



## Shasta County Schools to Celebrate Walk to School Day

*A kick-off to encourage students to walk to school*

Anderson Partnership for  
Healthy Children/South  
County HEAC

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

First 5 Shasta

Mercy Medical  
Center

Redding Rancheria

Redding School District

Shasta College

Shasta County Office of  
Education

Shasta County RTPA

Shasta Family  
YMCA

Shasta Head Start

Simpson University

The McConnell  
Foundation

Turtle Bay Exploration  
Park

University of California  
Cooperative Extension

Viva Downtown

Whiskeytown National  
Recreation Area

**Date:** September 28, 2011

**Contact:** Sara Sundquist, Safe Routes to School Coordinator, 245-6457

Local – Thirteen Shasta County schools will be joining schools from around the world to celebrate International Walk to School Day on Wednesday, October 5, 2011. Local elected officials and principals will be leading students walking to school that day. This event kicks off year round contests to encourage children to walk or ride their bicycles to school at least once a week.

The walk will begin with kids, parents and community leaders gathering at specific locations to walk to school. Prizes will be given to children walking upon arriving at school.

In the U.S., International Walk to School Day is expected to include 5,000 schools from all 50 states. Walkers from the U.S. will join children and adults in 40 countries around the world.

Walk to School events work to create safer routes for walking and bicycling and emphasize the importance of issues such as an increase in physical activity among children, pedestrian safety, and a decrease in traffic congestion and air pollution. The events also help to build connections between families, schools and the broader community.

The event is organized by the Shasta County Safe Routes to School program, which works with schools in Shasta County to encourage and promote walking and biking to school. To assist with this event or the Safe Routes to School movement, contact the Safe Routes to School Coordinator Sara Sundquist at 245-6457.

For additional information, please visit these Web sites:

Healthy Shasta

International Walk to School in the USA

National Center for Safe Routes to School

International Walk to School

[www.healthyshasta.org](http://www.healthyshasta.org)

[www.walktoschool.org](http://www.walktoschool.org)

[www.saferoutesinfo.org](http://www.saferoutesinfo.org)

[www.iwalktoschool.org](http://www.iwalktoschool.org)

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