



Two Golden Shoes Found! Four Still At-Large *Many Taking the Healthy Shasta Challenge*

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Shasta County, CA – Two Golden Shoes have been found in Shasta County! The first was found by Terri O'Donnell and her family at last Saturday's successful *Walk this Way at Turtle Bay* event. O'Donnell and her family were participating in Healthy Shasta's kickoff festivities when she spotted the Golden Shoes in Paul Bunyon's Forest Camp at Turtle Bay Exploration Park in Redding. *Walk this Way at Turtle Bay* had nearly 5,000 attendees.

The second shoe was found earlier this week by Heather Richards. Richards, with her husband and 17-month old son, were visiting Elma Acres on the Happy Valley Farm Trail as part of the Healthy Shasta Challenge. The Happy Valley Farm Trail is a network of farmers who sell their produce, eggs, and other farm products directly to the public. A map of the Farm Trail, along with products offered and farm hours, is available at www.healthyshasta.org.

The Healthy Shasta Challenge is a passport of activities to add more physical activity and healthy eating to your day. Those who live or work in Shasta County and who complete at least 10 of the activities by October 31, 2006, will be entered into a drawing to win a free trip to Disneyland or other great prizes. Visit the website to download a copy of the Challenge.

Four Golden Shoes are still at-large in Shasta County. The key to finding a Golden Shoe is to take the Healthy Shasta Challenge to get closer to a Golden Shoe and better health. Each Golden Shoe has a tag describing how to return it to Healthy Shasta to claim a prize package from Fleet Feet Sports in Redding. The prize package, valued at \$150, includes a personal fitness session, a pair of athletic shoes, t-shirts, socks and more.

Healthy Shasta is a new partnership dedicated to helping the public add more physical activity and healthy eating to their busy day. Call 229-8243 or visit www.healthyshasta.org for more information.

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First 5 Shasta

McConnell
Foundation

Mercy Medical
Center

Shasta County
Public Health

Shasta Family
YMCA

Turtle Bay
Exploration Park