

For Immediate Release

NOTE: Art is available in JPG format, sent on request

Pedestrian Summit planned for Colorado *Event designed for communities to bring health home*

DENVER (June 25, 2007) – Your doctor will tell you that walking is the best thing anyone can do for health – but do you have a sidewalk or pathway near your home? If you wanted to take a one-mile walk during your lunch hour at work, would you have to cross a dangerous street?

Colorado Walks (www.ColoradoWalks.org), the organization dedicated to bringing safe pedestrian access to everyone in the state, is hosting the Colorado Pedestrian Summit and Village Mile Walk/Run in Vail September 20-22, 2007. The summit is made up of hands-on workshops designed to teach participants how to bring walking access to their communities through municipal, planning and development expertise.

“The summit will bring together elected officials and citizens from across the state who are all concerned with accommodating pedestrians, developing livable communities, and the health and well-being of Coloradans,” said Gay Page, president of Colorado Walks. “The quality of trainers and participants we have so far is tremendous. We are sure great things will come of this event.”

This is not just another talking heads conference and there are no panel presentations! The format of the 2007 Colorado Pedestrian Summit differs significantly from the typical panelist/lecture style of sharing information used by most meeting managers today. Colorado's Pedestrian Summit will engage conference participants in lively discussions of specific walkability problems and situations through a series of a series of six workshops based on the question, "Will livable communities be our legacy?"

Workshops include:

- Building Multidisciplinary Partnerships
- Walkable Community Policies
- Walkability Assessments
- The Walkable Community Action Plan
- Implementation Strategies
- Sustaining Your Walkable Community

The program will include multidisciplinary teams from the fields of education, transportation, health, law enforcement, planning & design, government officials and staff, advocates, nonprofit organizations, and regular citizens of all ages and abilities. Capped at 200 participants, the program is designed to be hands-on and personal for everyone who attends. The cost is \$270 for registrants who sign up before July 31.

The Summit finale is the Village Mile Walk/Run, an energetic one-mile walk/run event with multiple "waves" for families, teams, and individual walkers and runners of every age and ability. The final event in the 2007 season of America's Downtown Mile Race Series, Village Mile participants and spectators will have the privilege of cheering on elite runners from previous season races throughout the United States as they converge in Vail to test their abilities at altitude.

You do not have to attend the Pedestrian Summit to participate in the Village Mile Walk/Run on Sept. 22. Organizers are encouraging towns across the state to bring teams of mountain rescue units, EMTs, police and fire departments, and others interested in public health and safety to join the fun in Vail in the team challenge wave. For more information, visit www.ColoradoWalks.org.

About Colorado Walks:

Colorado Walks is the only statewide nonprofit organization representing pedestrian interests in communities throughout the state. Based in Denver, Colorado Walks works with elected officials, community planners, citizens, school districts, law enforcement agencies and many others to ensure pedestrians of all ages and abilities can walk safely and conveniently for health, fitness, or transportation. To find out more about Colorado Walks programs and services visit www.ColoradoWalks.org.

Have you walked your mile today?™

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NOTE: Gay Page and Jan Ward are available for interviews about Colorado Walks, the Colorado Pedestrian Summit, the Village Mile Walk/Run and other pedestrian issues. Contact Lee Ann Fleming at 303-594-1750 to set up a conversation.