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| step it up Walk to Run 5kmLet’s get out and get active!Join us for 1 hour on Tuesday evenings starting **May 1st** to walk the track and build up to run a 5km fun race. Beginners and walkers welcome For more information and to register please contact Kelsie at 345-5840 ext. 9084 or Courtenay at 623-0383 ext. 249  Thunder Bay Indigenous Friendship Centre  [Anishnawbe Mushkiki](https://mushkiki.com/)  **Thunder Bay Indigenous  Friendship Centre** | All ages welcome────Pedometer Challenge────Urban PolingWalking&Running────Chance to win a speed bike────Weekly support to meet fitness goals──── Starting May 1st Tuesdays from 5:30pm-6:30pm in Lakehead University Hangar  955 Oliver Rd, Thunder Bay |