



**eNews • Summer 2007**

### ***Colorado Pedestrian Summit & Village Mile Walk/Run***

September 20-22, 2007  
Marriott Resort & Spa - Vail, CO

*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.

Due to the interactive nature of this conference, we are limited to 200 participants!

#### ***WILL LIVABLE COMMUNITIES BE OUR LEGACY?***

##### WORKSHOPS:

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

#### **MARK FENTON – KEYNOTE SPEAKER & FACILITATOR**

- Active Living Expert & Consultant for the Robert Wood Johnson Foundation
- Television Host
- Author of numerous books on walking, fitness, and active lifestyles
- Former Olympic Racewalker and Coach

##### REGISTRATION:

Early Bird	Deadline	June 29	\$240
Pre-registration	Deadline	July 31	\$270
Registration	After	August 1	\$300

##### HOTEL:

Room Rate	\$127 + tax for Standard & Lodge Rooms
Reservations Deadline	July 31

**REGISTER ONLINE** [http://www.coloradowalks.org/co\\_pedestrian\\_summit.php](http://www.coloradowalks.org/co_pedestrian_summit.php)

## ***Village Mile Walk/Run***

September 22, 2007  
Vail, CO

The Village Mile is the series final for America's Downtown Mile Race Series where elite runners from previous America's Downtown Mile events around the country will test their abilities at altitude! *Will they run a four-minute mile?* Join us in Vail to find out, but first bring your family and friends to walk or run in your favorite wave:

- 1: Kid's 800 meters: Non-competitive wave for children ages 8 & under
- 2: Family and Friends Mile: Wheelchair participants, non-competitive runners, & walkers, all ages
- 3: Rocky Mountain Rescue Wave: Three person teams of ski patrol, EMTs, paramedics, fire, and mountain rescue crews
- 4: Beauty & the Beast Mile: Females 40 & over & males 50 & over
- 5: Male Masters Mile: Males ages 40-49
- 6: Open Women's Mile: Females ages 39 & under
- 7: Open Men's Mile: Males ages 39 & under

**REGISTER ONLINE** [http://www.coloradowalks.org/pedestriansummit/village\\_mile.php](http://www.coloradowalks.org/pedestriansummit/village_mile.php)  
Jan Ward • Vice President, Colorado Walks • [janward@coloradowalks.org](mailto:janward@coloradowalks.org) • 303-443-1297

## ***Welcome New Advisory Committee Member • Lee Ann Fleming***

Colorado Walks is pleased to announce the appointment of Lee Ann Fleming to the Colorado Walks Advisory Committee. We are privileged to add Lee Ann to our roster of distinguished Advisors and look forward to her guidance and expertise in developing our communication strategies.

Lee Ann Fleming brings a depth of public relations and marketing experience to the Colorado Walks team. She is accredited in PR by the Public Relations Society of America, and offers a broad background of skills from public relations, journalism, technical writing, and teaching. An award-winning business writer, she also specializes in media relations, web site development, and marketing for start-ups, small business, and nonprofit organizations. She also teaches online courses in public relations and ethics.

Lee Ann Fleming • Principal • Spark PR Marketing  
[www.sparkprmarketing.com](http://www.sparkprmarketing.com) • [leeann@sparkprmarketing.com](mailto:leeann@sparkprmarketing.com) • 303-594-1750

## ***Golden Footprint Award • 2007 Nominations Open***

Colorado Walks created the Golden Footprint Award to celebrate the accomplishments of individuals, groups, and organizations dedicated to encouraging and promoting walking for health, fitness, and transportation in Colorado. Golden Footprint Award recipients' bring to life the vision of making their communities more walkable and enabling more people to walk.

The Golden Footprint Award honors individuals, organizations, businesses, or government entities for:

- ♦ Exemplary accomplishments in improving the built environment for pedestrians such as innovative engineering solutions and safety enhancements;
- ♦ Demonstrated commitment to integrating walking into the fabric of contemporary community life and the daily routines of community members; and
- ♦ Creative and responsible approaches to promoting and encouraging walking for health, fitness, and transportation.

Golden Footprint Awards celebrate and recognize model achievements so that others can learn from them. Each year, Colorado Walks gives up to three awards for outstanding contributions to improving conditions for pedestrians or projects, programs, or activities that increase the number of people walking.

