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CONTACT

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CARSON CITY HEALTH AND HUMAN SERVICES NEWS RELEASE

5th Annual Nevada Moves Day

Carson City, Nev.—On Wednesday, March 19, students in Carson City and Lyon County will join others from across the state to take part in the 5th Annual Nevada Moves Day. This event consists of organized activities that encourage walking or bicycling to school. The event is promoted statewide by the Safe Routes to School Program.

Governor Brian Sandoval issued a proclamation declaring March 19 as Nevada Moves Day 2014 and will meet students from Bordewich-Bray Elementary School who are taking part in a walking school bus that starts at the Governor's Mansion on Mountain Street.

Walking and bicycling to school events are planned for Carson City, Clark, Washoe, Douglas, Lyon, Lincoln, Elko and other counties. More than 110 schools across the state committed to participate in Nevada Moves Day. Children not taking part in an organized school event are encouraged to involve their families in safely walking or bicycling to school on March 19 and other days. Cortney Bloomer, Western Nevada Safe Routes to School Coordinator at Carson City Health and Human Services, emphasizes the need to provide children and families with the skills and confidence to walk or bicycle safely. "Nevada Moves Day is time for kids practice safe walking behaviors while having fun with their friends. This is really about making safety the fun, cool thing to do," she said.

"Whether as part of an organized event or not, Nevada Moves Day is an opportunity to help children learn more about pedestrian and bicycling safety," NDOT Bicycle, Pedestrian and Safe Routes to School Program Manager Bill Story explained. "And, whether it's for Nevada Moves Day or part of a daily routine, physical activity at an early age, such as walking or bicycling, helps reduce heart disease, diabetes and other obesity-related illnesses. Plus, walking or biking to school can lessen up to 25 percent of morning rush hour traffic that results from children being driven to school."

During Nevada Moves Day and every day, drivers should watch for children walking and bicycling to school and be mindful of reduced speeds and varying school start times in school zones. Motorists should also only pass bicyclists when it is safe—with at least three feet of space between the bicycle and vehicle—and never overtake a vehicle that has stopped for pedestrians. Pedestrians and bicyclists should only cross streets when safe, and look both ways before and while crossing.

To learn about Nevada Moves Day events in Carson City or Lyon County, contact Western Nevada Safe Routes to School Coordinator Cortney Bloomer at (775) 283-7525 or cbloomer@carson.org or find walking information at walknevada.com or safe-outesinfo.org.

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