



October: Walk to School Month

FUN FACTS

Organized by the Partnership for Walkable America, Walk to School Day in the USA began in 1997 as a one-day event. The event was aimed at building awareness for the need for walkable communities.

In 2000, the event became international when the UK and Canada joined the USA for the first International Walk to School Day! Today, thousands of schools across America and in more than 40 countries worldwide celebrate walking to school every October.

- ✓ In the United States, walking is the most popular form of exercise.
- ✓ A typical pair of tennis shoes will last approximately 400-500 miles of walking.
- ✓ A 20-minute walk at an average speed will cover about a mile.
- ✓ The average human baby begins walking around 13 months of age.
- ✓ The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries. The trip took him 11 years and 54 pairs of shoes.
- ✓ Race-walking has been an official Olympic sport for over 90 years.
- ✓ About 2000 steps equals 1 mile.
- ✓ You use an estimated 200 muscles during walking.
- ✓ Walking can boost creativity by up to 60%.
- ✓ In your lifetime you will walk about 65,000 miles that's three times around the earth!
- ✓ The world is about 25,000 miles in circumference and the average walking rate is 3 miles per hour. It would take a person walking nonstop approximately 347 days to walk around the world.
- ✓ It would take about 225 million years to walk one light-year at the average pace of 3 miles per hour. One light-year is about 5.9 trillion miles.