



# JOIN THE GREEN SNEAKER WALK, ROLL & ACTIVITY FAMILY CHALLENGE!

CHALLENGE YOURSELF OR YOUR ENTIRE FAMILY TO WALK,  
BICYCLE, SCOOTER, or SKATEBOARD IN YOUR HOME  
NEIGHBORHOOD FOR 30 DAYS!

**(please maintain social distance with others; option to exercise indoors if necessary)**

BUILD KNOWLEDGE ABOUT BICYCLE AND/OR PEDESTRIAN  
SAFETY, HEALTH, THE ENVIRONMENT,  
AND OUR COMMUNITY.

COMPETE WITH OTHER FAMILIES & SCHOOLS FOR THE MOST  
MILES, MINUTES OR STEPS!

ALL SUBMISSIONS WILL BE ACKNOWLEDGED & ENTERED INTO A  
DRAWING FOR FUN PRIZES!



## HOW TO PARTICIPATE:



- Visit the Green Sneaker Challenge web page at [www.sonomasaferroutes.org](http://www.sonomasaferroutes.org) to download Tracking Logs and/or Activity Bingo sheets (in English and Spanish)
- Track your daily walking and rolling on the Green Sneaker Challenge [Walk/Roll Tracking Logs](#) **AND/OR**
- Check off activities you accomplish on the Green Sneaker Challenge [Activity "Bingo" Sheet](#)
- Optional: "Like" the Sonoma County Safe Routes to School Facebook page for challenge updates and/or future events.
- Send Logs and/or Activity Sheets to the Safe Routes to School Program by emailing [saferoutes@bikesonoma.org](mailto:saferoutes@bikesonoma.org) or mailing to attn: [Green Sneaker Family Challenge](#), [Sonoma County Bicycle Coalition](#), PO Box 3088, Santa Rosa, CA 95402-3088



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