

**Nataional Capital Region Walking Schedule
2012**

Day	Date	Walk / Location	Time	Type	Host
Saturday	14/07/2012	President's Pace & BBQ, Maki Park	09:00 - 10:30	MW	Nomads
Wednesday	18/07/2012	Merivale Meander, Boston Pizza, Hunt Club and Merivale Rd	18:00 - 19:00	EMW	Nomads
Sunday	22/07/2012	Les Bateaux et Chemins, Aylmer Marina, Alymer QC	09:00 - 10:30	MW	Nomads
Tuesday	24/07/2012	Rideau River Walk - RA Centre, 2451 Riverside Dr	18:00 - 19:00	EMW	OVO
Sunday	29/07/2012	Mario's March, East Side Mario's, Bells Corner	09:00 - 10:30	MW	Nomads
Wednesday	01/08/2012	Kanata Krawl, Sports4 Store, Centrum Plaza, Kanata	18:00 - 19:00	EMW	Nomads
Saturday	04/08/2012	National Capital Walkfest, Jack Purcell Centre, Elgin St	08:30 - 13:00	MW	Nomads
Sunday	05/08/2012	National Capital Walkfest, Jack Purcell Centre, Elgin St	08:30 - 13:00	MW	Nomads
Monday	06/08/2012	National Capital Walkfest, Jack Purcell Centre, Elgin St	08:30 - 13:00	MW	Nomads
Tuesday	07/08/2012	Petrie Island Tour - Orleans Legion, 800 Taylor Creek Dr	18:00 - 19:00	EMW	OVO
Saturday	11/08/2012	Gananoque - 30 King Street East (CVF 25th Anniv Walk)	09:30 - 10:00	MW	Kingston
Sunday	12/08/2012	Kingston 22nd Annual - Kingston YMCA, 100 Wright Crescent	09:30 - 10:00	MW	Kingston
Wednesday	15/08/2012	Longfields Loppett, Johnny Canucks, Woodroffe Ave	18:00 - 19:00	EMW	Nomads
Saturday	18/08/2012	Almonte Adventure, Royal Canadian Legion (25th CVF Anniv)	09:00 - 10:30	MW	Nomads
Tuesday	21/08/2012	Camillio's Bar & Grill, 902 Shefford Rd	18:00 - 19:00	EMW	OVO
Saturday	25/08/2012	More Days Walk - TBA	9:00	MDW	OCVA
Sunday	26/08/2012	More Days Walk - TBA	9:00	MDW	OCVA
Wednesday	29/08/2012	Brittania Breeze, Buster's Lincoln Fileds Shopping Mall	18:00 19:00	EMW	Nomads
Saturday	01/09/2012	YRE - Beacon Hill Shopping Centre, Hill Butcher, 2339 Olgivie Rd	10:00	MW	OVO
Tuesday	04/09/2012	YRE 193 - Dinty's Restaurant, 620 Aylmer Rd, Aylmer	10:00	GW	Nomads
Thursday	06/09/2012	YRE - Bob McQuarrie Complex, 1490 Youville Dr.	10:00	GW	OVO
Saturday	08/09/2012	28th Annual Volksmarch, Orleans Legion, 800 Taylor Creek Dr	09:00 - 10:00	VM	OVO
Sunday	09/09/2012	Stittsville Stumble, Old Stittsville Arena, Warner Colpitts Lane	09:00 - 10:30	MW	Nomads
Tuesday	11/09/2012	YRE 290 - Sobey's, 1581 Greenbank Road, Barrhaven	10:00	GW	Nomads
Thursday	13/11/2012	YRE - Lighthouse - Shoppers Drug Mart, 1559 Alta Vista Dr	10:00	GW	OVO
Saturday	15/09/2012	OIWF - Volunteer Walk, Ron Kolbus Centre	10:00	MW	OIWF
Sunday	16/09/2012	Move Your Feet so Kids Can Eat, Orléans-Cumberland Resource Ce	10:00 - 13:00	MW	OVO
