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## **Warm-Up Time for Calgary Tower Climbers**

On stairwells all around the city, enthusiastic climbers are brushing off the winter cobwebs and warming up those leg muscles, getting ready to climb to the top of the Calgary Tower this coming Saturday.

Saturday April 17 is, of course, the date for the city's premier Earth Day celebration, the Annual **Climb & Run for Wilderness**, hosted by Alberta Wilderness Association (AWA). There are now just four days to go until the Tower will open to people of all ages and abilities, who will scale the stairs, **all 802 of them**, in support of Alberta's beautiful wild lands, wild waters and wildlife.

"Look at those big long flights of steps on Memorial Drive, and you're likely to see people out practicing for this weekend's Climb," says Nigel Douglas, AWA conservation specialist. "Some people are getting in shape for the day's opening event, the one-off race; others are planning to climb the stairs as many times as they can throughout the day."

And then, of course, there are those of a less ambitious nature who are happy to just climb once. "You don't need to be a fitness fanatic," says Douglas. "We get people of all ages climbing, from 3 to 93." Many take their time on the way up to admire the beautiful wilderness murals which decorate the stairwell. And everybody can enjoy the musicians, dancers and other lively performers who will keep the crowd hopping all day long, while face painters and Wild Alberta Expo participants will be there to entertain children.

The celebration starts at 8 a.m. and finishes off at 2 p.m. with a ceremony awarding great prizes to the youngest and oldest climbers, the fastest racers, the most climbs, the most funds raised, the best team spirit, and more. The schedule includes the following:

<b>8:00 a.m.</b>	<b>Run for Wilderness</b>
<b>8:15 a.m. - 1:15 p.m.</b>	<b>Team Challenge</b>
<b>8:30 a.m. - 1:30 p.m.</b>	<b>Climb for Wilderness</b>
<b>9:00 a.m. - 2:00 p.m.</b>	<b>Wild Alberta Expo</b>
<b>2:00 p.m.</b>	<b>Awards Ceremony</b>

For more information, visit our website: [www.climbforwilderness.ca](http://www.climbforwilderness.ca).

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**About Alberta Wilderness Association:**

*Founded in 1965, Alberta Wilderness Association (AWA) is the oldest wilderness conservation group in Alberta dedicated to the completion of a protected areas network and the conservation of wilderness throughout the province. AWA is a non-profit, federally registered, charitable society. For more information on AWA visit our website: [www.AlbertaWilderness.ca](http://www.AlbertaWilderness.ca)*

