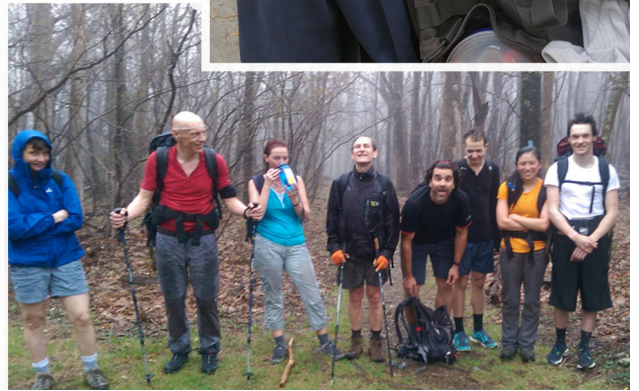
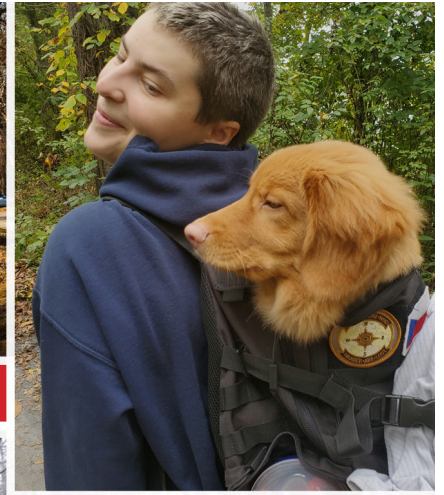




SATURDAY, OCTOBER 22



PEDIATRIC/GERIATRIC WALKING MARATHON

HIKE ALONG C&O CANAL

SATURDAY, OCTOBER 22, 2022 AT 9:00 AM
C&O CANAL VIOLETES LOCK

Register and contact: Pavel Klein KleinP@epilepsydc.com

Sokol Washington members and friends meet every year on a pleasant October day to walk along the C&O Canal in our Pediatric/Geriatric Marathon. As the name suggests, it is an event for all ages and skill levels, and the walking distance is self-determined.

Option for younger kids:

Split marathon mileage in your family or a group.

Example: a group of 10 people can each walk only 4. 2195 km!

We hope you can join us!

Bring plenty of water, a healthy snack, an energy bar, and the perfect shoes.

Meet at [Violette's Lock](#) and walk towards Harper's Ferry and back, 42 km 195 m.