

SACRAMENTO REGION SCHOOLS PROMOTE WALKING TO SCHOOL

International Walk to School Day is October 3, 2007

FOR IMMEDIATE RELEASE
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SACRAMENTO – On Wednesday, October 3, schoolchildren across the Sacramento region join others from across the United States and around the world that are making the commitment to lead healthier lifestyles by walking or bicycling to school on International Walk to School Day.

Walking and bicycling to school can benefit children in a variety of ways. A number of parents and teachers have commented that children arrive more alert and ready for the day when they walk to school. Public health officials have pointed to physical activity and safe places to walk and bicycle as factors in curbing the obesity epidemic among America's youth.

In addition to physical activity, Walk to School programs emphasize the importance of other issues such as pedestrian safety, traffic congestion surrounding schools and concern for the environment.

Schools participating in Walk to School Day are listed at: www.walktoschool.org/who/index.cfm. Information about Placer and El Dorado counties is below:

Placer County (contact: Solvi Sabol, Placer County Transportation Planning Agency, 530-823-4029)

Placer County has Walk to School events planned through Friday in the Auburn area. This will be the sixth year PCTPA has partnered with the City of Auburn in coordinating these local events. They have also teamed up with Safe Kids Placer County at Skyridge School for a playground assembly with a mock crosswalk.

Skyridge School (Wednesday, October 3)
Auburn Elementary School (Thursday, October 4)
Alta Vista School (Friday, October 5)
Rock Creek Elementary (Friday, October 5)

El Dorado County (contact: Jerry Barton, El Dorado County Transportation Commission, 530-642-5267)

Louisiana Schnell School
Sierra School
Northside School

The 2007 event marks the 11th International Walk to School Day. The event began in the U.S. with one school in Chicago in 1997 and has grown to more than 5,000 schools in the U.S. Worldwide, this year an estimated 4 million families and community leaders will participate in 42 countries.

SACOG is the Metropolitan Planning Organization for the greater Sacramento region responsible for coordinated transportation planning and project delivery for the six-county region. The SACOG Board of Directors includes elected officials from Sacramento, El Dorado, Placer, Yolo, Sutter and Yuba counties and the cities within them. For more information, please contact SACOG Communications Manager Rebecca Thornton Sloan at (916) 321-9000.

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