

Taking a Walk with the Library: StoryWalk®, Walking Book Clubs and More

"In a larger community, there might be other options (for a public fitness program)," said library Director Ann Reeves. "But we don't have a community center. We are the community center. If we can provide these services, it helps us and it helps the town." – [Walking book club provides spine for library's fitness](#)

[program](#), The Pantagraph, November 20, 2015

Resources Mentioned in the Webinar

- Charlotte Mecklenburg Library - StoryWalks official webpage
 - <https://www.cmlibrary.org/tags/storywalks>
- Kellogg-Hubbard Library - Official webpage of StoryWalk movement
 - <https://www.kellogghubbard.org/storywalk>
- Let's Move in Libraries - StoryWalk Program Idea page
 - <http://letsmoveinlibraries.org/storywalk/>
- Lenstra, N., & Carlos, J. (2019). Public libraries and walkable neighborhoods. International journal of environmental research and public health, 16(10).
 - <https://www.mdpi.com/1660-4601/16/10/1780/htm>
- Thinking Outside of the Stacks: The Growth of Nature Smart Libraries
 - <https://www.childrenandnature.org/2019/06/20/thinking-outside-of-the-stacks-the-growth-of-nature-smart-libraries/>
- Walk with a Doc - Our Locations
 - <https://walkwithadoc.org/our-locations/>
- Walk and Talk: A Bookmobile Book Club in Helena, Montana.
 - <https://lclibrary.org/CivicAlerts.aspx?AID=205&ARC=246>
- Survey at end of CML StoryWalk®
 - <http://bit.ly/librariystorywalk>
- StoryWalk® at CML kickoffs or celebrations (CMLibrary has had 5 kickoffs and 5 celebrations since fall of 2017)
 - <https://bit.ly/2oYNp6x>
 - <https://bit.ly/31VttA3>
 - <https://bit.ly/35gKDKe>
 - <https://bit.ly/31Xzbkl>
 - <https://bit.ly/31PRYhX>
 - <https://bit.ly/2OrOr5G>

- StoryWalks® with author/illustrator of book in attendance (Community Read – Matt de la Pena featuring Love – March 2019)
 - <https://www.flickr.com/photos/plcmc/albums/72157679613586858>
- Suggested contacts for follow-ups about Danielle's presentation:
 - Walking Book Club:
 - Andrea Houston
Information Services Library Associate & Readers' Services
ahouston@gailborden.info, 847-289-5844
 - GBPLD Team Read Walk/Run:
 - Laura O'Neill
Special Projects Administrative Assistant
Community Services & Program Development
loneill@gailborden.info, 847-289-5807
 - WBC start-up, GBPLD Team Read Walk/Run collaboration, Walk with the Mayor, Mayor's Walk Challenge, County partnerships:
 - Danielle Henson
Community Collaboration Coordinator
Community Services & Program Development
dhenson@gailborden.info, 847-429-6792

Additional Recommended Resources from Programming Librarian

- Scouts Can Help Make Your StoryWalk® Grow.
 - <http://www.programminglibrarian.org/blog/scouts-can-help-make-your-storywalk%C2%AE-grow>
- Wise Walk.
 - <http://www.programminglibrarian.org/programs/wise-walk>
- Parks & Rec: A Health Programming Partner
 - <http://programminglibrarian.org/blog/parks-rec-health-programming-partner>
- On Location: Risks and Rewards of Taking Your Programs Outside.
 - <http://programminglibrarian.org/blog/location-risks-and-rewards-taking-your-programs-outside>
- Snowshoe in February.
 - <http://programminglibrarian.org/programs/snowshoe-february>
- Middle Earth Walking Challenge.
 - <http://programminglibrarian.org/programs/middle-earth-walking-challenge>
- Library Walking and Running Clubs.
 - <http://programminglibrarian.org/blog/library-walking-and-running-clubs>

PROGRAMMING Librarian.org

An initiative of the American Library Association Public Programs Office

- Little Havana Walking Tour.
 - <http://programminglibrarian.org/programs/little-havana-walking-tour>
- Roaming Readers Walking Club.
 - <http://programminglibrarian.org/programs/roaming-readers-walking-club>
- Want to Know Your Community? Get Outside.
 - <http://programminglibrarian.org/articles/want-know-your-community-get-outside>

