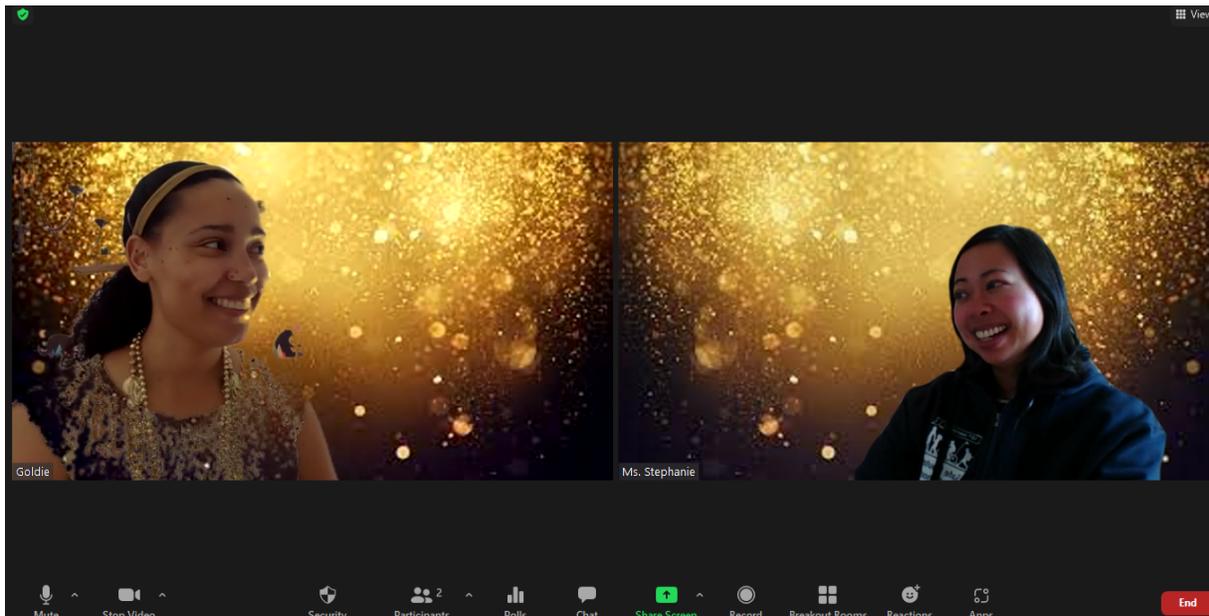


Ms. Stephanie Interviews Goldie, the Golden Sneaker Superhero!



Are you ready for **Goldie** season? The [Golden Sneaker Contest](#) is right around the corner! From February 28 - March 11, elementary and middle school students all across Alameda County will track their travel to school every day. Students receive a point every day they walk, bicycle, skateboard, scoot, carpool, or ride transit to school.

Here with us today to get everyone excited about the contest is Goldie, the Golden Sneaker Superhero. I was lucky enough to catch up and talk to our illustrious hero's favorite contest. Read on!

Ms. Stephanie: Hey Goldie! It's been a minute since we talked. What have you been up to since the last Golden Sneaker Contest?

Goldie: Hi Ms. Stephanie! I feel like I'm in the same boat as many others. Even though I'm a superhero, it's been a difficult year for me and my family. We faced lots of challenges and not being able to get out and active as much as we are used to has definitely made us all feel not quite our best.

Recently, though, we started to bring back some of these activities. I started walking my daughter to school once a week, and about a month ago, our family took BART out to San Francisco to look at the holiday lights in Union Square! It feels good to be getting back into our travel routines!

Ms. Stephanie: I guess it's good that the 2022 Golden Sneaker Contest is coming up soon! I imagine this is your favorite time of year?

Goldie: You're so right! This year from February 28 - March 11 is my time to bling! I love the Golden Sneaker Contest for so many reasons. It gives everyone time to practice getting back into active and shared travel routines, an opportunity to do something good for our community, and a chance to enjoy fresh air into your lungs and blood!

Ms. Stephanie: And there are prizes!

Goldie: Of course! The participating classroom with the highest percentage of students taking active or shared transportation options will win a Golden Sneaker Trophy (made from a Golden State Warriors shoe!) and there will be a surprise additional classroom prize! Parents and caregivers are encouraged to join the fun, even though their trips will not be counted.

Ms. Stephanie: What about the contest are you most excited for?

Goldie: I love getting students, families, and staff excited about the Contest. We'll have [posters](#) and other [resources](#) to help your school get the word out! For those who have questions about this contest, and you can check out our [toolkit](#), which can help answer questions you might have about the contest. Finally, if you ask me soon, I might be able to attend a virtual or in person staff meeting or school gathering to hype up this exciting time!



Ms. Stephanie: Are there any changes to this year’s contest that we should be aware of?

Goldie: Me and my crew are always trying to think of ways to keep the contest fresh and fun while also making it easier for classrooms to participate! This year, we will have two tracking options for classrooms! The first option is the classroom mode chart poster. Pro tip: teachers also tell me the easiest way to complete the mode chart is to do it alongside morning attendance.



POLLUTION SOLUTION
Golden Sneaker Contest

Join Your Class
Get Active
Help the Planet

Track your mode of transport with a tally mark in the appropriate mode. 1 tally = 1 point.

					Daily Tally	
SAMPLE					16	
W Monday						
O Tuesday						
W Wednesday						
W Thursday						
W Friday						
Subtotal						
O Monday						
T Tuesday						
W Wednesday						
W Thursday						
W Friday						
Total Tally						0 points

School: _____
Room: _____
Teacher: _____
Total class enrollment: _____

Walk or Roll
Bicycle, Scoot, or Skate
Bus School bus or public transit
Share Your Ride with people from another household
Drive This mode doesn't earn points

Participation %

GRAND TOTAL

New this year is our virtual tracker! Starting February 28, students can fill out [the virtual tracker](#) on their own. Make sure you mark your school and teacher to make sure your points go towards your class! Whichever way you choose to track activities, I suggest you track daily—it makes tracking more accurate and keeps the contest momentum rolling. We’d love to hear from everyone how this goes for you!

Ms. Stephanie: You are probably lucky enough to see what the Golden Sneaker Contest looks like at other schools all across Alameda County! Can you describe what other schools might do to make their event extra special?

Goldie: I’ve seen schools do so many cool things to complement the contest! Some schools want to make sure students are participating safely. So, they might try to schedule one of our [virtual or in-person safety training](#). These trainings all provide walking and/or biking quick tips and reminders to everyone.

Some schools have one central place where updates about the contest are made. For example, some schools like to use our newsletter text to update school social media pages, while others like to use the Alameda County Safe Routes to Schools vinyl banner or decorate a special bulletin board to post messages!



Proctor Elementary's promotional bulletin board

If you get in touch with me soon, you might be one of the few lucky schools where Goldie can make a special in person or virtual appearance! In the past, I've joined a walking group at Fairview Elementary in Hayward and read stories about walking and rolling to students. If you have an idea, reach out!! I am always happy to make your event dazzle!

Ms. Stephanie: Is there anything else you'd like to share about your favorite time of year?

Goldie: It's been an absolute delight working all across Alameda County schools for so many years. I love bringing the bling! I also think that everyone has a little Goldie in each of them. Don't ever underestimate the sparkle YOU bring to your school and community by just organizing this fun event! Thank you everyone for participating this year! Roll on!

Ms. Stephanie: Thank you so much for your time, Goldie!

Goldie: Thank you for your time, too. Stay golden!

If you have any questions related to the Golden Sneaker Contest, you can contact Goldie at info@alamedacountysr2s.org.