

Youth Walk Challenge!

Be Active this October! Take the challenge!



**Walk 10 days
in October**

Win prizes!

**All youth under 18 can
participate.**

**Participate as an individual,
family, classroom, or group!**



Get moving!

**Everyone
wins!**

To participate:

1. Download the Youth Walk Challenge at:
www.intercitytransit.com/youthwalkchallenge.com.
2. Walk 10 days and record the number of minutes you walk each day.
3. Email a photo of yourself walking or a picture of your completed challenge to: walknroll@intercitytransit.com by November 1.
4. We will mail you a prize and enter you in a prize drawing for a \$50 gift card!

WALK N ROLL

A Youth Education Program of Intercity Transit

Youth Walk Challenge!

Be active and practice pedestrian safety skills!

Walk for 10 days in October! Record the number of minutes you walk each day. When you reach the finish line send a photo of yourself walking or a picture of your completed challenge to walknroll@intercitytransit.com. We will mail you a small prize and enter you a prize drawing for a \$50 gift card! You must live in Thurston County to participate. Submit your card by November 1.

START LINE

Name: _____

Mailing Address: _____

Total Minutes Walked: _____



Safe Walking Tips

- Use the sidewalk.
- If there are no sidewalks, walk facing traffic.
- Cross at intersections and use the crosswalk.
- Before you cross check left, right, left for traffic.
- Make eye contact with drivers.
- Walk, don't run.
- Stay alert! Don't use cell phones or wear headphones.
- Wear reflective gear and bright clothing.
- Plan a safe route and stick to it.

Day 1 # of minutes:	Day 2 # of minutes:	Day 3 # of minutes:	Day 4 # of minutes:
Day 5 # of minutes:	Day 6 # of minutes:	Day 7 # of minutes:	Day 8 # of minutes:
Day 9 # of minutes:	Day 10 # of minutes:	FINISH LINE!!!	



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<https://www.intercitytransit.com/walknroll>