



MobileGenius

www.knoxsmartrips.org

You know how to **walk**, don't you? After all, it's just putting one foot in front of the other. But do you know how and where to walk for safety, and how to efficiently run errands on foot? If not, read on!

Safety first

The two most important keys to safe walking are to be seen and be predictable. And no matter how visible and predictable you might be, you can't assume that drivers see you, so be alert, too.

Here are a few more specifics:

- Wear bright, light-colored or reflective clothing.
- After dark, carry a light, and seek out well-lit street crossings
- Walk on the sidewalk or trail where available. If you have to use the street, walk facing traffic.
- When crossing at an intersection, watch for turning traffic. Just because you have the walk signal doesn't mean all drivers will yield.
- Watch for vehicles pulling into and out of driveways or backing out of parking spots when walking along the sidewalk, especially in commercial areas.
- Don't be so distracted by a music device or cell phone conversation that you can't hear what's going on around you. Screeching tires, wailing sirens or a honking horn mean "heads up!"

Getting things done

If you hardly ever run errands on foot, try to do a few to see how it goes. It may take a little more time to walk someplace you'd otherwise drive to, but since you're getting exercise along the way, you're doing two things at once, you genius you!

What to do?

Visit the [Walk Score website \(www.walkscore.com\)](http://www.walkscore.com) to find stores, restaurants, libraries, theaters and other amenities within a few miles of any address. You may find some walking destinations there. (Note: Some of the information is out of date.)

Which route?

[Ask.com's mapping site \(http://maps.ask.com\)](http://maps.ask.com) will give you walking directions. Just plug in your starting and ending locations, then at the top of the directions click "Walking." The walking directions will show you the shortest route, omitting highways and disregarding one-way streets. But it doesn't know where the sidewalks and greenways are, so you'll have to figure that out another way.

The [KGIS website \(www.kgis.org/KnoxNetWhere\)](http://www.kgis.org/KnoxNetWhere) can show you the location of greenways and sidewalks in Knox County. Use the zoom tool or one of the search features to get to the right neighborhood, then use the drop-down menu in the upper-right corner to select the Parks and Greenways theme (to find greenways) or the Transportation theme (to see sidewalks). You have to be zoomed in fairly close to see sidewalks. (Click on Layer, and if Sidewalks shows up as an option, you're close enough.)

Carry on

So you want to walk to the grocery store, but you don't know how you're going to carry all that stuff? Well for starters, don't try to do a week's worth of grocery shopping on foot. A few days' worth of food will be easier to carry.

A backpack will help for carrying bulky items. Canvas or mesh bags will hold up better during the walk home than plastic bags, and are better for the environment too. The committed on-foot errand-runner might want to invest in a collapsible metal rolling cart for wheeling home groceries and other big purchases