



### 3. Neighborhood Walk



#### Introduction

Neighborhood walks can be fun and great for building a feeling of community. The benefits of a neighborhood walk include improving health, weight loss, keeping tabs on the neighborhood, decreasing crime, and others.

Step	Explanation
<b>Distribute a flyer</b>	Create a flyer to pass out to get people interested in participating in a neighborhood walk. Distribute the flyer throughout the neighborhood. You may want to pass it out well in advance and once again right before your first event.
<b>Get specific</b>	This program works best when there is a set day such as Mondays or Thursdays with a specific time. Think about those in your neighborhood; retirees may prefer an early time, whereas working families may only be available in the evenings or on weekends. Your flyer will let neighbors know they are invited to simply come out and walk. The flyer can provide the benefits of the activity while encouraging people to greet others they encounter. In the winter time, you may need to make adjustments for Daylight Savings Time.
<b>Encourage T-shirts</b>	To really cap off your event, ask people what they think about designing a neighborhood walking t-shirt. The shirt could have the neighborhood name and be of the same color. This would create program recognition among the neighbors.
<b>T-shirt research and distribution</b>	<p>The shirts are important to this activity. Cost is always important, however participants will wear the shirt repeatedly so quality should be considered when making the purchase. Contact a T-shirt vendor to discuss your design and pricing. It is suggested the group not try to make a profit on the sale of the shirts. The participation of others may be more important than generating income for your organization.</p> <p>Ideally, everyone could pre-order their shirts and then the organization could place the order with the money collected. Another option could be for the group to purchase common sizes up front and sell them leading up to the event. It is highly likely some combination of these two approaches will be needed.</p>



## Neighborhood Social Capital Neighborhood Walk

Step	Explanation
<b>Select a route</b>	On the first walk, you may want to provide written directions of possible paths for people to take. It could be a illustrated map with different paths illustrated or simple written directions like “walk to 1 <sup>st</sup> St., turn left and walk to Brown St.
<b>Things to Notice</b>	<p>There are all types of things for walkers to observe. Participants should be made aware of them prior to walking. These items could be listed on the original flyers or handed out when they begin the walk.</p> <p><b>Neighbors</b> Look for neighbors you have seen repeatedly but don’t know their names. Just say hello and introduce yourself.</p> <p><b>Vacant houses</b> Sometimes they become vacant without people knowing. If the group knows about it, they may want to monitor it closely.</p> <p><b>Code violations</b> Make a mental note of the address and write it down when you get home. Send the property owner a note or submit it to Code Compliance to correct the problem.</p> <p><b>Sidewalk hazards</b> Sidewalks may buckle over time and create hazards. Notify the block leader if such hazards exist.</p> <p><b>New neighbors</b> Greet and welcome them to the neighborhood.</p>
<b>Additional Invitations</b>	After your first initial push to get people involved in walking the neighborhood, you may want to pass out additional invitations to attract more people. Remember, they will have seen people out walking and may find it more inviting to join you.