



**neighborhood
walking
ambassador**
inspire, connect, and inform

Getting Started

Creating Your Walk

Theme of my walk:

Goals of my walk:

What neighborhood(s) is my walk taking place in?

What is my walk route? What are the starting and ending points of my walk? Is this walk a loop?

Route:

Starting:

Ending:

When is my walk (date/time)?

How long will the walk take? How many miles is the walk? (suggested time no longer than 2 hours)

Points of interest on my walk:

What are some resting points on the walk? (will depend on difficulty of route, ability of participants)

Where are the public restrooms on the walk?

Are there bus routes to the meeting/ending location? Which ones? When do they run?

Which businesses near my walk might be interested in supporting my walk (e.g. hanging up a poster, providing a discount to participants, etc)?

What should attendees expect the walk to be like? What will the pace be (casual, moderate, brisk)?

What extra information should attendees know? Is this walk dog-friendly, child-friendly, ADA/stroller accessible?

What should attendees bring or wear which they will need to know in advance?

What should I bring the day of the walk?

Pre-Route Planning:

1. Remember to time your walk at different paces to get an idea of how long your walk will take.
2. Be sure to note short cut and turn around points for those unable to walk the entire route.
3. Pay attention to potential dangers (e.g. uneven sidewalks, exposed tree roots, overhanging bushes, trees, heavy traffic, and other obstacles) and either change your route or inform participants before the walk.

After completing, please post to Meetup or submit electronically to volunteer@feetfirst.org

Thank you for your commitment to encouraging walking every day for health, transportation, environment, community, and pleasure.