

Shoreacres Water Department  
601 Shoreacres Blvd.  
Shoreacres, TX 77571-7262



## Shoreacres Shorts

January 2008

### 5K & 10K Noncompetitive Walk February 16

Health experts agree that there is a correlation between good health and exercise. Furthermore, these professionals also indicate that walking is one of the more beneficial forms of exercise available to all regardless of age, gender, or economic level.

Several years ago, a Shoreacres Parks and Recreation survey indicated that one of the more popular amenities people would like to have been hiking trails. As a modest beginning we now have a small trail at Heron Park and have started developing a grass covered path along the bay at Miramar Park.



Next month on Saturday February 16, 2008 the Shoreacres Parks and Recreation Advisory Board is hosting an event by the Houston Happy Hikers.

This event is a 5K or 10K noncompetitive walk, jog or run at your own pace. Families are encouraged to take part. An adult must accompany children under the age of 12. Leashed pets are welcome. The starting point and finish is at the gazebo next to city hall. The start time is from 9:00 AM to 12 Noon with a mandatory completion time of 3:00 PM.

The Houston Happy Hikers membership includes people from the Greater Houston Area including people from La Porte, Seabrook, and Shoreacres. Since the HHH is sanctioned by the American Volkssport Association and the International Federation of Popular Sports, people belonging to other clubs often walk at Houston Happy Hiker events.

This is an opportunity to showcase our city and participate in a healthy exercise for a win-win event. Everyone is invited to participate.

Should you have any questions concerning the walk or wish to assist, please contact Patrick Stanton at 281-471-2759. Come join us for an enjoyable day of exercise and friendship.

### City Council Meetings

Shoreacres City Council meets at 7:00pm on the 2<sup>nd</sup> and 4<sup>th</sup> Monday each month at City Hall. Meeting agendas are posted outside City Hall before 5:30pm on the preceding Friday.

- January Council Meetings: 14<sup>th</sup> and 28<sup>th</sup>
- February Council Meetings: 11<sup>th</sup> and 25<sup>th</sup>
- March Council Meetings: 10<sup>th</sup> and 24<sup>th</sup>