**Nomination Deadline:** Postmark by August 31, 2007

Award Presentation: Thursday evening, September 21, 2007 at the Colorado Pedestrian Summit in Vail, CO

**Nomination Form** [http://www.coloradowalks.org/programsAndServices/ps\\_gfa\\_nominations.php](http://www.coloradowalks.org/programsAndServices/ps_gfa_nominations.php)

For more information contact

Gay Page • President, Colorado Walks • [gaypage@coloradowalks.org](mailto:gaypage@coloradowalks.org) • 303-549-5081

### ***Colorado Walks Mile Designation Program***

Communities throughout Colorado continue to contact about our designating a one-mile walking route in the heart of their downtown, town center, or other unique area within their community. Designation of a Colorado Walks Mile serves many purposes and communities tailor the Mile to suit their needs. Communities use the Mile:

- As an economic generator to bring people to area to walk and shop
- To encourage people to walk for health and fitness
- To highlight interesting historic, cultural, and other important features along the route
- To create a unique sense of place in the community where people enjoy being and being seen.

*To designate a Colorado Walks Mile in your community contact:*

Jan Ward • Vice President, Colorado Walks • [janward@coloradowalks.org](mailto:janward@coloradowalks.org) • 303-443-1297

### ***Colorado Walks Wednesday***

Join Colorado Walks for our summer Wednesday evening walks exploring the great parks of Denver. The walks are free and everyone is welcome including dogs on leashes.

#### SCHEDULE

June 27	Eisenhower Park/Highline Canal
July 11	Crown Hill Open Space Park
July 18	Washington Park

July 25 Bible Park  
August 1 Belmar Park  
August 8 Sloan's Lake

We thank our co-sponsors AARP and Denver Parks and Recreation

Check our Event Calendar for more information on walking events throughout the state. If you would like to post an event on the calendar, email the information to [gaypage@coloradowalks.org](mailto:gaypage@coloradowalks.org).

For more information  
<http://www.coloradowalks.org/events/walks.php>

### ***Summer Walking Tip - Stay cool and walk your mile today!***

Looking to beat the heat and still walk your mile today? Stay indoors! Yes, indoor walking is a popular option for people who enjoy working out at home, want variety in their walking program, or just want to stay cool during warm summer days. One of my favorites is Leslie Sansone's In Home walking series, which includes a variety of walk videos from one to five miles. Check them out at your local library, video store, or at <http://www.lesliesansone.com/>.

For more walking tips contact  
Taralyn Jensen-Jones, Owner, TJ Life Fitness and Colorado Walks Advisory Board Member  
303-955-4342 • [tjlifefitness@yahoo.com](mailto:tjlifefitness@yahoo.com)

### ***Denver Safe Routes to School Coalition***

Colorado Walks is pleased to announce that the City of Denver is going to establish the Denver Safe Routes to School Coalition. Colorado Walks proposed establishing the coalition, which is now endorsed by Mayor Hickenlooper, Denver City Council, Denver Police Chief Gerald Whitman, Denver Public Schools, Denver Public Health, Safe Kids Denver Metro, and many other organizations.

The coalition's charge includes:

- Developing the Denver Safe Routes to School Strategic Plan
- Coordinating implementation of the plan
- Recommending policy and environmental changes necessary to sustain the plan
- Evaluating the plan
- Developing a sustainable Safe Routes to School Program to ensure that all children in the City of Denver can safely walk or bicycle to school.

We are in the early planning stages of an extensive outreach effort to ensure that all interested parties have the opportunity to join the coalition and help develop this important initiative so that all children can safely walk or bicycle to school. If you are interested in the coalition, please send your name, contact information, and areas of interest to [GayPage@ColoradoWalks.org](mailto:GayPage@ColoradoWalks.org).

For more information  
[http://www.coloradowalks.org/programsAndServices/ps\\_safeRoutes.php](http://www.coloradowalks.org/programsAndServices/ps_safeRoutes.php)

## ***Board of Directors - Secretary Vacancy***

The Colorado Walks Board of Directors is accepting applications for the position of Secretary of the Board. You can download the Secretary Job Description on the Colorado Walks web site. Applications are being accepted now.

For more information contact:

Gay Page • President, Colorado Walks • [gaypage@coloradowalks.org](mailto:gaypage@coloradowalks.org) • 303-549-5081

---

Colorado Walks • PO Box 24007 • Denver, Colorado 80224 • 303-549-5081  
[www.coloradowalks.org](http://www.coloradowalks.org) • [info@coloradowalks.org](mailto:info@coloradowalks.org)