



WALKING AND ROLLING WILL MAKE YOU SMILE, BOOST YOUR MOOD, AND BUILD YOUR MUSCLES!

Join us for Walk & Roll to ANYWHERE!

- In October, during the Week of: _____, Walk, Bike, Scooter or Skateboard to **ANYWHERE EVERYDAY** that week. It can be **ANY** destination, whether it is to your school campus, a local park, a store, a friend's house, or just a walk or roll around your neighborhood. You must walk or roll for **AT LEAST 15 MINUTES EVERYDAY Mon.-Fri.**
- Fill out our [WALK & ROLL TO ANYWHERE SURVEY](#) to tell us where you traveled.
- To prove to us that you walked or rolled, take a selfie at your destination and send it to saferroutes@marinbike.org. **Be sure to include your NAME in the text or email.** Can't send a photo? Draw your route or take a screenshot of your route using a mapping program like Google Maps.
- You will be entered into a raffle for one of twenty ice cream gift cards! If you and many of your classmates participate, your P.E. teacher can win a set of Ortlieb Bicycle bags!

Here are some [Social Distancing Tips](#) for safe walking and rolling.



TEENS GO GREEN

