



Spring Fling Exercise Thing Report



Day One: We started off with a great crew showing up for a fast paced hike through Heritage Ranch.



We went down behind the trail the horses take for the winter sleigh rides. Then, we went across the field, and connected to the river.

There is a path that runs parallel to the river, great views. We came out by the bridge that crosses over to the island. We connected to the asphalt path for a bit. In the beautiful forested part of the path we cut up a steep bank and caught the trail at the bench that's just before the hill that goes back down to the paved trail to the field. A great evening with a fast passed hike

it made for a good workout.



Day Two: Bike Hike Day!! A great turn out. Great job, guys! The Red Deer



bike path was magnificent: a beautiful spring evening to get out. We started out by hitting the hill behind Mackenzie Ponds; looped to go down the 67 St. hill; under the over pass (did you get that play on words ☺); across the train trestle; passed Bower Ponds and then to the top of the hill at Heritage Ranch! We reversed the route to get back to the Kerry Wood parking lot! I think we all agreed, it was a great workout.



Day Three: The Exercise Scavenger Hunt! This was the neatest event, I think! I had a great time receiving the pictures the teams were sending while they were out completing the requirements for the



competition. The race was on immediately after they left the school. I bet the store clerks at Atmosphere never seen faster customers in all their life! And buying dollar worth of gas; that was something else. Lindsey Thurber has never seen anyone complete a lap at their track any faster

than the crews that night. Fantastic job, people!



Day Four: Wow, what a difference a few hours makes. While we were all home eating supper, we were thinking: what a great evening for a walk on the Joffree Trail. WRONG!



The rain started to come down, but hearty souls still wanted to hit the trail. Dressed as water proof as possible we were off. Needless to say, the fire building exercise was postponed for another day. Mud was the order for the day. We ended up going down the trail several km; then headed back. A well-deserved hot beverage was had by all I'm sure...after the boots were cleaned.



Day Five: How time flies by! The last activity. Great job by all those who came out!



Heritage Ranch was busy again. Geocaching time. After a very brief explanation on how to navigate the screens the two teams were off! We stayed fairly close to the main parking lot. I'm sure both teams got a few scratches bush whacking. What a workout. It's amazing how competitive we can get when the challenge is put to us. 😊 Both teams



did an excellent job when it came to perseverance! That micro cache was a difficult one. What a difference smartphones make to recording progress. Both teams texted pictures of their adventure. Those stairs never get any easier!

After all that...it was PRIZE DRAW TIME!!

Kid, you'll move mountains! Today is your day!
Your mountain is waiting. So...get on your way!

Dr. Seuss