

Walking changes
everything

Marcher change tout

— — — —

The transformative power
of pedestrians

“Perhaps walking is best imagined as an ‘indicator species’ ... [Its] endangerment or diminishment can be an early warning sign of systemic trouble.”

— Rebecca Solnit, *Wanderlust: A History of Walking*

“I walk in order to somatically medicate myself
against the psychosis
of contemporary urban living.”

— Will Self, *New York Times*







The walks helped the National Health Service and city council reduce their spending on home care and prescriptions.

— Glasgow Health Walks, Social Return on Investment Analysis

“Being lonely or not is equivalent
in impact to being a smoker
or non-smoker.”

— U.K. Mental Health Foundation





















“Well, me and you can talk right here right now without no gunshots going off.”

— Keenan Jones

“On foot, there’s a lot more opportunity
to interact with all the normal people
in the neighbourhood.”

— Jerry Ratcliffe, Temple University

“An intricate ballet in which the individual dancers and ensembles all have distinctive parts which miraculously reinforce each other and compose an orderly whole.”

— Jane Jacobs, *The Death and Life of Great American Cities*













REMEMBER TO VOTE NOVEMBER 4

THE MARTIN LUTHER KING, JR. DEMOCRATIC CLUB
Hon. Charles B. Rangel Hon. Inez "Betty" Dickens

RE-ELECT Congressman Charles B. Rangel RE-ELECT
State Senator Bill Perkins
Assemblyman Keith LT Wright

MARTIN LUTHER KING JR. DEMOCRATIC CLUB
Democratic Primary - September 14, 2010 VOTE General Election - November 2, 2010

2012 2012

REMEMBER CHARLES RANGEL HELPS US. NOW IT'S OUR TIME TO HELP HIM. VOTE. CONGRESSIONAL PRIMARY ELECTION. TUESDAY, JUNE 26, 2012

RANGEL FOR CONGRESS

Charles B. Rangel
RE-ELECT CONGRESSMAN

Charles B. Rangel
RE-ELECT CONGRESSMAN





DON'T BE DECEIVED
WITH A LIFE OF TEMPORARY
PLEASURES, AND NEGLECT YOUR
ETERNAL SOUL. JESUS
CHRIST OUR LORD AND
SAVIOR, GIVES OUR SOUL
THE GIFT OF ETERNAL,
EVERLASTING, LIFE...



Pod
by Pauline Peck
Pod is a steel and bronze
interpretation of the complex form
that organisms grow.





T
Sing a song full of the faith
that the dark past has taught us,
Sing a song full of hope
that the present has brought us;
Facing the rising sun of our new day begun,
Let us march on till victory is won

James Weldon Johnson







“This walk has made me think about what boredom means ... Out here, it’s always something new.”

