



FOR IMMEDIATE RELEASE

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***** MEDIA ADVISORY *** MEDIA ADVISORY *****

Benicia Schools Celebrate International Walk to School Day

SUISUN CITY, CA –Five schools in Benicia will participate in International Walk to School Day on Wednesday, October 9th, 2013. Students, families and teachers from Benicia Middle, Mary Farmer, Joe Henderson, Matthew Turner and Robert Semple Elementary Schools will be joining with Benicia Mayor Elizabeth Patterson to celebrate walking and biking to school.

Walk to School Day is an internationally recognized day to celebrate the benefits of active transportation by encouraging school children to walk and bicycle to school. Cities and local health departments join in the celebration by urging schools across the world to take part in Walk or Roll to School Day. “International Walk to School Day is a great opportunity for our students to learn how to remain safe walking to and from school. Not only will they be healthier, the planet will be, too,” said Mayor Patterson.

Walk to School activities provide opportunities for communities to address safety concerns around schools. Reducing the risk of injury includes teaching children age-appropriate walking and bicycling skills, reminding drivers to be extra vigilant in watching for young walkers and bicyclists, and identifying and eliminating hazardous conditions along routes to school that need to be fixed. Walk to School activities can also help children reach the minimum of 60 minutes of physical activity on most days of the week as recommended by the U.S. Surgeon General.

The five Benicia schools will be joining schools across Solano County in commemorating International Walk to School Day. “When students walk to and from school in groups with adult supervision, they have fun, build a sense of community, increase their physical activity, and arrive at school ready to learn. The Walking School Bus program is great because it also decreases traffic congestion around schools, lowering asthma triggers, and improving air quality.” said Robin Cox, Solano County Public Health, Community Wellness Bureau Manager”.

Solano Safe Routes to School (SR2S) is a program of the Solano Transportation Authority (STA) in partnership with Solano County Public Health Department, Yolo-Solano Air Quality Management District, Bay Area Air Quality Management District and the Metropolitan Transportation Commission to encourage children to walk or bike to school for the benefit of health, safety and the environment. For more information about the SR2S program contact Danelle Carey, STA’s SR2S Assistant Program Manager at dcarey@sta-snci.com or 707-399-3219, or go to the website: www.SolanoSR2S.ca.gov. For more information about International Walk to School Day, contact Tracy Nachand at tnachand@solanocounty.com or 707-553-5543.

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