

March 2020

## 20<sup>years strong</sup> AMERICA WALKS



*Ziya paints a rainbow on the window of her Portland, OR home for walkers-by to enjoy. Photo credit: Sabina Urdes.*

## Walking, Moving and Connection in a Time of Social Distance

At America Walks we know that it's been a trying time out there for all of you. We are grateful to still have one of the most important things available to us as a tool for navigating our physical, emotional, and communal health in the face of our current situation – walking and moving (at safe social distances of at least 6 feet).

Walking and safe places to walk – we need them now more than ever. As parks close, using our sidewalks is one of the few ways we can continue to be active and manage stress. We are delighted by the stories that we are reading about how families and communities are connecting during this time of social distancing through walking and moving, finding creative and safe ways to take back their streets.

The support continues for the walking movement across the country, from the [Rainbow Walks](#) that have popped up in various neighborhoods, to [GirlTrek's Solo Trek challenge](#), to the collective realization that walking and other forms of active transportation may be one of the safest and healthiest modes of travel for yet another reason.

At the same time, we recognize that barriers to walking and moving are highlighted in these challenging moments. Too many communities lack access to safe and inclusive conditions that prioritize people who walk. We are still working tirelessly to support the work that changes this.

On the blog, read more on why we think social distance walks are an essential activity right

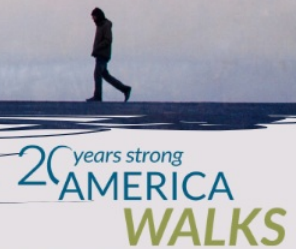
now and borrow from our list of ideas and resources for how to navigate self care through walking:

## Managing the Uncertainty of the COVID-19 Outbreak Through Walking

HOW ARE YOU COPING WITH THE HELP OF COMMUNITY, WALKING AND MOVING?

# TELL US ABOUT YOUR #SOCIALDISTANCEWALKS

- SUBMIT YOUR STORIES TO [INFO@AMERICAWALKS.ORG](mailto:INFO@AMERICAWALKS.ORG)
- TAG @AMERICAWALKS ON FACEBOOK & TWITTER USING THE #SOCIALDISTANCEWALKS HASHTAG



We are accepting story and media submissions to possibly feature your experience – how is walking and moving helping you and your community rise in this challenging time? Are you seeing [streets being repurposed](#)? How are walkability challenges limiting access for you and your community?

There are several ways you can tell us your story for a chance to be featured on our social media, in a newsletter or on our website:

- [Send us an email at info@americawalks.org](mailto:info@americawalks.org) with your idea/media for a featured quote, blog, photos, videos, etc.
- Tag @americawalks on Facebook and Twitter with your story
- Hashtag #socialdistancewalks to connect and share our experiences in real time

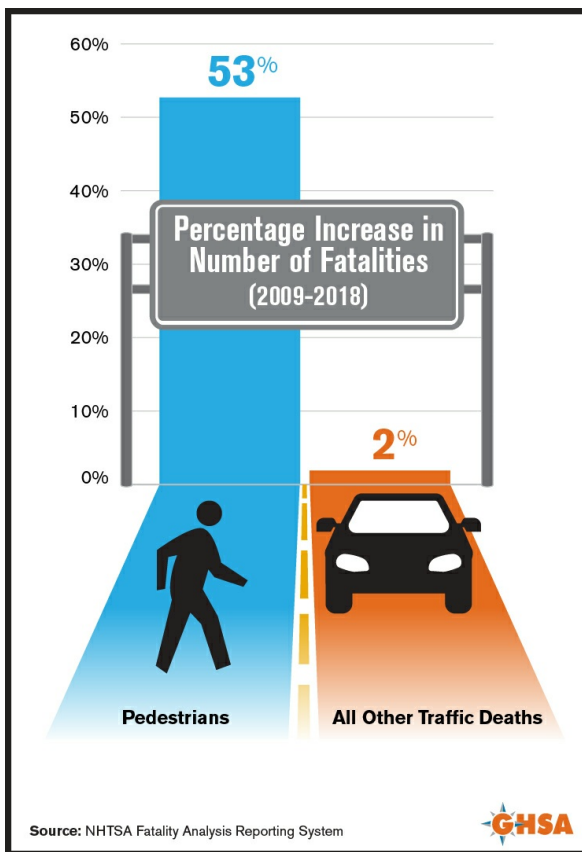
### Highlights from the National Walking Summit St. Louis

We had an incredible time connecting and working with all of our dynamic Summit speakers, facilitators and those of you who attended the [National Walking Summit–St. Louis on March 10–11](#). Your passion for creating walkable communities was ever palpable.

Watch the video below to glean some serious walkability inspiration from inside the comfort of your home. Be sure to share this video with your friends, family and colleagues (and tag @americawalks)!

# NATIONAL WALKING SUMMIT - ST. LOUIS

20 years strong  
**AMERICA WALKS**



## The Governors Highway Safety Administration Sounds the Alarm on Troubling Trends in Pedestrian Deaths

“In the past 10 years, the number of pedestrian fatalities on our nation’s roadways has increased by more than 50%,” said GHSAA Executive Director Jonathan Adkins.

“This alarming trend signifies that we need to consider all the factors involved in this rise, identify the high-risk areas, allocate resources where they’re needed most, and continue to work with local law enforcement partners to address the chronic driver violations that contribute to pedestrian crashes.”

This report highlights preliminary data on traffic fatality trends by state and nationwide. [Read more here.](#)

### Register for Our April Webinar

## UNUSUAL BEDFELLOWS - EXPANDING & DEVELOPING NEW & DIFFERENT PARTNERSHIPS



Join us on April 15, 2020, at 2 pm Eastern, 11 am Pacific, for the free webinar **Unusual Bedfellows: Expanding and Developing New and Different Partnerships** to explore how partnerships have been fundamental to the designing, developing and placemaking of livable, walkable communities. With the increasing evidence of the multiple benefits of walkability, we have an opportunity to expand our partnerships further and broader.

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## Mark Those Calendars

**March 30th:** Add your voice to the international discussion for places to walk and move by **submitting a proposal for this year's Walk21** .

**April 1st-** The first Wednesday in April is observed as National Walking Day– a day to kick start the healthy habit of walking at least 30 minutes a day. **Plan a (safe, distanced) walk with these tools.**

**April 1st:** This is no joke– the AARP Livable Communities challenge is on and could provide funding for your next big idea. **Learn more here.**

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## Content We Loved This Month

- [Staying Active While We Practice Social Distancing / \*Rails-to-Trails\*](#)
- [Is It OK to Take a Walk? / \*The New York Times\*](#)
- [Walkability at the Ballot Box / \*America Walks\*](#)
- [We're about to witness the best humans have to offer / \*Strong Towns\*](#)
- [More than 500 Mayor's have signed the International Charter for Walking and your city can be next / \*Walk 21\*](#)
- [The Congestion Con: How More Lanes and More Money Equals More Congestion / \*Transportation for America\*](#)
- [How \(and Why\) I Walked 440 Miles For My 44th Birthday / \*Nutritious Movement\*](#)
- [Density is Normally Good for Us. That Will Be True After Coronavirus, Too. / \*The New York Times\*](#)

## America Walks Thanks 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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STAY CONNECTED



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