

Explore our community!

- ◆ To make it more fun, Golden Shoe maps will guide walkers throughout our community.
- ◆ Walk by cultural and historical locations, and other special points of interest, neighborhood shops and businesses.
- ◆ You can discover the history, museums, parks, libraries, and churches along your walk.
- ◆ Bring your family and friends along for the walk and hunt for the Golden Shoe together! (All routes are stroller and wheelchair accessible.)



Benefits of walking:

- ◆ It is a great stress reliever.
- ◆ It doesn't require special equipment other than a pair of comfortable shoes.
- ◆ The health benefits can be equal to running or other aerobic exercise.
- ◆ Walking with others is a great social activity and allows for accountability as well as building and developing great relationships.

Ottawa County Wellness Coalition Steering Committee:

American Cancer Society
American Heart Association
City of Holland, Recreation Division
Holland Hospital
InterCare Community Health Network
North Ottawa Community Health System
Ottawa Area Intermediate School District
Ottawa County Health Department
Ottawa County MSU Extension
Smoke-Free Ottawa
(A Tobacco Reduction Coalition)
Zeeland Community Hospital



We thank our Sponsors for their generous support!

Gold Sponsors



Silver Sponsors

ODL MEIJER

12251 James St., Suite 400
Holland, MI 49424
(616)393.5772
www.gethealthyottawa.org

Let's take a Walk!



Presents the

Golden Shoe Campaign



This event endorsed by:



**Join in, have fun walking,
get to know your neighbors
and local businesses
in your community.**

Join the Fun!

- ◆ The Golden Shoe Campaign is a program aimed to get Ottawa County residents moving.
- ◆ The campaign features designated walking routes in Grand Haven, Holland and Zeeland.
- ◆ Every two weeks, a “Golden Shoe” will be hidden along each identified route. Individuals finding these “Golden Shoes” will win a free pair of walking shoes.
- ◆ Also, every time you walk the designated route, you can enter to win a “Wellness Basket”. The baskets will be filled with a variety of prizes and gift certificates donated by local businesses.



How do I start?

1. Stop by the public library in Grand Haven, Holland, or Zeeland to pick up the respective route map.
2. Walk the route, and keep your eyes open for the Golden Shoe! If you find it, take it and follow the directions inside the shoe.
3. Each time you walk complete the Golden Shoe entry form found on the route map and return it in the drop box at the library.
4. Repeat steps 1-3 every day you walk the route. Remember the more you walk, the better your chances to win!

Maps feature routes and notable landmarks

The Golden Shoe maps include an entry form and will be available starting Friday, April 20, at the libraries listed below.

- ◆ Grand Haven: Loutit District Library
407 Columbus Ave.
- ◆ Holland: Herrick District Library
300 S. River Ave.
- ◆ Zeeland: Howard Miller Library
14 S. Church St.



When does it start?

Kick-off event:

April 20, 2007
11:00 A.M. - 1:00 P.M.

Locations:

Grand Haven
Central Park, Washington Ave.

Holland
8th St. Market Place

Zeeland
Heritage Square, corner of
Elm St. & Main Ave.

Golden Shoe Campaign
6 - Month Walking Program
April 20 - October 19, 2007

Visit our website:

- Complete set of rules
- Download an entry form

www.getthehealthyottawa.org

To promote overall health:

- ◆ Include fruits and vegetables at all snacks and meals.
- ◆ Avoid the harmful effects of smoking and involuntary smoke exposure.
- ◆ Stay hydrated, drink plenty of water.
- ◆ Try to engage in at least 30 minutes of physical activity (above usual activity) on most days of the week.

Find a “Golden Shoe” hidden along the route and win a free pair of athletic shoes!

Challenge yourself and others to walk all 3 city routes of the Golden Shoe Campaign.

Everyone can participate!

- ◆ Adults, kids, families, schools, businesses, walking groups, faith-based groups, school programs, college students, and visitors to our county.

Please Note:

The Golden Shoe Campaign of Ottawa County, its sponsors and steering committee members - are not responsible for any and all injuries or damages of any kind whatsoever suffered by participants as a result of taking part in the campaign and any related activities.

