



FOR IMMEDIATE RELEASE

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Connecting the Past with a Livable Future Unveiling of the Trail and Bikeway System Plan; Supporting a Healthier Clark County

Thursday, April 6th at 11am at the Port of Vancouver Public docks next to the Red Lion Inn at the Quay Clark County leaders gather to sign off on the Trail and Bikeway Systems Plan, introduce Walkaround Guide, show support for and encourage a healthy livable community. Our kids also join us to witness this historic moment and start their journey to a health lifestyle.

Lewis and Clark re-enactors are presenting the Lewis and Clark Legacy Project, Clark County Trail and Bikeway Systems Plan to the Clark County Commissioners in a signing ceremony. The date has historic significance in the context of the region's trail system: it was April 6, 1806 that Lewis and Clark made their final departure from Clark County.

Community Choices 2010 will introduce the new Clark County Walkaround Guide. A friendly portable publication that features maps and information about walking or biking 25 Clark County trails. The Walkaround Guide was produced and funded by Community Choices 2010's Steps to a Healthier Clark County grant and printing funded by Kaiser Permanente. There will be 200 commemorative 1st edition Walkaround Guides given away.

Kids from Rise and Stars Community Center and the Clark County Family YMCA rain or shine are prepared to lead a group walk on the Columbia River Renaissance Trail to start their journey to a healthy lifestyle.

Community Leaders: Barbe West, Community Choices 2010; Phil Wu M. D., Kaiser Permanente; Ron Arp, Nautilus Inc.; John Deeder, Evergreen Public Schools and John Weisman, Clark County Health Department will give their support to the Trail and Bikeway Systems Plan, and challenge other community leaders to do their part in building a safe, healthy livable community. "The Trails Plan is one piece of the community's efforts to set a framework that supports an environment that assures the healthy choice is the easy choice when it comes to access to physical activity," said Barbe West, Executive Director of Community Choices 2010.

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The Lewis and Clark “Journey Home” luncheon sponsored by Vancouver/Clark County Bicentennial Committee and the Greater Vancouver Chamber of Commerce will directly follow at noon at the Red Lion Inn at the Quay, with Lewis and Clark expert from the Missouri Historical Society, Bob Archibald, as guest speaker. To register or for more information about the luncheon go the Chambers website

<http://www.vancouverusa.com/>

About Steps to a Healthier Clark County

Steps to a Healthier Clark County is funded by the U.S. Department of Health and Human Services as part of Steps to a HealthierUS, a national program focusing on the prevention of diabetes, obesity and asthma and addressing related risk factors – poor nutrition, physical inactivity and tobacco use and exposure. For more information about Steps to a Healthier Clark County, please visit www.stepstohealthierclarkco.org or call Barbe West at (360) 567-1087.

About Steps to a HealthierUS Cooperative Agreement:

Steps to a HealthierUS Cooperative Agreement is a U.S. Department of Health and Human Services (HHS) program advancing the HealthierUS goal to help Americans live longer, better and healthier lives. Through funding of community-based interventions, this program aims to reduce the burden of diabetes, obesity and asthma, and address three related risk behaviors – poor nutrition, physical inactivity and tobacco use and exposure. For more information, please visit www.healthierus.gov/steps

About Community Choices 2010

Community Choices 2010 is a community based data driven organization that builds awareness of the overall health of the community and focuses on early prevention change strategies. To learn more about our organization or to review the 2003 Report Card on the Health of our Community, please visit our website at www.communitychoices2010.com.

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