



PRESS RELEASE

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ERIE WALKS 2009

ERIE, PA (September 21, 2009) Four downtown businesses and organizations will join forces for ERIE WALKS! **Join Mayor Joseph Sinnott** along with **community leaders from Gannon University, Erie County and Hamot Medical Center** at **noon on Monday, September 21, 2009 in the Perry Square Gazebo** as Erie's downtown community gathers to kick off the six-week walking competition.

The focus of this friendly competition is to get people up and moving by walking for at least 20 minutes each day. Walking leads to a healthier lifestyle, increased energy and an overall improvement in quality of life, something Mayor Sinnott wants for all City residents.

Check out www.eriwalks.org for additional details, timed walking routes, resources and links to supporting websites. Employees from each organization will track their daily 20-minute walk over the six-week period. A trophy will be presented to the organization with the greatest participation but everyone wins when Erie Walks!

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