

Bellevue Downtown Association launches Walk Downtown Bellevue summer challenge

First steps easy with free pedometers, online tools, prizes

BELLEVUE, Wash. (June 26, 2009) – Walk 10,000 steps a day for 10 weeks. That’s the summer challenge in the Bellevue Downtown Association’s 3rd Annual Walk Downtown Bellevue campaign June 25 to September 3, 2009.

The first 1,500 Walk Downtown Bellevue participants will receive a free Starter Kit, including an Overlake Hospital Medical Center pedometer, a Group Health water bottle, a BECU shopping bag, a special offer from El Gaucho, and a downtown walking map.

“Walk Downtown Bellevue gives people a fun and active way to set a healthy goal and connect with the downtown community,” said Mike Ogiore, events director for the Bellevue Downtown Association. “For many, walking is an ideal form of exercise, and building up a solid step count only takes a little extra motivation and effort.”

Walk, Track and Win!

Participants can track their steps and get walking tips at bellevuedowntown.com/walk. The campaign’s overall step count will be announced at the Live at Lunch Concert on September 3. Each participant can also enter to win two Southwest Airlines tickets, and the “Walk Downtown Bellevue Prize Patrol” will hand out prizes to walkers who show their pedometer at select Live at Lunch concerts.

Walk Downtown Bellevue Sign-up/Starter Kit Locations:

- Foot Zone Bellevue: 10640 Main Street; (425) 462-7463
- Bellevue Downtown Association: 500 108th Ave NE, Suite 210; (425) 453-1223
- BECU: 200 Bellevue Way NE; (800) 233-2328
- Bellevue City Hall - Service First: 450 110th Ave NE; (425) 452-6800
- Live at Lunch concerts in Downtown Bellevue: Every Tuesday, Wednesday, and Thursday, noon–1:30 p.m., starting July 7

Walk to End Summer Hunger:

The Bellevue Downtown Association has teamed up with Hopelink and Expedia to promote the End Summer Hunger campaign. Cash and food donations to help stock Hopelink’s food bank will be accepted at any Thursday Live at Lunch Concert at Bellevue Galleria. The End Summer Hunger list of needed food items and the Live at Lunch concert schedule are at bellevuedowntown.com/walk.

Walk Downtown Bellevue is produced by the Bellevue Downtown Association and supported by the City of Bellevue, Expedia Inc., Overlake Hospital Medical Center, GLY Construction, and Parker Smith & Feek.

More information at bellevuedowntown.com/walk or 425-453-1223.

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