



Caltrans, District 2

City of Anderson

City of Redding

City of Shasta Lake

County of Shasta

Dignity Health, Mercy
Medical Center
Redding

First 5 Shasta

Good News Rescue
Mission

Northern Valley
Catholic Social Service

Pathways to Hope for
Children

Redding Rancheria

Redding School District

Shasta College

Shasta Community
Health Center

Shasta County Office of
Education

Shasta Regional
Transportation Agency

Shasta Family YMCA

Shasta Head Start

Simpson University

The McConnell
Foundation

Turtle Bay Exploration
Park

University of California
Cooperative Extension

Viva Downtown

Whiskeytown National
Recreation Area

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Healthy Shasta’s free Walktober Challenge encourages you to walk, support local charities, and share your story.

Now is the perfect time to enjoy the cooler weather and connect with friends and coworkers by walking. Worksites are encouraged to compete as a team or start a friendly competition between coworkers with multiple teams. Teams of friends, family, school clubs, neighborhood groups, or any collection of people may also participate. Healthy Shasta’s Walktober Challenge is a fun, free way to bring people together, encourage walking to improve mood, and feel more energetic – all while competing for a good cause.

Walkers may win randomly-drawn prizes such as gift cards to local outdoor stores, wireless earbuds, and Whiskeytown/Lassen National Park passes. The Walktober team with the highest cumulative daily activity average will get to donate \$500 to a Shasta County charity of its choice. One team, averaging 6,000 steps or more, will be randomly selected for the opportunity to donate \$500 to a Shasta County charity of its choice. This is a great opportunity to rally for an organization you love.

Track steps through synced devices to determine which teams are logging the most steps. Everyone who lives or works in Shasta County is invited to join a team and participate in the healthy competition. For more information on Healthy Shasta’s Walktober or to spearhead or join a group, visit healthyshastawalks.org.

This year, walkers are also encouraged to share their stories to ‘shape streets’ through Street Story, an online platform to record hazards, needed crossings, bikeways, safe locations, near misses, and minor traffic collisions. This data informs community leaders where to apply for funding to improve roadways for all users. Street Story can be found on [HealthyShasta.org](https://streetstory.berkeley.edu/county/SHASTA) or <https://streetstory.berkeley.edu/county/SHASTA>

Follow @healthyshasta on Facebook and Instagram to stay inspired to move those feet throughout Walktober with weekly challenges and special walking events, such as Redding’s Downtown Mural Walk on October 6 at 5:45 p.m.

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