

*Nebraska youth encouraged to walk, bike to school Oct. 6.*

Join children and adults throughout the world October 6 in celebration of International Walk to School Day.

On that day, parents, educators, and community leaders are encouraged to organize events at schools and communities across the state so groups can meet to walk together along safe routes.

Nebraska schoolchildren and parents can join kids at more than 5,000 schools across the country by walking to school on Oct. 6 to promote a healthier lifestyle. Walking to school is a great way to be part of a global event to promote health, to identify safer routes for walking or biking, and to improve air quality.

The Safe Routes Nebraska website, [SafeRoutesNE.com](http://SafeRoutesNE.com), offers a variety of resources for schools and communities, including ideas about how to create meaningful events and a marketing toolkit, useful for getting the word out in the media.

Additional resources available through the site include talking points, fact sheets, links to the National Walk to School program and listings of other schools participating in Walk to School Day programs in the United States.

Walk to School Day events help demonstrate the need for the creation of safer routes for walking and bicycling.

The events also provide an important forum for discussion of social and community issues

including childhood obesity, pedestrian safety, traffic congestion, concern for the environment and building connections between families, schools and the broader community.

Parents can encourage a healthier lifestyle on International Walk to School Day by taking the time to walk to school with their child.

Walking to school with children is not only an ideal way to kick-start the metabolism and an overall healthy lifestyle, it's a great way to start the day.

The 2010 event marks the 14th International Walk to School Day.

What started with one school in Chicago has grown to millions of participants from more than 40 countries—all hoping to create communities that are safe places to walk and bike to school.

Schools can register their Walk to School Day events and find out what other communities are hosting events at the National Center for Safe Routes to School website, [WalkToSchool.org](http://WalkToSchool.org).

Walk to School Day events are conducted across the state through Safe Routes Nebraska, which is part of the National Safe Routes to School Program. Through the 2005 passage of the Safe, Accountable, Flexible, Efficient Transportation Equity Act: A Legacy of Users, Congress designated \$612 million toward developing the National Safe Routes to School Program.

Funds are distributed to the Nebraska Department of Roads for education, planning and implementation of Safe Routes to School plans and programs.

For more information about how to organize or promote a Walk to School Day event, contact Kelly Morgan, Safe Routes Nebraska Program Coordinator, at (402) 476-7331 or [kmorgan@sinclairhille.com](mailto:kmorgan@sinclairhille.com).

