

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!!!**



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