

# **NASEMSO - Running and Walking Activities**

## **Activity for Attendees, Guests, and Spouses**

**Transportation Available:**

- **Tuesday, August 22nd**
- **Wednesday, August 23rd**
- **Thursday, August 24th**



**Get Your Daily Exercise**

**Run or Walk on the Big Dam Bridge**

Shuttle Departs: 6:00 a.m.

Shuttle Returns: 7:15 a.m.

Attendees and Guests who want to get their morning exercise can grab the 6:00 a.m. shuttle to the Big Dam Bridge. There are great views of the Arkansas River for everyone to enjoy as they travel from Little Rock to North Little Rock and back again.

The bridge is home to various special events such as bicycle races throughout the year.

There have even been Weddings on the bridge and it looks spectacular lit up at night!



**Registration:** Be sure to sign-up for transportation at the NASEMSO Registration Desk the day before each event. These outings are designed for Attendees, Spouses and Guests of Attendees