

GET UP
GET OUT
GET MOVIN'!



For more information contact

619-667-1300

SRTS@ci.la-mesa.ca.us

www.cityoflamesa.com

A great opportunity to be active and
Connect with friends and neighbors.

Follow us on Twitter @ConnectLaMesa

Join the Connect La Mesa MeetUp group



LA MESA WALKS!

September Schedule

TUESDAY | September 6 | 5:00-6:30pm

Meet at Jackson Park

5870 Jackson Drive, La Mesa

The Stride! Fast-paced walk – approx. 3+ miles

TUESDAY | September 13 | 9:00-10:30am

Meet at the Library

8074 Allison Avenue, La Mesa

The stroll and a short tour of the Historical Society

Slower-paced walk - approx. 1-2 miles

TUESDAY | September 20 | 9:00-10:30am

Meet at Lake Murray at the Boat Docks

Enter through Kiowa Street

Slower-paced walk - approx. 1-2 miles

TUESDAY | September 20 | 5:00-6:30pm

Meet at Highwood Park

7775 Junior High Drive, La Mesa

The Challenge! Fast-paced walk – approx. 3 miles

Social afterwards at Riviera Supper Club

TUESDAY | September 27 | 9:00-10:30am

Meet at the La Mesa Library

8074 Allison Avenue, La Mesa, CA 91942

Slower-paced walk - approx. 1-2 miles