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FOR IMMEDIATE RELEASE



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FOR INFORMATION CALL

July 30, 2014

Ald. Terry L. Witkowski  
(414) 286-2883

## Join Ald. Witkowski and Mayor Barrett for a Garden District walk

Alderman Terry L. Witkowski will be joined by Mayor Tom Barrett for a walk in the Garden District (13<sup>th</sup> Aldermanic District) on **Saturday, August 2**, as part of the “**Walk 100 Miles in 100 Days**” initiative launched by the Mayor earlier this summer.

The 2.1-mile walk will begin at **11:30 a.m.** Saturday and should take about 45 minutes. Walkers will begin gathering at the **Garden District Neighborhood Association Farmers Market** area at S. 6th and Norwich (one block south of Howard Ave.). During the event, walkers will pass through the Garden District’s Farmers Market and Community Garden; walk the garden path and portions of the Town of Lake Neighborhood Association area, Airport Gardens Neighborhood Association area, Gateway to Milwaukee and Green Corridor area.

“Walking is one of the least taxing ways to begin exercising and 30 minutes a day will pay off in a healthier you,” Alderman Witkowski said. “I strongly encourage anyone interested to join the Mayor and me for a relaxing walk through the Garden District.”

“Walk 100 Miles in 100 Days” is a city-wide effort to engage Milwaukee residents and families to lead a more active lifestyle and implement physical activity into daily routines.

Please visit [www.city.milwaukee.gov/Walk100](http://www.city.milwaukee.gov/Walk100) for more details on the program, to see about registering and to track your progress. A list of scheduled walks can also be found on the website.

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