



Shasta Lake School to Celebrate Walk to School Day *A kick-off to encourage students to walk to school*

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 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 29, 2009

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

City of Shasta Lake – Shasta Lake School will be joining schools from around the world to celebrate International Walk to School Day on Wednesday, October 7, 2009. Mayor Gracious Palmer and Principal Helen Herd will be leading students walking to school that day. This event kicks off “Walking Thursdays,” a year round contest to encourage children to walk or ride their bicycles to school every Thursday.

The walk will begin with kids, parents and community leaders gathering at 7:15 am from the Life Center on Shasta Dam Boulevard, and the Tot Lot on Vallecito Street and Montana Avenue. Adult volunteers will be stationed along the walking routes until about 8 a.m. to encourage walking to school. Other special activities associated with the walk include a healthy breakfast snack and prizes upon arriving at school, and a visit from McGruff the Crime Dog.

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
www.walktoschool.org
www.saferoutesinfo.org
www.iwalktoschool.org

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