

WALKING RESOURCE GUIDE

Walking Together
Karl Sandelin, Steering Committee Leader
? Sandelin@iserv.net
269-349-1870

LOCAL RESOURCES

Kalamazoo Valley Walkers
Contact: Thelma Fallows, President
269-327-1037
Website: www.kvwalkers.org
E-Mail: info@kvwalkers.org

GazelleSports
Sports wear retailer specializing in walking and running shoes and attire.
214 S Kalamazoo Mall
Kalamazoo MI
www.gazellesports.com

WALKING WEBSITES

About Walking.com – General information <http://walking.about.com>

America Walks – National Coalition <http://www.americawalks.org/>

America's Walking – National walking expert Mark Fenton's PBS website
www.pbs.org/americaswalking/index.html

GazelleSport Event Calendar – Races for walkers www.gazellesport.com

Kalamazoo Valley Walkers: Walking Events, Places To Walk & Walking Buddies
www.kvwalkers.org

Kids Walk To School Guide
<http://www.cdc.gov/nccdphp/dnpa/kidswalk/pdf/kidswalk.pdf>

Governor's Council of Physical Fitness, Health & Sports <http://www.michiganfitness.org/>

2003 Executive Summary: Economic Cost of Physical Inactivity In Michigan
<http://www.michiganfitness.org/Cost%20of%20Inactivity.pdf>

Neighborhood Walkability Quiz
<http://greenways.cfsem.org/events/PDFS/Walkability%20Checklist.pdf>

Prevention.com – Walking Fit www.walkingfit.com