



News Release

Accepting the Challenge — Saving Fuel and Money, One Mile at a Time

San Antonio, October 28, 2005 – More than 220 citizens accepted the Walk & Roll Challenge, pledging over 115,000 miles and logging over 58,000 “smart” miles of walking, bicycling, busing, or carpooling/vanpooling to promote healthy lifestyles, better transportation and improved air quality for the region. “Smart” miles improve your health, reduce traffic, and save you gas and money. Prizes will be awarded to four individuals who log the most miles in each one of the four competition categories (Cycling, Walking, Busing, Carpooling/Vanpooling).

The Walk & Roll Challenge, coordinated by the Alamo Area Council of Governments (AACOG) and the San Antonio-Bexar County Metropolitan Planning Organization (MPO), encourages citizens of the 12-county region (Atascosa, Bandera, Bexar, Comal, Frio, Gillespie, Guadalupe, Karnes, Kendall, Kerr, Medina, and Wilson) to *Get Up and Go!* The Walk & Roll Challenge not only encourages a healthier lifestyle for the region, it also saves you money. Choosing to walk to lunch instead of driving gives you exercise and keeps fuel money in your pocket. Prizes for each category are as follows:

- **Walking:** \$100.00 Gift Certificate to Whole Earth Provisions, courtesy of Whole Earth Provisions and Linebarger Goggan Blair & Sampson, LLP
- **Cycling:** \$100.00 Gift Certificate to the bike shop of your choice, courtesy of Linebarger Goggan Blair & Sampson, LLP
- **Busing:** Five VIA Big Passes (worth \$100.00 total), courtesy of VIA Metropolitan Transit
- **Carpool/Vanpool:** \$100.00 Gift Certificate to Pep Boys Auto, courtesy of the Alamo Area Council of Governments

For more information, contact Heather Willden at (210) 362-5303 or visit www.walkandrollchallenge.com.

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