

September 29, 2009

## **6th annual Walk to School Day coming soon**

On Wednesday, Oct. 7, schools within the city of Placerville and El Dorado County will continue the journey to become healthier by walking to school under the banner of International Walk to School Day. Teachers, elected officials, and volunteers will escort children to school in groups called "walking school buses."

The event is a collaborative effort by the iWalk Committee, which includes members from the El Dorado County Transportation Commission, the Placerville Police Department, the Placerville Parks and Recreation Department, the Marshall Foundation for Community Health and community volunteers. For the sixth year, C&H Motor Parts is sponsoring the event along with the Schnell, Sierra, and Northside school parent clubs and Boa Vista Orchards, which is donating apples for the kids.

A new Website, [www.smartroutestoschool.com](http://www.smartroutestoschool.com) has been developed by the 50 Corridor Transportation Management Association to help encourage ongoing walking activities. The Website allows students to log their trips to school to keep a record of their commute habits. The site also features educational games, mapping tools, and calorie counters.

Professionals across the world recognize the international trend of childhood obesity and recommend walking to school as a way of counteracting the risks of an unhealthy lifestyle - especially in childhood.

The Placerville Station Park-and-Ride on Mosquito Road will serve as the Schnell and Sierra School drop off/meeting point. An additional drop-off for Sierra School will be located at the Ivy House Parking Lot on the corner of Clay and Main streets. In Cool, students in grades three through eight can be dropped off/meet at the fire station and walk about one mile along the Olmstead Loop Trail to Northside School. Sturdy walking shoes will be necessary. The school recommends that students leave their heavy books at school the day before. Northside staff members and parents will help escort.

Other walking events will be taking place at Gold Trail School as well.

Schnell School Meeting Time: 8:15 a.m. at Placerville Station on Mosquito Road

Sierra School Meeting Time: 8:00 a.m. Placerville Station or Ivy House Parking Lot, corner of Clay and Main Streets

Northside School Meeting Time: 7:45 a.m. at the Cool Fire Station

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