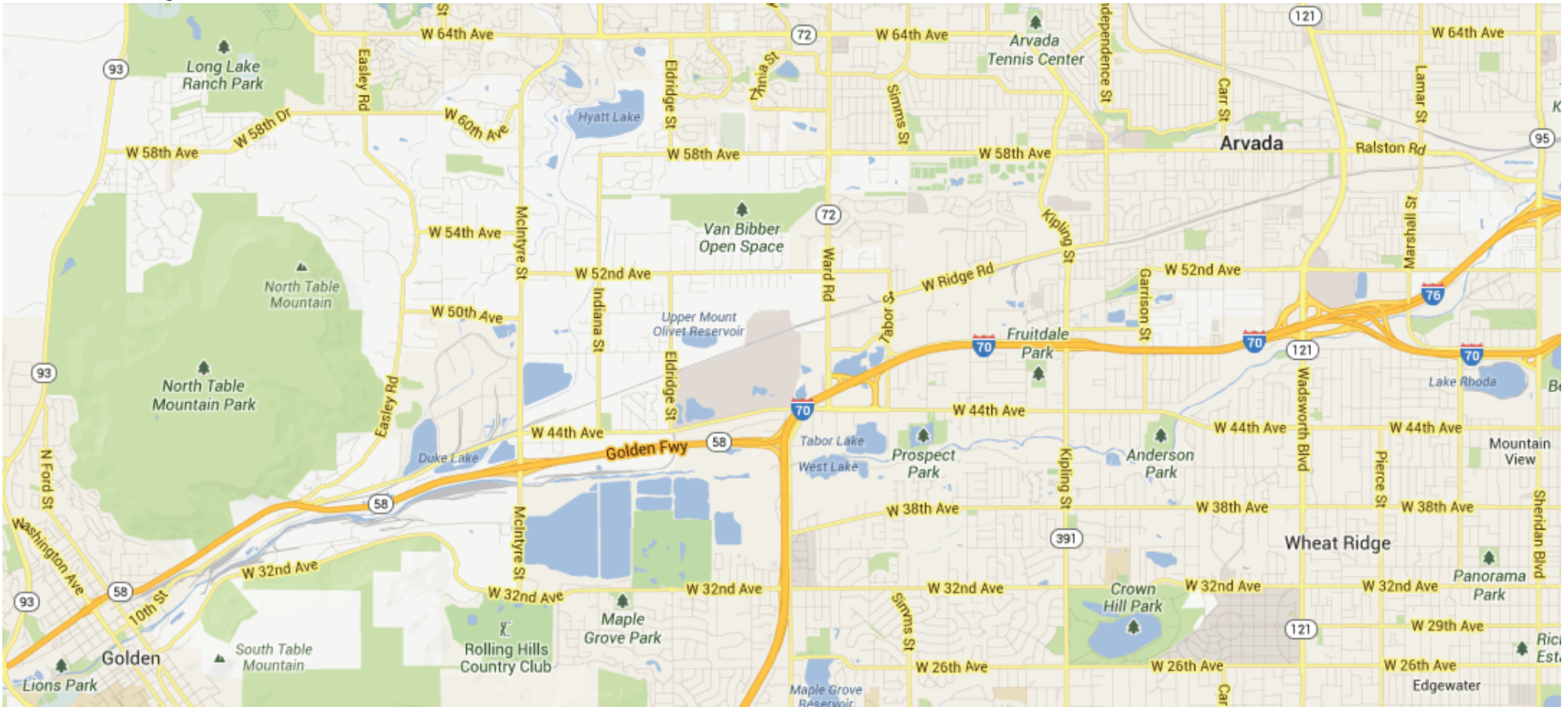


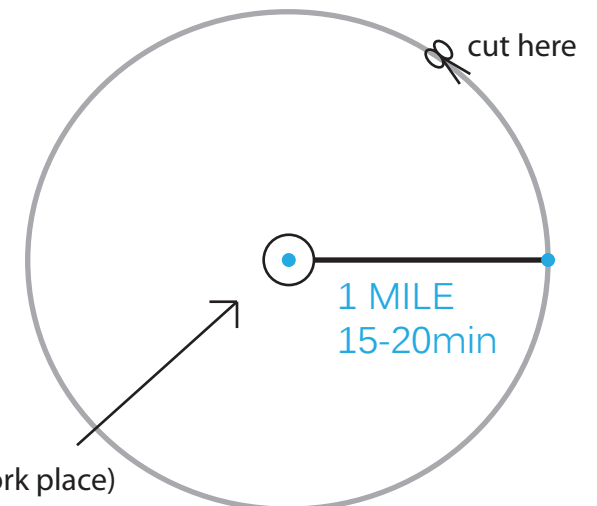
# walk2connect ZONE 1 NW DENVER / WHEAT RIDGE / ARVADA

YOUR UNIQUE WALKING ZONE / TRY YOUR BEST TO NOT DRIVE ANYWHERE INSIDE THIS 1MILE CIRCLE!



DRAW A 1MILE RADIUS AROUND YOUR HOME OR WORKPLACE /  
SEE MEASUREMENT & CUT OUT CIRCLE BELOW  
IT TAKES (ROUGHLY) 15-20 MINUTES TO WALK 1 MILE /  
REPLACE PRACTICAL SHORT TRIPS WITH WALKING

- SAFETY TIPS**
- WEAR SOMETHING BRIGHT SO YOU CAN BE SEEN
  - WALK AGAINST TRAFFIC IF THERE'S NO SIDEWALK
  - WALK THE ROUTE WITH A FRIEND FOR THE FIRST TIME
  - WEAR COMFORTABLE SHOES
  - BRING WATER / WEAR SUNGLASSES & SUNSCREEN



make small hole (home or work place)