

# Walk/Run Update

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**Sheila Martinka writes:**

We have created a "virtual" CDA walk this year on Saturday, August 8, 2020 10:00 am CST. This is so the west coast is not up too terribly early and the east coast is not out too late in the morning.

Anyone can register; just send the form and \$20 registration fee gets you a t-shirt to be sent at a later date as we are trying to raise as much monies for our projects and charities. We are encouraging everyone to wear past t-shirts or purple CDA shirts and get out and walk together (social distancing of course) either outside weather permitting or inside if the weather is not good.

Contact Sheila with further questions at: [smartinka@earthlink.net](mailto:smartinka@earthlink.net).