FIRST ANNUAL Team Read Challenge



7K Run & 1 Mile Fun Run/Walk

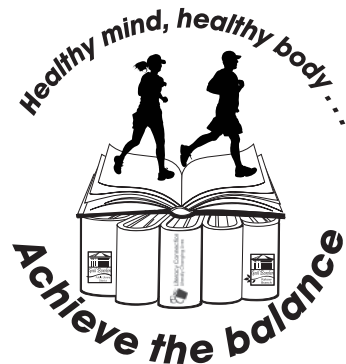
**Sunday,
April 6, 2014**

Official Fox Trot warm up race

Fundraising for the Gail Borden
Public Library Foundation

www.gailborden.info/teamreadchallenge for details

For more information, contact eherdich@gailborden.info



270 N. Grove Ave.
Elgin, Il 60120
www.gailborden.info



FIRST ANNUAL Team Read Challenge



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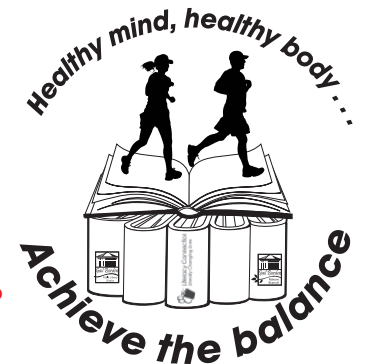
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Elgin, Il 60120
www.gailborden.info





TEAM READ CHALLENGE

7K Run & Family Fun Walk

For liability purposes, a separate registration form is necessary for each runner.

Make sure to complete both sides.

To get information about the route or to register online, visit:

www.gailborden.info/foundation/teamreadchallenge

or scan the QR code with your smartphone or tablet.



Name (First, M.I., Last): _____

Gender: **M** or **F** Date of Birth: _____ / _____ / _____ Age on day of race: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: (____) _____ - _____ Email: _____

School or Running Club Affiliation: _____

Credit Card #: _____ Exp. Date: _____ / _____ **Visa** or **MC**

Please provide your three-digit security code from the back of the card: _____

T-shirt Size: Adult: **S** **M** **L** **XL** **2XL** **3XL** Child: **S** **M** **L**

Please circle an event:

7K **Family Fun Walk**

Please circle what you believe your time per mile will be:

7:30 or below **7:30-10:00** **10:01 or above**

We will email start times to participants by March 15, 2014 -- there will be 3 waves : 7:00, 7:30, and 8:00 am.

I am unable to attend the race. Please accept my donation of \$_____.

I am unable to attend but would like a t-shirt. Enclosed is \$15 (circle your t-shirt size above).





TEAM READ CHALLENGE

Sunday, April 6, 2014

7am

Awards presentations will be at 8:30 am.

Recipients who are not present for the ceremony can pick up their awards at a later date at the Gail Borden Public Library. To make arrangements, contact Laura O'Neill at 847-289-5807 or email her at loneill@gailborden.info.

Age	Cost by 11/1/13	Cost After 11/1/13	Race Day Registration
High schooler	\$30	\$35	\$45
19-59 years	\$35	\$40	\$45
60 years and up	\$30	\$35	\$45

Total Amount Paid:

\$ _____

Please make checks payable to the **Gail Borden Public Library District Foundation** and mail to:

Laura O'Neill
Gail Borden Public Library
270 N. Grove Ave.
Elgin, IL 60120

I grant permission for organizers to use my name in legitimate accounts, press and promotion of this event.

_____ Initials

I DO NOT grant permission for organizers to use my name in legitimate accounts, press and promotion of this event.

_____ Initials

Race Waiver

Race waiver of liability (participant must sign) I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby assume full and complete responsibility for any injury or accident that may occur during my participation in this event or while on the premises of this event. I release the Gail Borden Public Library Foundation and any other race sponsors, donors, organizers, volunteers & benefactors with this race from any claim that I might have arising out of my participation in this event. If I do not follow all rules of this event, I understand that I may be removed from this competition.

