



## Take a walk on Main Street with the Mayor on October 7

AMES, Iowa – Ames residents are welcome to join members of the Ames City Council at the fifth annual Mayor's Downtown "Healthiest State Walk" beginning at noon on Wednesday, Oct. 7, at City Hall, 515 Clark Ave. Participants should gather in front of the building. City Councilman Matthew Goodman will be substituting for Mayor Ann Campbell, who is unable to attend this year's event.

Businesses, organizations, Downtown workers, and others are invited to join members of the City Council and City of Ames staff in a quick walk down Fifth Street, south on Douglas Avenue, and east on Main Street. The walk will end at the Hy-Vee Drugstore parking lot, where the City of Ames water truck will provide cold, refreshing Ames tap water, and refreshments will be served.

The Downtown walk is one of more than a dozen Ames walks planned. Thousands of Iowans are anticipated to participate in one-kilometer "Healthiest State" walks scheduled across the state. A kilometer is about 7.5 city blocks or a 12-minute stroll for the average walker. Walkers can sign up for the event and see other Ames walk routes at [www.iowahealthieststate.com](http://www.iowahealthieststate.com)

The Healthiest State Initiative is a privately led, public effort that will engage Iowa communities throughout the state in being physically, emotionally, and mentally healthy.