

FOR IMMEDIATE RELEASE

March 12, 2013

Contact: Tracy Burnett, 919-545-8550

Chatham Gets Moving on National Walk Day - April 3, 2013

PITTSBORO — Chatham County residents should get their walking shoes ready for special activities planned in celebration of National Walk Day on Wednesday, April 3, 2013, including a one-day event and special challenge lasting more than four weeks.

The goal of National Walk Day is for people to improve their health by walking 30 minutes a day. “We are providing special walking events at ten locations around the county on April 3,” said Tracy Burnett, who is director of the county’s Parks and Recreation Department. “This is a great day for people to start walking regularly if they aren’t already.”

The first ten people to arrive at each location will receive a free National Walk Day t-shirt. The locations and times for April 3, 2013 are:

- 8 am - Southwest District Park, 15124 NC HWY 902, Bear Creek
- 9 am - Eastern Chatham Senior Center, 365 Hwy 87, Pittsboro
- 10 am - Rock Ridge Park, 1397 Old Sanford Rd, Moncure
- 10 am - Boling Lane Park, 302 South Fir Avenue, Siler City
- 10 am - Curt Askins Memorial Park, 355 Goldston Glendon Road, Goldston
- 10:30 am - Western Chatham Senior Center, 112 Village Lake Rd, Siler City
- Noon - Robeson Creek Greenway, 80 East Street, Pittsboro
- 5:15 pm - Central Carolina Community College Track, 764 West Street, Pittsboro
- 5:30 pm - Northwest District Park, 2413 Woody Store Rd, Siler City
- 5:30 pm - North East District Park, 5408 Big Woods Rd, Chapel Hill

Co-sponsors of Chatham County’s National Walking Day events include Chatham County Parks & Recreation, Chatham County Public Health, Chatham County Council on Aging, Town of Siler City, Active Chatham, Chatham Parks Foundation, and Pittsboro Roadhouse & General Store.

“Walk Across Chatham” is multi-week challenge sponsored by the Health Department and Active Chatham that will take place between April 3 - May 3, 2013. Participants keep a log of miles walked each week.

In this challenge, those who reach at least 30 miles during the period will qualify for the Chatham Challenger level. More ambitious participants can walk 140 miles, which is equal to the length of the county’s perimeter.

“The approximate distance across the width of Chatham County is 30 miles, while 140 miles is the length of the county’s perimeter,” says Jennifer Park, health promotion coordinator at the Public Health Department.

Various activities can be substituted for walking miles. For example, 20 minutes of leisurely bicycling is equal to one mile of walking. Park will provide a list of substitution activities for all registrants. Prizes

will be awarded to individual participants that meet or exceed the 30-mile or 140-mile benchmarks for the challenge.

Organizations and individuals can register at no cost for the Walk Across Chatham Challenge by contacting Jennifer Park at jennifer.park@chathamnc.org or 919-545-8444.

Information about all of the public walking trails in Chatham County may be found online in the highlighted box at www.chathamnc.org/Index.aspx?page=708. Or call 919-545-8555 to request a flyer. For those who enjoy walking with others, Chatham County has compiled a list of walking and running groups and when they meet:

- **Central Carolina Community College***, 764 West Street, Pittsboro, Wednesdays at 5:15 pm (WEATHER PERMITTING), contact Lisa Thomas, tumblintots@centurylink.net
- **Northeast District Park**, 5408 Big Woods Road, Chapel Hill, Tuesdays at 8 am and Thursdays at 6 pm (April-November), contact Chatham County Parks and Recreation, recreation@chathamnc.org
- **Northwest District Park**, 2413 Woody Store Rd, Siler City, 9 am on Saturdays and Mondays, April-November), contact Chatham County Parks and Recreation, recreation@chathamnc.org
- **Pittsboro Running Club***, Tuesdays and Thursdays at 6:30 pm and Saturdays at 7:30 am, contact and schedule can be found at <http://sites.google.com/site/pbrun4/>
- **Eastern Chatham Senior Center**, 365 Highway 87, Pittsboro, Mondays, Wednesdays & Fridays (April-October at 9 am, November-March at 2 pm), sponsored by the Chatham County Council on Aging, contact Lindsay Hickling, lindsay.hickling@chathamcouncilonaging.org,
- **Southwest District Park**, 15124 NC Hwy 902, Bear Creek, Mondays, Tuesdays, Wednesday at 8 am and Thursdays at 6 pm (April-November), contact Chatham County Parks and Recreation, recreation@chathamnc.org
- **Western Chatham Senior Center**, 112 Village Lake Rd, Siler City, days and times vary, sponsored by Chatham County Council on Aging, contact Kay Maddox, kay.maddox@chathamcouncilonaging.org

Groups sponsored by specific county departments meet and walk or run at governmental facilities or other sponsored locations and are led by staff or designated volunteers. Groups highlighted with an asterisk (*) are non-governmental walking groups and are NOT staffed by county or town employees.

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