



City of East Ridge

1517 Tombras Avenue
East Ridge, Tennessee 37412
(423)867-7711 • www.eastridgetn.gov

East Ridge to Host Walk-A-Thon Celebrating National Senior Fitness Day

East Ridge, TN (May 10, 2024) – On Wednesday, May 29, East Ridge Parks and Recreation Department will celebrate National Senior Fitness Day by hosting a Walk-A-Thon at Pioneer Park, located at 1515 Tombras Avenue. All walkers are invited to participate by completing any distance from a half a mile to four miles.

The walk will be from 7am until 10am with the Senior Fitness class conducting the Annual Walk-A-Thon at 8:30am. There will be individual start times with one finish line. Light refreshments will be provided at the finish.

“Senior fitness became an important part of my life after my mother suffered a stroke in 2014, which led to me returning to school and graduating from UT Chattanooga with a bachelor’s degree in Exercise Science,” said Karina Butterfield, Community Center Recreation Assistant for East Ridge. “I am thrilled to work for East Ridge Community Center where I have the opportunity to create events to encourage our senior community to participate in physical activities.”

Butterfield and Senior Fitness Coordinator, Pat Snowden also invite the East Ridge community to join their senior fitness class and invite the outside track walkers to come experience the paved walkways the East Ridge Town Center has to offer.

The rain date for the Walk-A-Thon will be Wednesday, June 5. For more information, go to www.eastridgeparksandrec.com or call 423-867-6406.

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Attached: Event Poster



RECOGNIZING EAST RIDGE WALKERS AT THE ANNUAL

WALK

FREE

ADMISSION
LIGHT
REFRESHMENTS
PROVIDED



1/2, 1, 2, 5K,
4 MILE
PAVED
LOOPS

A THON

NATIONAL SENIOR FITNESS DAY

29TH MAY

START AT 7AM

RAIN DATE
6/5/24

START & FINISH LINE:
1515 TOMBRAS AVE
EAST RIDGE TN 37412

WWW.EASTRIDGEPARKSANDREC.COM