

1. THE FIRST STEP: Take a walk and use this checklist to determine how walkable your community is. Note the location (use street address)



From: _____

To: _____

- 1. Did you have room to walk?** Yes No
- Some problems:
- Sidewalks or paths started and stopped
 - Sidewalks were broken or cracked
 - Sidewalks were blocked with poles, signs, shrubbery, dumpsters, cars, etc.
 - No sidewalks, paths, or shoulders
 - Too much traffic
 - Something else _____

- 3. Was it easy to reach your destination?** Yes No
- Some problems:
- Trails did not connect me to my destination
 - Walking route did not connect to bus stop/public transportation
 - I could not walk to stores, schools, parks, other destinations
 - Something else _____

- 5. Was your walk pleasant?** Yes No
- Some unpleasant things:
- Needed more grass, flowers, or trees/shade
 - Dirty, lots of litter or trash
 - Traffic was too close to the walkway
 - Needed clean restrooms & drinking fountain
 - Needed more interesting scenery
 - Needed a shady place with benches to take a rest
 - Something else _____

- 7. How did you feel on your walk?**
- I could not go as far or as fast as I wanted.
 - I became tired, short of breath, or had sore feet or muscles.
 - Felt challenged but really enjoyed the walk.
 - Felt good and increased my energy level.
 - Felt great! I am going to continue walking.

Locations of problems

Locations of problems

Locations of problems

- 2. Was it easy to cross the street?** Yes No
- Some problems:
- Road was too wide
 - Traffic signals made us wait too long or did not give us enough time to cross
 - Crosswalk or traffic signal was absent
 - Parked cars, trees, or plants blocked our view of traffic
 - Needed curb ramps or ramps needed repair
 - Something else _____

- 4. Was it easy to follow safety rules?** Yes No
- Did you:
- Cross at crosswalks or where you could see and be seen by drivers
 - Look left, right, and left again before crossing streets?
 - Walk on sidewalks or shoulders facing traffic where there were no sidewalks
 - Cross with the light
 - Something else _____

- 6. Was it safe to walk?** Yes No
- Some problems:
- Cyclists and vehicles were not careful around pedestrians (e.g., they didn't allow enough room for passing)
 - No phone, house, or store nearby where I could go in case of trouble
 - My route had scary dogs, suspicious people, or crime
 - Too dark, needed light, not very many people around
 - Something else _____

Locations of problems

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Locations of problems

Walking is great for improving fitness and health. Here's why:

- ◆ Walking contributes to a greater sense of community.
- ◆ Start with a short walk and work up to 30 min. per day most days of the week. Use a pedometer to track progress.
- ◆ Replace short driving trips with walking trips to save money on gas and do your part for clean air.
- ◆ Encourage employers to support employee walking programs.
- ◆ Get information on ways to increase walkability and more from Healthy Shasta: 229-8243 www.healthyshasta.org
- ◆ Vary your routine. Pick up a Walk Redding Guide to discover new walking trails: 245-6457.

2. TAKE THE NEXT STEP:

What you and your family can do immediately

Was your walk safe and was it easy to cross the street? If Not.....

- ◆ Pick another route for now
- ◆ Trim trees and bushes that block the street and ask neighbors to do the same
- ◆ Leave nice notes on problem cars asking owners not to park there
- ◆ Share location and ideas with your Public Works Department regarding specific problems
- ◆ Organize parents in your neighborhood to form a walking group to school and teach your child about safe walking
- ◆ Ask neighbors to keep dogs leashed/fenced, report scary dogs to Animal Control
- ◆ Report suspicious activity to police
- ◆ Report lighting needs to the city/county departments
- ◆ Report illegally parked cars to police

Was it easy to reach your destination? If Not.....

- ◆ Take note of the improvements you would like to see happen
- ◆ Visit the Redding Area Bus Authority (RABA) station for a list of stops and pick up route maps

Was your walk pleasant? If Not.....

- ◆ Beautify your neighborhood by picking up any trash
- ◆ Plant trees, flowers, and bushes in your yard

What you and your community can do

- ◆ Request the Public Works Department trim trees and bushes within the city limits
- ◆ Write a letter to the city for walkways and gather neighborhood signatures
- ◆ Push for crosswalks, signals, or parking changes at city meetings
- ◆ Encourage schools to teach pedestrian safety and get crossing guards at key locations
- ◆ Help schools start Safe Routes to School programs. Visit <http://www.saferoutestoschools.org/> for more information
- ◆ Encourage employers to support flexible work schedules so parents can walk children to and from school
- ◆ Request increased police enforcement
- ◆ Start a crime-watch program in your neighborhood
- ◆ Participate in county transportation planning decisions

- ◆ Share suggestions with your planning department for creating future developments that are walkable and connected to community services
- ◆ Share suggestions with the Community Services Department
- ◆ Share suggestions with RABA regarding additional routes you would like to be connected to

- ◆ Organize a community clean up day
- ◆ Sponsor a tree planting day
- ◆ Sponsor a neighborhood beautification day

3. TO GET INVOLVED, CONTACT:

Public Works Department

Redding: 225-4020 www.ci.redding.ca.us
Roadside & Pavement Maintenance: 224-6068
Tree Trimming: 224-6103
Anderson: 378-6636 www.ci.anderson.ca.us
Roadside Maintenance & Tree Trimming
Shasta Lake: 275-7491 www.ci.shasta-lake.ca.us
Roadside Maintenance & Tree Trimming
County: 225-5661 www.co.shasta.ca.us

Report Illegally Parked Cars/Suspicious Activity

Redding Police Department: 225-4200
Neighborhood Watch Program: 225-4540
Anderson Police Department: 378-6636
Shasta Lake City (Sheriff's Office): 245-6540

Animal Control

Redding: 241-2550
Anderson: 378-6624
Shasta Lake City: 275-7480
Other Shasta County Areas: 245-6065

Regional Transportation Planning Agency 225-5654

Planning Departments

City of Redding: 225-4020
City of Anderson: 378-6636
City of Shasta Lake: 275-7460
County: 225-5879

Community Services & Trail Development

City of Redding: 225-4512

RABA: 241-2877

The National Arbor Day Foundation

1 (888) 448-7337 www.arborday.org

How Walkable is Shasta County?



Improve your health and community:

- 1. The First Step:** Take a walk, in your neighborhood, to the store, to a park and use this checklist to determine how walkable your community is.
- 2. The Next Step:** Refer to the chart for specific actions you can take to improve your community "walkability."
- 3. Get Involved** with local efforts by utilizing the resource list.

You can make a positive difference!



Adapted from Partnership for a walkable America