



Walkers look to get golden shoes

Sunday, April 08, 2007

By Cris Greer

The Grand Rapids Press

The Golden Shoe Campaign is simple. Walk an identified route. Find the hidden golden shoes. Win a free pair of walking shoes. The six-month campaign sponsored by the Ottawa County Wellness Coalition will kick off April 20 and run through Oct. 19.

"Our main goal is to get people in Ottawa county moving, more active and healthy," said Lisa Uganski, chairperson for the campaign. "We want them to choose healthy, sustainable lifestyles.

"There's no cost and no registration process; we wanted to remove the barriers. And we wanted to do something simple and fun and encourage people to be active."

The Golden Shoe Campaign features designated walking routes from 1.3 to 1.8 miles in Holland, Zeeland and Grand Haven.

Each route will be stroller and wheelchair accessible as well.

Every two weeks, a golden shoe will be hidden along each of the three identified routes.

Every time a participant walks the designated route they can enter to win a wellness basket filled with a variety of prizes and gift certificates donated by local businesses.

"Kickoffs will be from 11 to 1 p.m. April 20 at all three sites," Uganski said. "The mayors from all three cities will be joining us in the shoestring cutting ceremony. We're excited about it.

"We'll be giving away one pair of shoes at each kickoff, too."

The kickoff locations are Central Park (Washington Ave.) in Grand Haven, 8th St. Market Place in Holland and Heritage Square (Elm St. and Main Ave.) in Zeeland. Stop by a public library to get a walking route map.

The library locations are Loutit District Library (407 Columbus Ave.) in Grand Haven, Herrick District Library (300 S. River Ave.) in Holland and Howard Miller Library (14 S. Church St.) in Zeeland. Wellness basket entry forms are available at these locations as well.

Uganski said the routes were designed to promote local neighborhoods, parks, history, churches, shops, restaurants and the community in general.

For more information, visit www.getthealthyottawa.org.