

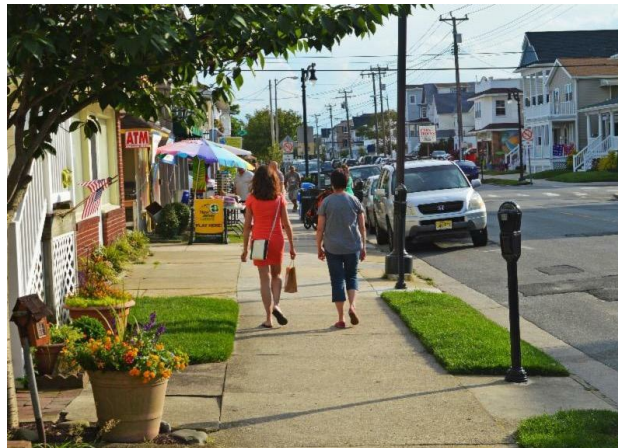
[Click Here to Support Walkable Communities](#)

20 years strong AMERICA WALKS

May 2018

Walkability: A Critical Tool for Infrastructure

Infrastructure Week put a spring in our step to spotlight new growth of beautiful, walkable, safe spaces. We highlighted **five Infrastructure Projects that Walk the Walk** in terms of supporting inclusive, innovative, people-first design, by using programs and tools to mobilize community members, address barriers, and practice placemaking. Each of the five serves as an active model for how you too can infuse pieces of these ideas in your own communities.



Tech Tools to Hack Your Walking Path

Creative, scientifically savvy products are being developed to promote physical activity and walkable communities. Could your walking game benefit from a spring-cleaning type tune-up? **There's a Walking App for That.** Watch our latest **webinar, where we get a behind-the-scenes look at cutting-edge tools** for tracking steps, planning routes, and rocking out to tunes for the trails. Want more? **Check out a guest blog from one of our panelists.**



America Walks Supports Physical Activity on Capitol Hill

America Walks was honored to attend the Creating an Active America Together Congressional Briefing hosted by the **National Coalition for Promoting Physical Activity** on May 10th. **The briefing was held in honor of May's National Physical Fitness and Sports Month** and brought attention to the need for policies, programs,

Public Health Powerhouse Kathy Sykes Joins America Walks

America Walks' newest board member **Kathy Sykes** spent three decades exploring and **championing important policy issues around public health and the environment**. **Read our Q & A with Kathy** on why she's endlessly energized by her local community, her tips for becoming an active walking advocate, and how her earliest memories of walking thread beauty, mindfulness, and connectedness. We are thrilled to have Kathy in our circle.



Mark Those Calendars

- **June 7:** Join America Walks and lobby for **Crowdfunding for Walkability Initiatives**, a free webinar on how walkable community advocates can use crowdfunding as an effective fundraising and community-engagement tool. **Register here.**
- **June 13:** Explore the benefits that come to individuals and communities when we take steps towards walkable and livable communities for all ages. Calculate the benefits of walkability and join us for, **A Good Investment: The Benefits of Walkable Communities**, a free America Walks webinar. **Register here.**
- **June 21:** America Walks hosts **Walkable Transformations: Healthy, Active, and Engaged Communities**, a free webinar highlighting three communities that have undergone transformations to create spaces that put people first. **Register here.**

What We're Reading

Some of the articles circulating around our networks this month:

- Roads are built to prioritize cars, yet it's pedestrians who are often faulted for getting hit. **Read what America Walks' former Walking College Fellow and Austin urban planner Heyden Black Walker has to say on this topic.**
- On foot, at risk. **Insurance Institute for Highway Safety study** highlights rising pedestrian deaths, points toward solutions. **Read what our own Kate Kraft had to say on the topic in this article by Governing.**
- The Metropolitan Planning Council's 2017 **Cost of Segregation study** revealed the enormous price we pay for racial and economic segregation. Their solution? **MPC's roadmap for equity and inclusion.**

A Quote to Ponder

"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." - Audre Lorde

Walking is a great way to take time for self-care and promotes mental wellness. **Read a guest blog by Tyler Norris of the Well Building Trust** on the intersection of walking and mental wellness.

Walking across America

Calling all photographers! We want to see beautiful images of walking in your community. Send us your captivating photos of special events, everyday walking, and anything that reflects what walking means to your town for possible inclusion in a future newsletter or other publication. We'll give you credit and you'll help us make the case for making America a better place to walk. **Email your photos with caption info to Heidi Simon.**



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!

APBP, PC, Arnold & Itkin LLP, Berenji and Associates, Bhatt Law Group, Cardinal Digital, Carmanah, CDC, Citywide Law Group, Dagmar Marketing, Daniel Rose Law, Diamond Injury Law, Fernandez & Karney, Family Law Attorneys, Ehline Law Firm, Eskew Law, Every Body Walk!, GirlTrek, Harrell & Harrell Personal Injury Lawyers, Health by Design, Idaho Bike Walk Alliance, Injury Trial Lawyers, John K. Zaid & Associates, PLLC, Kaiser Permanente, Kaufman Law, Kellogg Foundation, Key Tax Group, Kisling, Nestico & Redick Ohio Injury Attorneys, Krist Law Firm, Krzak Rundio Law Group LLC, LAD Solutions, Landman Family Charitable Trust, Larry Pitt & Associates, Lavent Law, Law Offices of Ned Barnett, Lawsuit Legal, Law Offices of John Rapillo, Law Offices of Vikas Bajaj, APC, Legal InSites LLC, Lindquist Wood Edwards, LLP, Michigan Workers Comp Lawyers, MIG, Inc., Matchbox Design Group, McKneely Law Firm, Michigan Workers Comp Lawyers, National Association of Realtors, PEDS, Personal Injury Lawyers San Diego, re:Streets, The Rodriguez Law Group Robert Wood Johnson Foundation, Ronald J. Bua & Associates, Sally Flocks Charitable Fund, San Diego Personal Injury Lawyers, Shaping New Jersey, ShoreWalkers, Inc., Simmons & Fletcher, PC, Staver Law Group, Straight North, Tarlton & Polk, PLLC, Thomas Law Offices, Turner Pest Control Orlando, US Fish and Wildlife Services, W-Trans, Weissman-Landman Family Trust

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

503.610.6619 | info@americawalks.org | www.americawalks.org

Stay Connected



Be sure to get the latest news and events by updating your profile at the link below!

[Click Here to Support Walkable Communities](#)