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Thousands throughout Riverside County expected to take part Wednesday in International Walk to School Day

Thousands of Riverside County students, staff and families will take part in International Walk to School Day on Wednesday (10/10) as a way to support a healthier lifestyle.

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 healthy changes that will last year-round.

“This is just one day, but we are hopeful the community will see the benefits of walking and biking to school and make it an everyday habit,” said Kim Saruwatari, director for Riverside University Health System – Public Health (RUHS-PH), which coordinates the program locally.

Thousands of students, parents and community-based volunteers from throughout Riverside County will form “walking school buses” in which groups of children, parents and volunteers will walk to school together.

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 at RUHS-PH 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 www.facebook.com/RivCoSafeRoutesToSchool

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