



News Release

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Date: June 1, 2021

Platte County Lifestyle Coalition opens new walking routes in downtown Columbus

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition (PCLC) — a local coalition dedicated to promoting healthy lifestyles — recently opened new walking routes in downtown Columbus.

These walking routes were funded, in part, by America Walks®, a national organization that promotes walking and walkability. In January 2020, Columbus was one of 19 communities chosen from more than 400 applications to receive funding and work with America Walks. The PCLC, in conjunction with Columbus Community Hospital (CCH), received a \$1,500 Community Change Grant to help create safe, accessible and enjoyable places to walk.

The PCLC created two walking routes in Columbus, and the City of Columbus helped place signs on the routes. Walkers can use both routes to get active, enjoy the fresh air and be connected to a variety of goods and services offered in the community.

A ribbon cutting ceremony for the new walking routes took place on May 27 in Frankfurt Square. It included representatives from the PCLC, CCH and the City of Columbus. As part of the event, Dr. Luke Lemke led community members in a special Walk with a Doc event along the South Route. This route starts across the street from Henry's on 11th and connects people to the various businesses along 11th Street. It includes signs and direction markers.

The North Route begins at the corner of 18th Street and 32nd Avenue, across from the Family Resource Center. It heads south along 32nd Avenue to 14th Street, then east along 14th Street toward the Platte County Courthouse, City of Columbus offices, churches and a large number of businesses. The North Route also will connect walkers to the new Columbus Public Library and Children's Museum when that building is complete. The route turns south at 22nd Avenue, then back west along 13th Street, connecting people to several businesses.

In addition to these walking routes, the PCLC is involved with several other local health and wellness programs, including the Walk to Jerusalem, the Complete Health Improvement Program, running clubs at local schools, Walk with a Doc and more.

To learn more about the PCLC or how people can become involved, contact Gene Vis, PCLC coordinator, at 402-562-4686 or edvis@columbushosp.org.

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