

## **Walk-n-Roll 2006**

On May 19, the Skagit County Physical Activity Coalition, Skagit Council of Governments and the Skagit County Non-Motorized Transportation Advisory Committee are sponsoring the **Fifth Annual Walk-n-Roll**. The idea is to travel to work and back that day by walking, riding your bike or combining these trips with taking the bus. Roller blades and skateboards work, too. Last year over 150 Skagitonians took part, making a special effort to get to their destinations on their own power that day.

Each individual who registers as a participant will have his or her name entered into a drawing. Here are the prizes:

- Five \$100 cash prizes
- Gift certificates from local restaurants and merchants

Beginning April 20 you can visit the [www.beactiveskagit.org](http://www.beactiveskagit.org) Walk-n-Roll Web page where you can find out about organized group walks and rides, volunteer to lead a walk or ride, or to register your participation. There are also registration forms, bus passes and fliers for you to download and use to recruit your family, friends and coworkers to join you.

So, pass on the word. Let's get everyone Walk-n-Rollin' this year.

If you have any questions, please call or email Liz McNett Crawl at (360) 428-2331 or [LCrawl@skagitvalleyhospital.org](mailto:LCrawl@skagitvalleyhospital.org).