— Matt Green, imjustwalkin.com



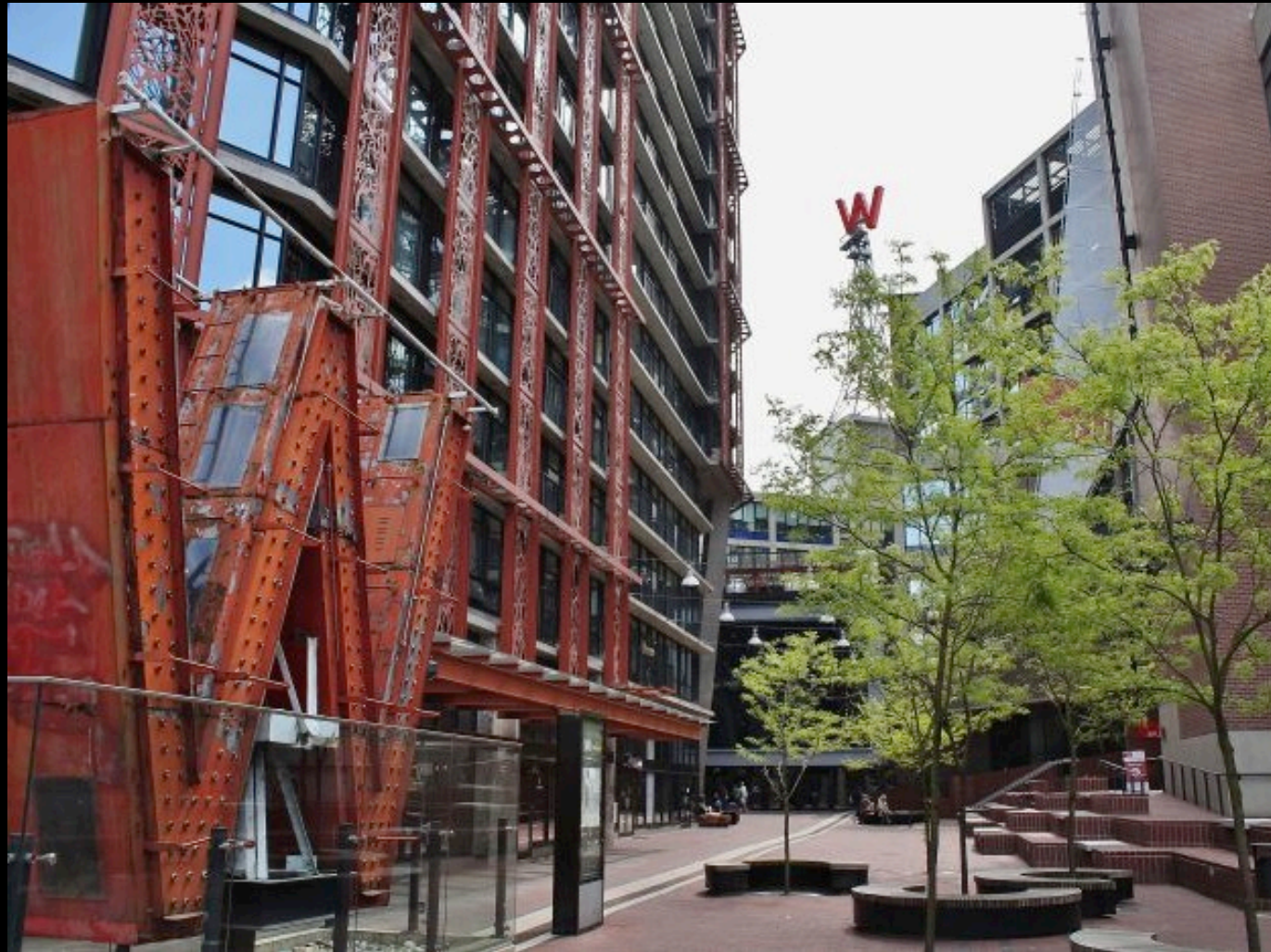






“We’re so marinated in the culture of speed that we almost fail to notice the toll it takes on every aspect of our lives.”

— Carl Honoré, *In Praise of Slow*



Cost of obese and overweight citizens in the U.S.
and Canada: \$300 billion/year

Medical care for obese and overweight
citizens: \$127 billion/year

— Society of Actuaries

Inactivity leads to ill health, which leads to isolation, fear and more inactivity.

— Public Health Agency of Canada

“We have engineered opportunities for spontaneous movement (such as getting to places on foot) out of our kids’ daily lives.”

— Active Healthy Kids Canada

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"A DELIGHTFUL, INSIGHTFUL, IRREVERENT WORK." —*THE CHRISTIAN SCIENCE MONITOR*

WALKABLE CITY

HOW DOWNTOWN
CAN SAVE AMERICA,
ONE STEP AT A TIME

JEFF SPECK

COAUTHOR OF *SUBURBAN NATION*

"A RECIPE FOR VIBRANT STREET LIFE." —*LOS ANGELES TIMES*

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"The ultimate hymn to walking."—Carl Honoré

Born to Walk



The Transformative Power
of a Pedestrian Act

Dan Rubinstein

Foreword by Kevin Patterson

