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20 years strong AMERICA WALKS

January 2018

Why Walking Is A Women's Issue

"Poor street design, disparate land use, time constraints, lack of personal safety-all of these conspire to force women off their feet and into cars," writes San Diego- based blogger, urban planner and walkability advocate Katie Matchett in a guest post this month for America Walks. "We have built a transportation system that discounts women's travel needs, and women-and our communities-are suffering for it." Read the [full post here](#).

Explore this topic more with us on our third Walking Towards Justice discussion April 4th at 2pm Eastern, 11am Pacific when we look at "[Stop Street Harassment: Making Public Places Safe and Welcoming for Women](#)" by Holly Kearl.



Learn How and Why a Walking Program Can Help Improve Your Community

Walking programs are a great way to improve individual health, strengthen relationships, and explore new parts of your community. One of our biggest requests at America Walks is how to get a walking program or organization started and what resources are available to do so. We gathered some of our friends to share their knowledge on the topic as well as their own experiences in getting people out on the walking path for a [free webinar](#) that will take place starting at 2pm EST February 14th. This webinar is for those just starting out on the walking path as well as our more experienced advocates. [Learn more here](#).

Meet Our Newest Community Change Grant Recipients

America Walks is excited to work with 27 new communities across the country this year to make meaningful change through our micro grant program. "We are excited to engage with these communities throughout 2018 and find ways to use their inspiring stories to encourage other walking champions," said Executive Director Kate Kraft. [Learn about the funded projects here.](#)



Improve Outdoor Recreation Opportunities with a Play Space Grant

The National Recreation and Park Association will continue its Meet Me at the Park program in 2018, providing additional communities with increased access to inclusive play spaces in local parks for children and families. As part of this program, park and recreation agencies in all 50 states, the District of Columbia and U.S. Territories are invited to share their best ideas on increasing access to inclusive play spaces for children and families in underserved communities. Agencies with the most innovative, scalable and impactful project ideas will receive grants to build their projects. [Applications are due March 1.](#)

Speak Up for #SafeWalks

Join America Walks and other lead organizations of the Every Body Walk! Collaborative monthly themes, including Active Living by Design, National Complete Streets Coalition, the National Aging and Disability Transportation Center, National Center on Health, Physical Activity, and Disability, National Recreation and Parks Association, and the Vision Zero Network, on February 20th at 2pm Eastern for a Twitter Chat on #SafeWalks. Help us make safety a trend for all communities in the US. [Find us on Twitter here](#) and add your voice to the call using #SafeWalks.



Want to work in advocacy?

The Safe Routes to School National Partnership is hiring for multiple positions! [Check out these listings](#) to join a partner of America Walks and work to create safe ways for kids to get to school, play, and more.

What we're reading

A look at some of the articles circulating around our networks this month:

- A new brief from Active Living Research and 8 to 80 Cities summarizes some of the research and trends of the Open Street movement. [Download the report here.](#)
- *Prevention* started the new year out walking. [Check out this interactive guide](#) to all things walking, from the best places to do it to how to add more steps to your day to information on the benefits of even moderate daily walking.

Mark Your Calendars

- **Now-April 8.** The American Public Health Association's 1 Billion Step Challenge, supporting broader health promotion efforts and the intersections between community design and active living. [Learn more here.](#)
- **February 5.** Transit Equity Day, a collaborative effort to promote public transit as a civil right and a strategy to combat climate change. For more details, [click here.](#)
- **February 14.** America Walks free webinar, "The What, Why, How of Walking Organizations". [Register here.](#)
- **February 27:** Join us for a free webinar as we look at how techniques to improve the built environment with "**From the Ground Up: Built Environment Strategies and Support for Walkable Communities.**"

Quote of the Month:

**"All truly great thoughts are conceived while walking."
- Friedrich Nietzsche**

Our Sponsors

America Walks thanks our sponsors for their generous support of this publication and all of the work being done by America Walks to promote the walkable movement. Thanks for helping to make America a great place to walk!

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Have an item for our newsletter or a question for our team? Contact America Walks

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