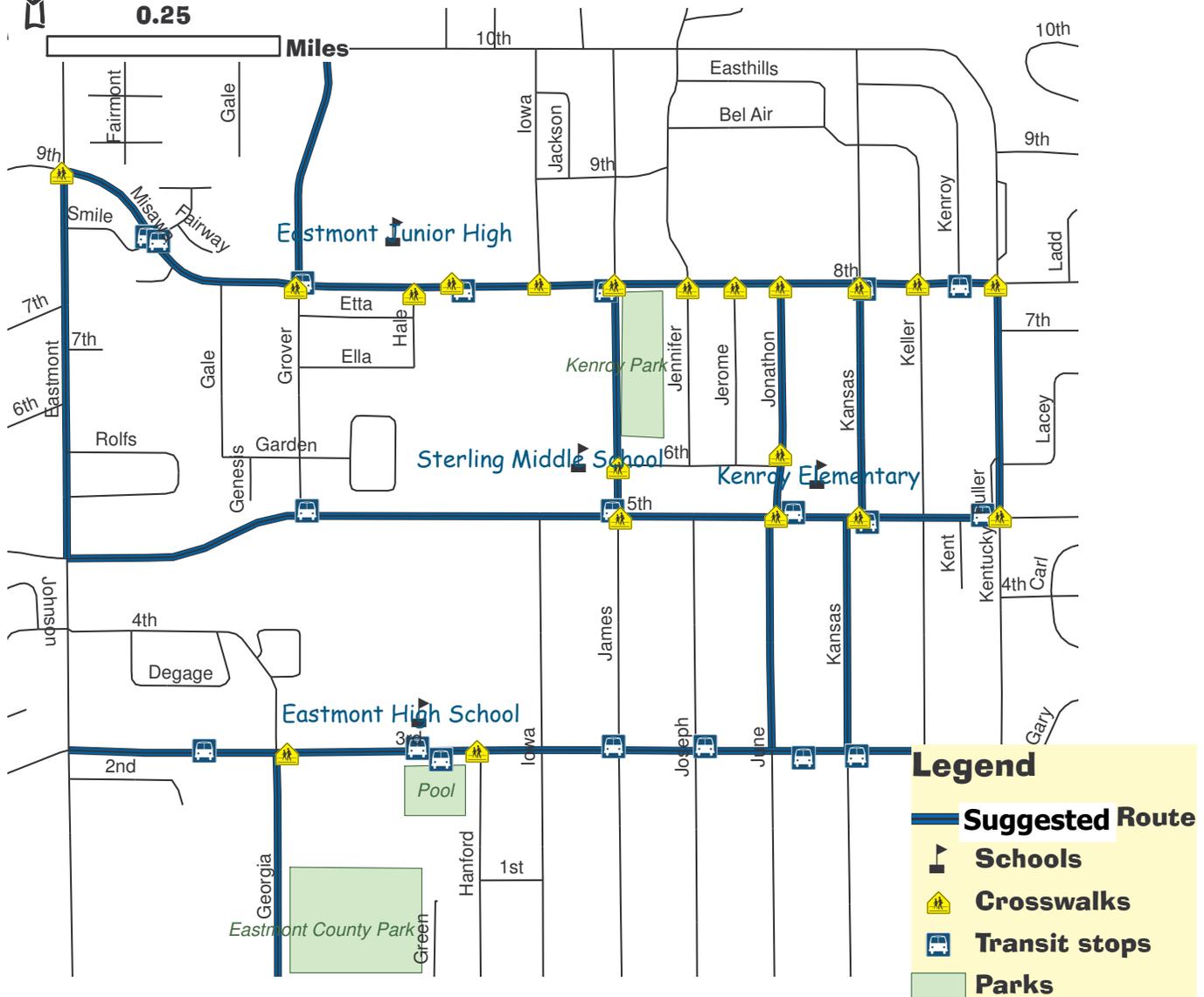


Suggested Walking Route Sterling



Walking to school is beneficial to the health and well being of our children and the environment. This map should provide a starting point for discussions of safe walking behaviors. Additional information and resources about walking to school can be found at: www.walkingschoolbus.org and www.walktoschool.org.

**More children walking means a safer route. Many of the fears of walking to school (stranger danger, traffic, getting lost) are minimized by the simple act of walking with other children.*

**Consider a "Walking School Bus". Choose a day or two each week to walk your child to school. Let other parents know when you'll be walking and you can pick up more "riders" along the way!*

**Teach your children to read the map. Plan the route to take together. Have your child walk the same route everyday.*

**If your child rides a bike, skateboard, or scooter to school, make sure they have and USE A HELMET EVERY TIME THEY RIDE. If your school or non-profit is interested in receiving low cost bike helmets, please contact Linette Gahringer at the North Central EMS and Training Center at 800/346-4032.*