Tuesday	18/09/2012	YRE148 - Stittsville - Shoppers Drug Mart, 1300 Main St	10:00	GW	Nomads
Thursday	20/09/2012	YRE - Mac's Convenience Store, 2672 Old Innes Rd	10:00	GW	OVO
Saturday	22/09/2012	OIWF - Weekend - Kit Pick-up	12:30 - 13:00		OIWF
Sunday	23/09/2012	OIWF - Weekend - Walks	07:00 - 12:00	MW	OIWF
Tuesday	25/09/2012	YRE 147 - Greenboro - Mac's, Greenboro Plaza, 25 Tapiola	10:00	GW	Nomads
Thursday	27/09/2012	YRE - Quickie Store, 1600 Forest Valley Drive	10:00	GW	OVO
Friday	28/09/2012	Bus Trip - TBD		MW, YRE	Nomads
Saturday	29/09/2012	Bus Trip - TBD		MW, YRE	Nomads
Saturday	29/09/2012	NCC Fall Rhapsody Walk - TBA	09:00 - 10:00	MW	OVO
Sunday	30/09/2012	Bus Trip - TBD		MW, YRE	Nomads
Tuesday	02/10/2012	YRE 130 - New Balance, College Square, 1371 Woodroffe Avenue	10:00	GW	Nomads
Thursday	04/10/2012	YRE - RA Centre, 2451 Riverside Drive	10:00	GW	OVO
Saturday	06/10/2012	Merrickville Artists Tour, Community Health Centre, Merrickville	09:00 - 10:30	MW	Nomads
Tuesday	09/10/2012	YRE 100 - Mac's, 299 Greenbank Rd	10:00	GW	Nomads
Thursday	11/10/2012	YRE - Ray Friel Centre , 1585 Tenth Line Rd	10:00	GW	OVO
Saturday	13/10/2012	Autumn Leaves Breakfast March, St Monicas, Merivale Rd	09:00 - 13:00	VM	Nomads
Sunday	14/10/2012	Wolfe Island - Holiday Inn, 2 Princess St., Kingston	09:00 - 09:30	MW	Kingston
Tuesday	16/10/2012	YRE 090 - Mac's 6138 Perth St, Richmond	10:00	GW	Nomads
Thursday	18/10/2012	YRE - Shell Service Station, 1 Montreal Rd	10:00	GW	OVO
Saturday	20/10/2012	Soft Shoe Shuffle, Royal Canadian Legion, Bells Corner	09:00 - 10:30	VM	Nomads
Tuesday	23/10/2012	YRE 092 - PetroCan, 3095 Carling Ave	10:00	GW	Nomads
Thursday	25/10/2012	YRE - The Hill Butcher Shop, 2339 Ogilvie Rd	10:00	GW	OVO
Saturday	27/10/2012	CVF 25th Anniv Walk - TBA	09:00 - 10:00	MW	OVO
Monday	29/10/2012	Hunters Moon Walk, Royal Canadian Legion, Kent St	18:00	EGW	Nomads
Saturday	03/11/2012	2012 - Ottawa Clubs - Volunteer Appreciation Walk & Lunch - TBD	10:00	MW	Nomads
Saturday	10/11/2012	YRE - Food Mart Express, 380 Laurier Avenue W	10:00	MW	OVO
Sunday	11/11/2012	YRE - Campagne Bath, 321 King Edward St Remembrance Day	10:00	GW	OVO
Saturday	17/11/2012	YRE - YM/YMCA 180 Argyle St	10:00	MW	OCVA
Sunday	25/11/2012	YRE 030 - Nepean Sportsplex, 1701 Woodroffe Avenue	10:00	MW	Nomads
Saturday	01/12/2012	YRE - Mac's, 2672 Innes Rd, Blackburn Hamlet	10:00	MW	OVO
Saturday	08/12/2012	Kingston Christmas Lights - Kingston YMCA, 100 Wright Crescent	16:00 - 16:30	MW	Kingston
Sunday	09/12/2012	YRE 054 - Manotick - Mac's, Main St, Manotick	10:00	MW	ON Dir
Sunday	16/12/2012	Christmas Lights - D'Arcy Magees, 260 Place Centrum, Orleans	18:00	EMW	OVO