

It's Time to Walk 'n Roll!

May 11 – 15 2009 is Walk 'n Roll Week in Sensational Smiths Falls.

This is the week to park your vehicle and walk, bike or otherwise actively transport yourself about: to work, school, shop, or run your errands.

Why?

For Health:

Feel Great!

Even small increases in activity are beneficial. Reduce your risk of heart disease, stroke and other chronic diseases.

For the Air We Breathe:

A short, five kilometer round trip by bicycle keeps about 15 pounds of pollutants out of the air. (World Watch Institute)

For the Wallet:

Spend less on transportation. The average annual cost of owning and operating a motorized vehicle is \$7800.

For Your Business:

Active commuting improves productivity & reduces absenteeism through increased well-being.

A Chance to Provide Input:

Fill out a bikability or walkability checklist to help guide future improvements to our town.

Come celebrate with us at a Kick-Off event!

Town Hall

May 11, 2009 @ 12 noon

Refreshments will be served

Free parking, for those who choose to drive to town and then participate, is available at:

- County Fair Mall (please be mindful of those who need to park close to the door)
- Town Parking lot under the water tower
- Town parking lot at the corner of Market and William St

To register and/or fill out a checklist (and enter for a chance to win a prize) go to:

www.smithsfallschamber.ca, or pick up/drop off paper copies at the Chamber of Commerce office, Town Hall, 77 Beckwith St N, the Real Deal store, 85 William St W, the Leeds, Grenville and Lanark Health Unit office, 52 Abbott St N, or Sport X, 11 Chambers St.

Prize draw May 25 2009.

General safety information: <http://www.safecanada.ca/>

Cycling safety: <http://www.mto.gov.on.ca/english/pubs/cycling-guide/index.shtml>

Pedestrian safety: <http://www.mto.gov.on.ca/english/safety/topics/pedestrian.shtml>

For further information, please contact:

Lois Dewey, Public Health Nurse, Leeds, Grenville and Lanark District Health Unit, 613-283-2740, or
Tanis Cowan, Smiths Falls Chamber of Commerce, 613-283-1334