

Walking Facts

Walking can help you:

- Decrease bad cholesterol
- Increase good cholesterol
- Lower your blood pressure
- Reduce risk of type 2 diabetes
- Manage your weight
- Improve your mood



Walking at a pace of 3mph for 3 hours per week (30 minutes/day) can decrease risk of heart disease by up to 40%

Walking Groups

Walking group's provide a fun, social way to stay healthy! Some local walking groups include:

Campbell Center Friday Morning walks

This self-led group walks 3-5 miles at a quick pace; there is usually a coffee stop along the way. The route varies and may have hills or rough pavement. The group walks rain or shine year-round and departs at 9am sharp. You may want to bring 'coffee money.' **FREE.**

Eugene Running Company

Offers groups and ongoing training for walkers or want-to-be walkers: Ongoing walking training group with a Chi Walking focus meets 9 AM, June 26 - August 28 2011. Fee is \$80. See drkeithcoach.com for details. Also, private individual and group Chi Walking training available, see drkeithcoach.com for details.

Spirited Walkers Group

Group Walks every Sunday. Beginning and intermediate mileage schedules are available. If you are interested, please contact Kay Porter: 541-342-6875 or kayporter@comcast.net
More information at www.thementalathlete.com

Mossbacks Volkssports Club

This club provides free, non competitive walking events around Eugene and greater Oregon. To find out more information visit www.mossbacks.org



Walk to Wellness Guide



Your Guide to staying active and enjoying walking in Eugene, Oregon!

Lindsay Selser, Transportation Options Coordinator
Phone: (541) 682-5094
Email: lindsay.r.selser@ci.eugene.or.us



Area Walking Events

1st Saturday Park Walks

Eugene Recreation Outdoor Program offers free, First Saturday Park Walks that are led by local experts who will help you explore and learn about the ecology and management of Eugene's parks.

On July 3, hike the recently acquired natural area in southeast Eugene that contains the headwaters of Amazon Creek. Call 541-682-6358 for more information on future walks.

Walk with Us

Group walks from Petersen Barn Community Center (meet in the lobby), 870 Berntzen Rd., on Thursdays, 9:30-10:30 a.m.
541 682 5521

Walk'n'Talkers

A self-led group that walks 3-5 miles at a quick pace every Friday from Campbell Community Center, 155 High St., 9:00 a.m. - 11:30 a.m.
541-682-5318

Walk a Bit

These new walks are at a moderate pace for one hour. The routes are 2 -3 miles, generally flat on sidewalks or bike paths. The walks leave from Campbell Community Center, 155 High St., every Monday at 9:00 a.m.
541-682-5318

Strolling for Seniors

The routes are 2-3 miles, generally flat on sidewalks or bike paths. Volunteers will be on hand for those using wheelchairs or walkers. Walks will depart from Hilyard Community Center, 2580 Hilyard St. on Wednesdays beginning June 2, 9-10am.
541-682-6365

Visit the City of Eugene's Recreation Department website for more information on walking groups and events:

www.eugene-or.gov/recreation

Or

Visit the *smartrips: Eugene* website for information on the *smartrips: central* —Walk There group at:

www.smartripseugene.com/events



Pedestrian Safety Tips

- Stay alert
- Be Predictable
- Follow the Signals
- Make Sure you're Visible
- Be Careful at the Curb

Walk Smart and be Safe!

**VISIT OUR WEBSITE AT
WWW.SMARTTRIPSEUGENE.COM**

Phone: (541) 682-5094

Email: lindsay.r.selser@ci.eugene.or.us

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