

## October is “Walktober” Month

October is National Walking Month and Mayor Kay and the Healthy Wey/Mass in Motion Partnership are encouraging town residents and employees to make the most of this great season by making walking a priority. ‘Walktober’ is the perfect time of year for walking outside with its cool, crisp temperatures and beautiful autumn foliage. Several local organizations (including many Healthy Wey Partners) are joining together to host various walking events throughout the month to promote physical activity in youth and adults.

### **October 2013: International Walk to School Month & Oct 9<sup>th</sup> is Walk to School Day**

Families all over the world will be observing International Walk to School Month throughout October and interested Weymouth families are encouraged to participate, weather permitting! Check your school’s website for more information (like walking maps with safe routes to school).

### **October 5<sup>th</sup>: 6th Annual Great Pumpkin Give-A-Wey**

The community event includes a pie eating contest, a chili contest between Weymouth’s finest restaurants, and a DJ. Children will enjoy horse-drawn hayrides, pony rides and the aquatic sea creatures from the NE Traveling Aquarium. They can also take a ride on the roaming railroad with their family and eat at the Food Court and shop for produce, baked goods and crafts at the Weymouth Farmers Market, which will be located on Libby Field for the day. Come visit our Healthy Wey partners, Shaw’s, WIC, Manet Community Health and many more, from 12–4 p.m.!

### **October 12<sup>th</sup>: Over the Esker 5k**

The event is like an urban trail race and is a very challenging run along the road over North America’s tallest esker. This race is held entirely within Great Esker Park in North Weymouth and proceeds from this event benefit the continued care and improvement of Great Esker Park. Registration is at 8 a.m. and the race starts at 10 a.m. Visit the website for details: [www.Overtheesker5K.com](http://www.Overtheesker5K.com)

**October 14<sup>th</sup>: 18<sup>th</sup> Annual ‘Stock-Our-Shelves Walk’** to benefit the Weymouth Food Pantry. Please walk with the Weymouth Food Pantry on this easy and fun two-mile walk and help raise funds to keep the pantry in operation. Snacks and raffle prizes will be given away. Walk begins at 10 a.m. at Monsignor Hackett Parish Center, 1199 Commercial St, Weymouth MA (behind the Immaculate Conception Church). Visit: [weymouthfoodpantry.org/soswalk](http://weymouthfoodpantry.org/soswalk)

**October 16<sup>th</sup>: Weymouth Elder Services and Braintree Council on Aging present the 6<sup>th</sup> Annual Senior Walk for Fitness** from 10 a.m.–2 p.m. at Pond Meadow Park (rain date: October 22nd). Check-in is at 9am and the walk will kick-off at 10 a.m. after brief welcomes from Mayor Kay and Mayor Sullivan. Last year’s walk was a huge success!

### **October 21<sup>st</sup> – 26<sup>th</sup>: Story Walk at Kid’s Landing**

Come walk through the pages of Marjorie Flack’s Ask Mr. Bear story with your kids and watch the story come alive. The Weymouth Public Library is sponsoring this free, fun, week-long event at Weston Park, 46 Broad Street Weymouth, MA (behind Tufts Library).



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