What to bring?

up in class for Ice cream or sundae!

 Walk and Ride.
Public Transport or Join Before School Activities. Then put your hands
in the air for a bit of fun, and enjoy your kids!

MOST OF ALL MAKE IT FUN, AND ENJOY YOUR KIDS!

children actively traveling to school.

in the same immediate area. This is a great way to get in 30 minutes of exercise a day and get your

Arrange with your child’s class, park at 0.8 miles long and meet each other parents walking the same path, or who you know live

along the yellow path.

PATHS shown on the map to and from school. You can also meet up with a walking group

Parents/Caregivers/Friends. The group will then walk together along the yellow-lined

Walking groups can meet anywhere, for students and parents to park and meet a group of

Get past the age of driving your kids to school and initiate 0.8 mile walk on a Walking Group.

WALKING GROUPS

If counts, you do not have to walk longer or to count our statistics.

ZONE and walking the rest of the way to school. If you live INSIDE the RED ZONE, please know

participate in the active school travel program by parking their car anywhere outside the Red

and walking/Avoid/Avoid/Avoid/Avoid/Avoid/Avoid. Travelers can

The Park & Stride Initiative encourages students, parents, and even teachers to combine car

HOW TO PARK AND STRIDE

Park and Stride Tuesday - 2 Blocks Counties

Park and Stride / Ride - Walking Groups