



GNFK 2026 WALK-A-THON

Important Information for the 10 KM Walk

Day: Sunday, September 20th, 2026
Start & Finish: Sukh Sagar Gurdwara Sahib
Address: [347 Wood Street, New Westminster](#)

EMERGENCY CONTACT

Pash Brar
604-716-5294

Please review the important information below and keep it handy for Walk Day.

5 KM WALKERS

Check-in: 10:30 AM

Walk starts: 11:30 AM

Estimated finish: 12:30 PM

WALK ROUTE MAPS

Please follow the marked walking routes throughout the event.

5 KM Route Map:

<https://www.mapmyride.com/routes/view/6716659698>

PIT STOP

A pit stop will be available at the 5 KM mark at Foreshore Park.

Water and refreshments will be available.

Please note: Washroom facilities will not be available at the pit stop.

FINISH LINE

Sukh Sagar Gurdwara Sahib

347 Wood Street, New Westminster

Both the 5 KM and 10 KM walks are expected to finish at approximately 12:30 PM.

A welcoming ceremony and lunch will follow the walk at Sukh Sagar Gurdwara Sahib.

MORNING PARKING

Overflow parking is available at Queensborough Landing Mall. Please park on the opposite side of Walmart, closest to the bridge. The parking area is a short walk from the Start Line. Please follow the marked parking directions and arrows on the parking map provided.

HEALTH AND SAFETY

Please prepare appropriately for the walk:

- Wear sunscreen.
- Wear a hat.
- Wear comfortable and appropriate footwear.
- Bring a light jacket.
- Bring a water bottle.
- Drink water regularly and take breaks as needed.
- Follow volunteer directions and walk safely.
- Stay on dedicated walking paths or sidewalks where available.
- Notify a volunteer immediately if you need assistance.

FIRST AID AND VOLUNTEER SUPPORT

First aid support will be available during the walk.

GNFK first aid volunteers will be wearing red T-shirts for easy identification.

GNFK volunteers will be positioned throughout the routes to provide directions, assistance and support.

Please walk safely, responsibly and respectfully.

We look forward to welcoming everyone to the GNFK 2026 Walk-A-Thon.

Thank you for walking with us in Seva.

RIDE AND WALK IN SEVA!!

We look forward to an amazing day with all of you!

The GNFK Bike & Walk-a-thon Team

