

JULY IS NATIONAL PARKS AND RECREATION MONTH



# TRACKS TO TRAILS



IRON HORSE REGIONAL TRAIL EVENT

**Saturday, July 11**

**10 AM to 2 PM**

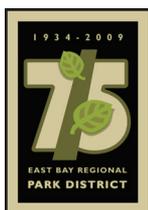
**Noon** - Presentation in Danville  
at Railroad Ave. along the trail

**Get outdoors for fun and exercise! Bring the family and join the East Bay Regional Park District and its partners on the Iron Horse Trail for “Walk, Run, Roll, or Ride.” We’re partnering with BART to showcase how “Tracks connect to Trails.”**

### Enjoy Energy Stations on the Trail:

- Dublin/Pleasanton BART (at entrance to Iron Horse Trail). Sponsored by BART.
- San Ramon at Bollinger Canyon Road. Sponsored by Whole Foods.
- Danville (Prospect Ave. at the San Ramon Valley Museum). Sponsored by East Bay Regional Park District Volunteer Trail Patrol and Kaiser Permanente. FREE bike bells while supplies last.
- Alamo (Danville Blvd. behind Alamo Bicycles).
- Walnut Creek (Newell Ave. at Whole Foods Market). Sponsored by Whole Foods.
- Pleasant Hill BART (in the greenbelt across from the BART station). Sponsored by BART.

**Information:** [www.ebparks.org](http://www.ebparks.org) or 1-888-EBPARKS





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## Iron Horse Trail Energy Stations

July 11, 2009 • 10 a.m. – 2 p.m.

