



May 7, 2007

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Spring is Sprung! And that means it is time to get ready for the Memorial Day Mayor's Healthy Hometown Hike & Bike presented by Subway Restaurants! We will gather once again at Waterfront Park at 10 am on Monday, May 28th. We're expecting more than 2000 hikers and bikers and hope you will be one of them. We offer FREE T-shirts to the first 2,000 to show up. We will have bike doctors and FREE helmets for those that need them. This is a great way to encourage physical activity for the entire community! The 15-mile scenic bike route includes Old Louisville, U of L and Iroquois Park. Bring your family, your friends and come out for what has become an exciting kick-off to the Memorial Day holiday!

Mayor's Healthy Hometown Mini-grant applications have been received and are under review. The Mayor will announce the 2007 recipients in late June. Our congratulations go to all who applied. Thanks for thinking about your community's health and wellness!

The next Advisory Council Meeting is scheduled for Monday, July 23 at 2:00 pm at the Health Department Forum. Please RSVP to mary.bradley@louisvilleky.gov.

Please note that this is a special meeting which will focus on the upcoming Mayor's Healthy Hometown Pedestrian Summit currently being planned for spring of '08. Joining Mayor Abramson and Dr. Troutman for this important meeting is Mark Fenton, host of the former PBS television series "America's Walking," a consultant to the University of North Carolina's Pedestrian and Bicycle Information Center, and an instructor in the walkable community workshop series of the Washington DC-based National Center for Bicycling and Walking. He's a contributing editor to *Health* and *Heart Healthy Living* magazines and has written numerous books, including "Pedometer Walking" (Lyons Press, 2006) and "The Complete Guide to Walking for Health, Weight Loss, and Fitness" (Lyons Press, 2001). He is an entertaining, persuasive, and knowledgeable walking advocate, and one the nation's foremost experts on its favorite exercise.

Mark is a vocal pedestrian advocate and recognized authority on public health issues and the need for community, environmental, and public-policy initiatives to encourage more walking and bicycling. He is an engineering consultant on the creation of more walkable settings, and serves on the boards of the national pedestrian advocacy organization, America Walks, and of the East Coast Greenway Association. He addresses groups on topics ranging from transportation and planning, to safety, advocacy, and public health. **Mark will help us prepare for our Pedestrian Summit by "walking" us through some of the opportunities and challenges we will have to navigate as we work toward a Community Plan for Walking Accessibility.**

Our Mayor's Healthy Hometown Movement Advisory Council Committees continue to meet and work to prioritize important and innovative action plans. We encourage committee members to attend all committee meetings and any Council member can attend any and all committee meetings as they choose. **All meetings are held at the Louisville Metro Department of Public Health and Wellness, 400 East Gray Street. The next committee meetings are:**

Built Environment **Tuesday, May 22, 10:00am**

Family and Community **Monday, May 7, 3:30pm**

