

Township of  
**Langley**



Est. 1873

CITY OF  
**LANGLEY**



## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE: April 21, 2016**

### **TIMMS TAKES CENTRE STAGE IN 54<sup>TH</sup> LANGLEY WALK**

Langley residents are invited to lace up their shoes, grab their family and friends, and get ready to walk and roll, as the Langley Walk returns on Sunday, May 1.

For more than half a century, the Township of Langley and the City of Langley have been teaming up to present the Langley Walk, a free day of fun and fresh air that promotes exercise and good health. The event encourages residents to come out and explore their neighbourhoods and enjoy activities and entertainment.

The Langley Walk is held in a different community each year, and the 2016 event will take place in the City of Langley. Starting from the new Timms Community Centre at 20399 Douglas Crescent, it will showcase the recently completed recreation centre and community hub before winding through the City's streets, floodplains, and parks.

"The 54th Langley Walk will showcase some of the hidden gems in the City of Langley," said City of Langley Mayor Ted Schaffer. "We are excited to have the Langley Walk in the City this year and it is always encouraging to see the community's commitment to the annual event."

Participants can walk, run, bike, and push strollers along a five- or ten-km route.

Registration and entertainment starts at noon, and the Walk gets underway at 1:30pm. After the Walk, guests can enjoy a free snack, more activities, and entertainment. Participants are encouraged to bring their own refillable water bottles.

All walkers are eligible to win draw prizes and everyone who finishes will receive a commemorative crest. As well, trophies and prizes will be presented to the oldest walker and the elementary school, middle school, secondary school, organization, and family with the most walkers.

“This is a long-standing Langley tradition that people look forward to year after year,” said Township of Langley Mayor Jack Froese. “Some people have been doing the Walk for decades. It is really inspiring to see walkers with jackets or vests filled with all the crests they have collected. They wear them with a real sense of pride.”

The Langley Walk was started in 1963 by Pete Swensson, Langley Township’s first Recreation Director, who was passionate about getting people involved in fitness. The first Walk drew about 500 people who walked a 22-mile course that stretched from Aldergrove Park to River Road, from Fort Langley to City Park. The Walk hit its peak in the 1970s, attracting more than 5,000 people.

For more information call 604.533.6086 or 604.514.2940, or visit [tol.ca/events](http://tol.ca/events) or [city.langley.bc.ca](http://city.langley.bc.ca).

Volunteers are also being sought to help with registration and route marshalling. Lunch will be provided and organizers can provide confirmation of volunteer hours for high school students. To help out with the Langley Walk, email [events@langleycity.ca](mailto:events@langleycity.ca) or [bandersen@tol.ca](mailto:bandersen@tol.ca).