



- Caltrans, District 2
- City of Anderson
- City of Redding
- City of Shasta Lake
- County of Shasta
- Dignity Health, Mercy Medical Center Redding
- First 5 Shasta
- Good News Rescue Mission
- Redding Rancheria
- Redding School District
- Pathways to Hope for Children
- Shasta College
- Shasta Community Health Center
- Shasta County Office of Education
- Shasta Regional Transportation Agency
- Shasta Family YMCA
- Shasta Head Start
- Simpson University
- The McConnell Foundation
- Turtle Bay Exploration Park
- University of California Cooperative Extension
- Viva Downtown
- Whiskeytown National Recreation Area

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Healthy Shasta’s fun, free Walktober Challenge encourages you to win prizes and support local charities

Now is the perfect time to reconnect. Worksites are encouraged to compete as a team or start a friendly competition between coworkers with multiple teams. Teams of friends, family, school clubs, neighborhood groups, or any collection of people may also participate. Healthy Shasta’s Walktober Challenge is a fun, free way to bring people together and encourage walking to improve your mood and feel more energetic while competing for a good cause.

For more information on Healthy Shasta’s Walktober or to spearhead or join a group, visit healthyshastawalks.org.

Walkers may win randomly drawn prizes such as local restaurant gift cards, wireless earbuds, sporting goods gift cards, and Whiskeytown/Lassen national park passes. The first 50 captains to register a team with 3 other people will receive a prize bag to fuel their momentum. The Walktober team with the highest cumulative daily activity average will get to donate \$1000 to a Shasta County charity of its choice. One group will be randomly selected for the opportunity to donate \$500 to a charity of its choice. This is a great occasion to encourage your workplace or community to rally for an organization they love.

Track steps through synced devices to determine which teams are logging the most steps. Everyone who lives or works in Shasta County is invited to join a team and participate in the healthy competition.

Last year, 868 participants walked 175,238,530 steps — enough to circle the earth three times! This October, the Walktober Challenge invites you to connect with community and get moving as you enjoy the beautiful season. This month do something that benefits you and others.

Follow @healthyshasta on Facebook and Instagram to stay up to date on weekly challenges, special walking events, like the Downtown Cultural District Inaugural Walk on October 1st, and inspiration to move those feet.

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