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Riverside County students to lace up for International Walk to School Day

Thousands of Riverside County students, staff and families will take part in International Walk to School Day on Oct. 5.

The one-day event is part of a worldwide effort to celebrate the many health benefits of walking and biking to school, and to encourage families to park the minivan and embrace a healthier lifestyle change that will last year round.

“Last year was such an enormous success. It’s going to be great to see some new faces and familiar friends,” said Marsie Rosenberg Gutierrez, Safe Routes to School program coordinator for Riverside University Health System – Public Health.

Thousands of students, parents and community-based volunteers will form “walking school buses” in which groups of children, parents and volunteers will walk to school together, Rosenberg Gutierrez added.

International Walk to School Day kicks off a year-long effort to create sustainable walking and biking programs to improve fitness, air quality and traffic flow around schools which increases student safety.

The event is coordinated by the Safe Routes to School program and is sponsored by a combination of public agencies, police departments, city governments and community organizations. Click [here](#) for list of participating schools.

For more information on the Safe Routes to School program, visit online at www.rivcoips.org and on Facebook at <https://www.facebook.com/RivCoSafeRoutesToSchool>.