



SHORELINE WALKS

Volunteer Information and Proposal Form

Contact Person: Marianne Johnson, Recreation Assistant II
206-801-2638, mjohnson@shorelinewa.gov

What is “Shoreline Walks”?

Starting in Spring 2013, the City of Shoreline is piloting a walking program called “Shoreline Walks” to help Shoreline adults stay active, meet new people (or connect with old friends) and feel safer and more confident exploring our city by foot. The program will consist of a series of volunteer led walks in the spring and summer months exploring neighborhoods, parks and trails offering great insight into some of the best walking routes in our city. Each walk will be free to the public and open to all ages and abilities.

One reason this program is being created is because the City of Shoreline has a large population of aging adults and we want to create more opportunities for adults to connect with each other and stay active in our community. We recognize that walking is one of the healthiest exercises that anyone at any age can participate in and we hope that through this piloted walking program, future interest and participation in walking by our citizens is sparked.

Where will people find out about “Shoreline Walks”?

The City of Shoreline will organize all the walks and list them in a “walk calendar” on the web and through printed materials. We will also rely on our Walk Leaders to help us spread the word to your friends and neighbors.

How can I help as a Volunteer?

We’re looking for Volunteer Walk Leaders. These are individuals and groups interested in volunteering their time to design and lead 1-3 mile group walks as part of the Shoreline Walks program. Many people already have excellent walking routes and we’re hoping you will be willing to share your knowledge by leading a group of people along your walking route. Volunteer Walk Leaders are crucial the success of Shoreline Walks. Want to volunteer? We would love you to submit a walk proposal form.

More specifics on being a Volunteer Walk Leader

Walk Leaders will work closely with the City of Shoreline staff or other organizing partners to create and lead walks and help spread the word throughout the community. Walks can take place in the leader’s neighborhood or in any public trail, facility or park. All Walk Leaders will be given an information packet with information about creating or running your walk. Although the idea of going for a walk might seem simple, we want to always be considering that participants might be new to walking in an urban area or walking period. We will have a rating scale so walkers can choose based on their ability, but even with this, walkers can be of all ages and abilities or have a number of questions or concerns along the walk that we want the leader to be prepared for. With all that said, this should be fun. Invite a friend to lead with you or share this experience with a family member. If you are looking for a way to share your knowledge or meet new people, this is a great way to do it.

Responsibilities of being a Walk Leader include:

- Using guidelines given to you, research and create the specific walking route taking into account safety and the ability to lead anywhere from 4 – 20 people along the walk.

- Use our rating scale and be able to assess the “level” of the walk, meaning how long or difficult is the specific walk.
- Lead the walk.
- Be able to assign walkers to be “helpers” and “sweepers” in larger groups.
- Feel comfortable answering questions and carrying on discussion with people from different background and those whom you are new to meeting.
- Help spread the word about the walk.
- Share feedback about the walk or ideas for making program better.

Are there other Volunteer Opportunities besides being a “Walk Leader”?

Yes, we would love to have volunteers help in other way and can work to put you in contact with a Walk Leader once the walks are determined. Also, at the day of the event, some walk participants might be asked to volunteer to take certain roles like “sweepers” making sure everyone at the back of the walk finds their way through the route. We’re also looking for people with specialized knowledge to help add fun and educational components to the walks.

Other volunteer responsibilities could include:

- Acting as “sweeper” making sure participants towards the back of the group have a leader with them and know where they are going.
- Lending specific knowledge or information on a walk. Examples:
 - An Audubon member helping spot specific birds or great locations to go birding.
 - Someone wishing to lend historical information about neighborhood

What are some suggestions to keep in mind when designing my walk?

- Always think safety. Make sure any street routes have either a sidewalk or large shoulder on the road to be able to safely escort your group through the route. Keep in mind that showing people safe routes to walk will educate and encourage them to get out and walk more, which is the program’s goal.
- Many adults of all ages are still working so consider having a walk in the evening or weekend.
- Walks should have a starting point where people can park their car and gather before the walk.
- Consider a location somewhere on the walk route where folks can stop to use the restroom.
- It’s often nice to have a destination in your walk. A coffee shop, business, or park is a great place to take a break, get a drink or use the restroom.
- There are many ways to enhance your walks, consider asking a business to donate give-aways or special coupons for goods. Do you know a person who can lend their expertise, like sharing historical perspectives on a neighborhood, or a doctor who can talk about the benefits of walking?
- Walks can be as simple or creative as you want them to be. Consider out of the box ideas like a “Walk and Knit” where you walk the interurban trail and then stop and knit with local knitters.

I want to be a volunteer walk leader? What are the next steps?

We are asking for individuals or groups to submit a basic proposal form (last page of this document) proposing a walk. You do not have to have all the details of your walk prepared at this point, just some crucial details like general location, difficulty level and date and time. We understand it’s difficult to plan far out into summer, but it’s important to get these details early to be able to publicize the walks in places like the Shoreline Recreation Guide that go out to thousands of people in Shoreline.

Once your proposal is accepted, you’ll be notified and given a packet to further help you plan your walk, and also all the information needed to feel confident leading a group of people on your walk.

SHORELINE WALKS

Volunteer Walk Leader Proposal Form

Please read the information sheet before filling out form and contact Marianne Johnson, Recreation Assistant II at 206-601-2638, mjohnson@shorelinewa.gov with questions. If you would like to propose more than 1 walk, you can submit an additional proposal form. **Submit form by February 8, 2013.**

Walk Leader Full Name: _____

Mailing Address (mail email & phone for contact purposes only, not published)

Email Address _____

Phone Number _____

Proposed Walk

Suggested Date for Walk (between April – September) _____

Suggested Time for Walk _____

Are you flexible on this date? (circle one) Yes No

General Walk Location (Examples: Richmond Beach Neighborhood, Shoreview Park Trails)

How easy or difficult do you feel this walk will be (circle one)

- 1- **Easy** – up to 2 miles with mostly flat terrain and possibly an occasional hill. Suitable for strollers or wheel chairs.
- 2- **Moderately Easy** – up to 3 miles with some hills or occasional uneven terrain. Mostly still suitable for strollers or wheel chairs.
- 3- **Moderate** – up to 3 miles with some hills, trails, uneven ground or stairs. Not suitable for stroller or wheel chairs.
- 4- **Difficult** – Up to 3 miles (or more), with many hills, trails, uneven ground or stairs. Not suitable for stroller or wheel chairs.

Why are you interested in being a walk leader and what do you hope others will get from this walk. (one sentence) Example: Exercise, meeting new people, learning more about their neighborhood.

Please submit form by February 8, 2013

Email to: mjohnson@shorelinewa.gov

Drop off to: Spartan Recreation Center, 202 NE 185th St

Mail to: City of Shoreline (SRC), 17500 Midvale Ave N. Shoreline, WA 98133

For more information on active adult programs visit www.shorelinewa.gov/adults