

FOR IMMEDIATE RELEASE
September 27, 2022

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Howard County Encourages Community to Get Moving for Walktober

Columbia, MD – Howard County is participating in the Maryland Walktober celebration by encouraging Howard County to “Walk, Roll, Ride and Move!” The [Howard County Local Health Improvement Coalition \(HCLHIC\)](#), part of the Howard County Health Department, spearheaded a collaborative initiative to bring together partners to create a calendar of accessible walking/moving events to be held across the County. The Howard County 2022 Walktober website can be found by visiting howardcountymd.gov/walktober22.

“Our team has partnered with County agencies and other community groups to provide engaging opportunities for everyone to get up and get moving this October and all year long,” said Dr. Maura Rossman, Howard County Health Officer and HCLHIC co-chair. “We are fortunate to live in a County that offers a wide range of accessible parks and paths, providing movement opportunities and promoting a healthy, active lifestyle.

Community members can participate in Walktober every day using the one-mile maps developed by the Health Department and Howard County Department of Recreation & Parks. Walking/moving maps are available for 11 Recreation & Parks facilities across the County on the [Howard County LHIC website](#). [Maps of Columbia Association Pathways](#) are also available.

The Howard County LHIC would like to thank the following County and community partners for their collaboration on this monthlong celebration: Howard County Department of Recreation & Parks, Howard County Department of Community Resources & Services Office on Aging & Independence, Howard County Office of Transportation, Columbia Association, Howard County General Hospital, Maryland Department of Transportation, and other partners who have contributed events and helped spread the word. Organizations interested in hosting a walking event or supporting an ongoing event can complete the [2022 Walktober Interest Form](#).

Walktober is observed statewide and a complete list of activities planned during October can be found on the [Maryland Department of Transportation website](#). The Maryland Department of Transportation is holding a series of free Walkinars and registration information can be found on [their website](#).