



## PRESS RELEASE

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City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Head Start

McConnell  
Foundation

Mercy Medical  
Center

Redding Rancheria

Redding School  
District

Shasta College

Shasta Family  
YMCA

Simpson University

Turtle Bay  
Exploration Park

Whiskeytown  
National Recreation  
Park

### **GOLDEN SHOES SHOW THE WAY TO GREAT LOCAL OPPORTUNITIES**

SHASTA COUNTY – Healthy Shasta hid 10 Golden Shoes over the past three weeks to encourage people to explore local opportunities for healthy eating and physical activity – such as new trails and playgrounds. Where were the shoes hidden?

The ‘grand finale’ Golden Shoe, attached to a full-year YMCA Family Membership, was hidden in the Lookout Tree (where willow makes the walls) in Turtle Bay Exploration Park’s garden during Healthy Shasta’s Walk This Way at Turtle Bay event, on October 4. The event was a huge success, with over 3,100 participants dashing between spurts of rain to complete the fun walk, taste local produce, bowl with coconuts, and more. The Golden Shoe was found by Justin Butler and Abbygail Stone.

“It is an awesome contest! It is great fun figuring out the clues and they can lead you on a bunch of adventures... if you dare,” Carl Drake said of the Golden Shoes. Drake found a Golden Shoe along the newly completed Upper Sacramento Ditch Trail, which begins just south of the Shasta Dam Visitor’s Center parking lot (use your energy).

Spring Murray found a Golden Shoe at the Saturday morning Redding Certified Farmers’ Market while searching with her family. She said, “It was fun family fun!” Other Golden Shoes led to:

- The new playground in Alta Mesa Park which was built in one day last spring (found by Dan Tasista and family).
- Along the new extension trail linking the Sacramento River Trail to the neighborhoods near Eureka Way and Buenaventura Boulevard.
- The Pacific Crest Trail near Baum and Crystal Lakes (found by Joe Studenicka).
- The skateboard park in Anderson (found by Ernest Fuller).
- Under the spaghetti squash at the Tuesday morning Redding Certified Farmers’ Market.
- Near the Senior Nutrition site in Engle Park in City of Shasta Lake (Travis Walker and family).
- The Thursday morning Farmers’ Market in Anderson at the Shasta County Fairgrounds.

If you found a Golden Shoe you have until October 10, 2008, to submit it to Healthy Shasta to claim a prize.

- more -



Walk This Way at Turtle Bay and Golden Shoe Super Hero sponsors include Mercy Medical Center Redding, Shasta County Public Health, The McConnell Foundation, Turtle Bay Exploration Park, and *Network for a Healthy California*. Other major sponsors include California Emergency Physicians Group – Mercy Medical Center, City of Redding, Curves for Women, Fleet Feet Sports, Edible Shasta-Butte, Jack FM, K-Shasta, North State Parent, Q97, KRCR Channel 7, Redding Active 20/30 Club, Redding Rancheria, Simpson University, Shasta Family YMCA, Slow Food and Sunset Market.

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Visit [www.healthyshasta.org](http://www.healthyshasta.org) for a full list of Golden Shoe hiding spots, maps to new trails and more. Healthy Shasta is a partnership committed to making healthy eating and physical activity choices easier where you live, work and play.

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