markville Mall Indoor Walking Program	5000 Hwy 7	905 477-6600
	Running Free	708 Denison St.	905 477-7871
	Running Room Canada Inc.	4981 Hwy 7, Unit 1	905 479-6253
NEWMARKET	Glenway Pacers	Glenway Golf and Country Club 470 Crossland Gate	905 853-5590 ext. 224
	Running Room Canada Inc.	17725 Yonge St.	905 898-8110
	Sole Mates Walking Club	Upper Canada Mall 17600 Yonge St.	905 895-1961
	Stroller Mates	Upper Canada Mall 17600 Yonge St.	905 895-1961
OAK RIDGES	Oak Ridges Trail Association	Trails in Aurora, King Township and Stouffville (Oak Ridges Trail)	905 833-6600 or 1-877-319-0285
RICHMOND HILL	McConaghy Hiking Club	McConaghy Seniors' Centre Richmond Hill	905 737-1818 Press 0 for front desk
	Running Room Canada Inc.	8900 Yonge St.	905 764-7255
VAUGHAN	Healthy Strides	Vaughan Mills 1 Bass Pro Mills Dr.	905 879-2119

CONTACT	ACTIVITY	COST
Mark Berger	Running	FREE No need to register
www.geoginarunningclub.com	Trail running	FREE
Robin McDougal	Walking (indoors)	FREE No need to register
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Robin McDougal	Walking (indoors)	FREE No need to register
Debbie Carson www.markhamcentaurs.org markhamcentaurs@rogers.com	Running	\$10 per year
Customer service	Walking (indoors)	FREE Registration required
John Posca/Nick Capra www.runningfree.ca	Running group Running clinics	FREE Approx. \$69.99
www.runningroom.com	Walking & running clubs Walking & running clinics	FREE Approx. \$73.49 each
Carol	Walking, running, jogging	FREE - Glenway membership not required
www.runningroom.com	Walking & running clubs Walking & running clinics	FREE Approx. \$73.49 each
Customer service	Walking (indoors)	FREE Registration required
Customer service	Walking (indoors)	FREE Registration required
General inquires - info@oakridgestrail.org www.oakridgestrail.org	Walking & hiking	Individual/Family \$30 Student \$20 (tax deductible)
Colette	Hiking	Must be 55 years old or older and a member of the seniors' centre \$20 for residents of Richmond Hill \$36 for non-residents (for 2008)
www.runningroom.com	Walking & running clubs Walking & running clinics	FREE Approx. \$73.49 each
Guest Services/Customer Service	Walking (indoors)	FREE Registration required

All information is accurate at the time of printing. For updates or further information please visit www.york.ca



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For more information, contact
York Region **Health Connection** at
1-800-361-5653
or visit www.york.ca/health

