

**FOR IMMEDIATE RELEASE**

March 16, 2015

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**Ready, Set, Walk - National Walking Day - April 1, 2015**

PITTSBORO — Chatham County residents are encouraged to lace up their walking shoes for National Walking Day on Wednesday, April 1, 2015. We will be celebrating National Walking Day with the American Heart Association. Physical inactivity is a huge national problem where eighty percent of adults in America do not get enough physical activity. And it means individuals are at greater risk for heart disease, stroke and other blood vessel diseases. But we are not going to take it sitting down. On April 1, we will join millions of Americans as they pledge to live a healthier lifestyle and get physically active. Here is what you can do to join in the celebration:

- Show your support and wear sneakers to school or work on April 1.
- Participate in one of the many walks around Chatham County and pledge to live a healthier lifestyle! The first ten people to arrive at each location will receive a free National Walking Day t-shirt. The locations and times for April 1st, 2015 are:
  - 8:00 am- Boling Lane Park, 302 South Fir Avenue, Siler City
  - 8:30 am - Southwest District Park, 15124 NC HWY 902, Bear Creek
  - 9:00 am - Eastern Chatham Senior Center, 365 Hwy 87, Pittsboro
  - 10:30 am - Western Chatham Senior Center, 112 Village Lake Rd, Siler City
  - Noon - Robeson Creek Greenway, 80 East Street, Pittsboro
  - Noon - Siler City Health Department Clinic to Paul Braxton Park 1000 S. 10<sup>th</sup> Ave, Siler City
  - 3:30 pm - Curt Askins Memorial Park, 355 Goldston Glendon Road, Goldston
  - 3:30 pm - Robeson Creek Greenway, 80 East Street, Pittsboro
  - 4:00 pm - Rock Ridge Park, 1397 Old Sanford Road, Moncure
  - 5:15 pm - Central Carolina Community College Track, 764 West Street, Pittsboro
  - 6:00 pm - Northeast District Park, 5408 Big Woods Rd, Chapel Hill
  - 6:00 pm - Washington Avenue Park, 1305 Washington Avenue, Siler City
- Since you will be wearing your sneakers, we challenge you to take a 30-minute walk on April 1—and keep it up! Start a habit of daily walking at school, work or home.
- Visit [www.heart.org/walking](http://www.heart.org/walking) and use the American Heart Association's free tips and tools to stay motivated on your walking program.

Don't forget to mark your calendar for Wednesday, April 1 and join us in our celebration around Chatham County.

This is a collaborative event presented by: Chatham County Parks & Recreation, Chatham County Public Health Department, Chatham County Council on Aging, Pittsboro Parks, Town of Goldston, and Town of Siler City.

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](http://www.chathamnc.org/Index.aspx?page=708). Or call 919-545-8555 to request a flyer. You can also visit [www.chathamnc.org/ActiveChatham](http://www.chathamnc.org/ActiveChatham) website to see ways you can be active, view the online map for places to walk, bike, and play in Chatham County and see the compiled list of walking and running groups and when they meet.

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