



MEDIA RELEASE

Walk with Lord Mayor Zalepa in the Niagara-on-the-Lake Step Challenge

For Immediate Release

June 6, 2024

Lord Mayor Zalepa will tie up his laces to walk in the five community villages this June as part of the Niagara-on-the-Lake Step Challenge!

“I invite all residents to step into a healthier, more active lifestyle and join me in the Niagara-on-the-Lake Step Challenge. Let’s stride together and surpass the Town’s previous collective step goal of 60 million community steps,” stated Lord Mayor Gary Zalepa. “I look forward to walking with Niagara-on-the-Lake residents and wish all registered Step Challenge participants the best of luck. Thank you to the local businesses who have sponsored this challenge!”

Each village walk will be 30 minutes. Details are as follows:

- **Glendale:** Thursday, June 13, at 9:00 a.m.
 - Meet at the Pavilion in Niagara-on-the-Green Park (Wright and Young Crescent)
- **Old Town:** Monday, June 17, at 9:00 a.m.
 - Meet at the Heritage Trail entrance on Charlotte Street
- **Virgil:** Thursday, June 20, at 9:00 a.m.
 - Meet in the parking lot of Meridian Credit Union Arena (1565 Four Mile Creek Road, Virgil)
- **St. Davids:** Monday, June 24, at 9:00 a.m.
 - Meet at Fire Station 2 (745 Warner Road). Public parking is available at Sparky’s Park (Tanbark Road).
- **Queenston:** Monday, June 24, at 10:00 a.m.
 - Meet at Fire Station 4 (5 Dumfries Street). Public parking is available across the street from the Fire Station.

In case of rain, the village walk scheduled for that day will be relocated to the Niagara-on-the-Lake Community Centre (14 Anderson Lane.)



The Step Challenge invites anyone who lives or works in Niagara-on-the-Lake to register as an individual or team of four. The challenge is hosted through the MoveSpring App, where participants can track their steps, share stories, recommend walking paths, and connect with fellow community members. Weekly prizes will be awarded to both individuals and teams.

Over the years, the Step Challenge has received hundreds of participants! Staff are excited to have Lord Mayor Zalepa join and engage with residents as he walks his way through each Niagara-on-the-Lake village.

Join the Step Challenge by June 7, 2024! For details and to register, please visit <http://www.notl.com/notlstepchallenge>.

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Media Contact:

Marah Minor, Communications Coordinator
905-468-3266 | communications@notl.com