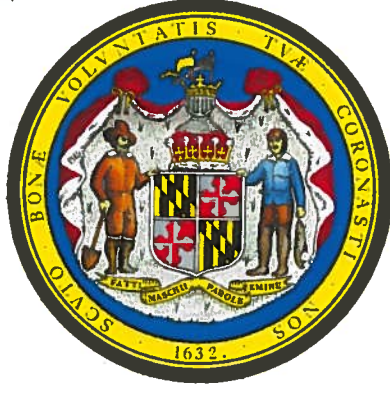


# The State of Maryland



## Proclamation

*From the Governor of the State of Maryland*

### **WALKTOBER OCTOBER 2021**

- WHEREAS,** *As we continue to navigate our way through an international pandemic, now more than ever our State's official exercise - walking - provides physical and mental benefits that boost our emotional well-being; ease symptoms related to chronic mental health conditions like anxiety and depression; improve cardiovascular health, weight loss and sleep; reduce cholesterol and tiredness; and increase energy and endurance; and*
- WHEREAS,** *In its second year, through statewide events including Walk Maryland Day on October 6 and online Walkinars, WALKTOBER highlights that walking, with or without assistance, is an activity available to people of all ages and abilities and provides many benefits as a key element of Maryland's transportation and recreation network; and*
- WHEREAS,** *Remembering that we are all pedestrians at some point during our day, WALKTOBER brings heightened attention to pedestrian safety in conjunction with the National Highway Traffic Safety Administration's October National Pedestrian Safety Month and builds from core agency partnerships to strengthen awareness of key resources, needs and opportunities to support and encourage safe walking; and*
- WHEREAS,** *The State of Maryland has established a Bicycle and Pedestrian Advisory Committee and a 20-year Bicycle and Pedestrian Master Plan to help safely connect trails and other pedestrian infrastructure.*

**NOW, THEREFORE, I, LAWRENCE J. HOGAN, JR., GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim OCTOBER 2021 as WALKTOBER in Maryland, and do commend this observance to all of our citizens.**



Given Under My Hand and the Great Seal of the State of Maryland,  
this 1<sup>st</sup> day of October  
Two Thousand and twenty-one

*Lawrence J. Hogan, Jr.*  
Governor

*Byrd H. Lathrop*  
Lt. Governor

*John C. Wabon*  
Secretary of State