



CONTACT

Cortney Bloomer, Program Coordinator
Carson City Health & Human Services
(Office) 775-283-7525

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“Walktober” Promotes Fun, Safety, Fitness

October is “Walktober,” National Walking Month. It’s a time to celebrate walking, enjoy the fall weather, and experience Carson City on foot. Carson City Health and Human Services’ Safe Routes to School Program and the Nevada Department of Transportation would like to remind motorists and pedestrians to be on the lookout for each other.

If you are behind the wheel, it is important to drive safely. The following driver’ tips can help:

- Nevada law requires drivers to yield to pedestrians in crosswalks, even in unmarked crosswalks which exist everywhere 2 or more roadways meet and have no paint markings.
- If you see another vehicle stopped at a crosswalk, you must also stop until you can determine if the other vehicle has stopped for a pedestrian.
- When stopping for a pedestrian at a crosswalk, always stop behind the yield bars, if available. Stopping behind these “yield bars” provides for a better visibility of the crosswalk for other road users.
- Always make eye contact with pedestrians before proceeding.

If you are on foot, it is important to walk safely. The following pedestrian tips can help:

- Be safe, be seen – As winter approaches, it’s getting dark earlier, and that can make it difficult for motorists to see you. Wear light or bright colors and, if possible, reflective material. Carry a light after dark.
- Choose a safe space – Use a route with sidewalks. If there are no sidewalks, walk on the shoulder facing traffic.
- Look left, right, and left again – Always look for vehicles, motorcycles, and bicycles before crossing a street or stepping off a curb.
- Follow the rules – When at an intersection, obey all traffic control devices and signs.
- Be aware, cross with care – Before stepping into the street, make sure drivers see you and have time to stop. Even though pedestrians have the right of way at crosswalks, they offer no physical protection.
- Distractions can be deadly – Remove headphones, hang up your cell phone, texting can wait. Look up, pay attention, and be aware of the environment around you.

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