Signature of participant or parent/guardian if under 18

Date



TEAM READ CHALLENGE RACE

7K RUN

APRIL 6, 2014



START at **Grove & McBride**

Turn around at **Trout Park River's Edge**

FINISH at **Memorial**



80% of course is on the Fox River Trail



Pratt's Castle



Gail Borden Public Library



Veteran's Memorial Park

*Gail Borden Public Library District Foundation is a 501(c)(3) nonprofit organization.
Your contribution is tax-deductible to the extent allowed by law.
No goods or services were provided in exchange for your generous financial donation.*



FOUNDATION

GAIL BORDEN PUBLIC LIBRARY DISTRICT

Thank You



**TEAM
READ
CHALLENGE**



Walking Book Club questions:

Administrative

Melissa Bernasek mbernasek@gailborden.info

Director of Information & Digital Services

Gail Borden Public Library District

(847)289-5836

WBC Staff Leader

Andrea Houston ahouston@gailborden.info

Information Services Library Associate & Readers' Services

847-289-5844

WBC Assistant & WBC member

Christine Padilla cpadilla@gailborden.info

Information Services Administrative Assistant

847-289-5829

GBPLD Team Read 1K Walk/ 7K Run questions:

Administrative

Denise Raleigh draleigh@gailborden.info

Division Chief, Public Relations & Development

847.429.5981

Team Read Project Manager/Staff & Foundation Liaison

Laura O'Neill loneill@gailborden.info

Special Projects Administrative Assistant

Community Services & Program Development

847-289-5807

Team Read Visionary

Edward Herdrich eherdich@gailborden.info

Security Professional & Resident Marathon Expert





GBPLD Kane County Health Department Liaison & CHIS Certification questions:

Erin Donlan edonlan@gailborden.info
Information Services Librarian
Consumer Health Information Specialization (CHIS) from the
Medical Library Association
847-289-5831

Bike, Walk, Move Week questions:

Administrative & programming questions
Ana Devine adevine@gailborden.info
Director of Neighborhood Services
Community Services & Program Development
847-931-2091

Teen Program questions:

Billie Jo Moffett bmoffett@gailborden.info
Director of Studio 270
847-289-5833

March Into Health & adult program collaboration questions:

Administrative
Miriam Anderson Lytle mlytle@gailborden.info
Division Chief, Community Services & Program Development
Community Services & Program Development
847-608-5027

Tish Calhamer tcalhamer@gailborden.info
Community Engagement Manager
Community Services & Program Development
847-289-5838

WBC "start-up", GBPLD Team Read Walk/Run community collaborations, Walk with the Mayor, Mayor's Walk Challenge, Activate Elgin, wellness partnership questions:

Danielle Henson dhenson@gailborden.info
Community Collaboration Coordinator
Community Services & Program Development
847-429-6792





GAIL BORDEN PUBLIC LIBRARY DISTRICT FOUNDATION

1st Annual Team Read Challenge 7K Run

1 Mile Family Fun Run/Walk

April 6, 2014

Sponsorship Opportunities

PRESENTING SPONSOR - \$5,000

- Recognition as the exclusive presenting sponsor of the 1st Annual Gail Borden Public Library
- Foundation Team Read Challenge
- Name and logo on all marketing and advertising materials used in conjunction with the event
- Name and logo on the Team Read shirt
- Name and logo on Run shirt
- Opportunity to present check during event festivities

OFFICIAL SPONSOR - \$1,000

- Recognition as an official sponsor in press release
- Name and logo on Team Read shirt
- Name and logo on Run shirt
- Opportunity to present check during event festivities

TEAM SPONSOR - \$250

- Name and logo on Team Read shirt
- Name and logo on Run shirt
- Opportunity to present check during event festivities

CORPORATE SPONSOR - \$100

- Name and logo on Run shirt





GAIL BORDEN PUBLIC LIBRARY DISTRICT FOUNDATION

1st Annual Team Read Challenge 7K Run

1 Mile Family Fun Run/Walk

April 6, 2014

Sponsorship Agreement

SPONSOR INFORMATION

Name _____

Company _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

SPONSORSHIP LEVEL

Sponsorship is tax deductible as allowed by law

_____ Presenting Sponsor (\$5,000 donation)

_____ Official Sponsor (\$1,000 donation)

_____ Team Sponsor (\$250 donation)

_____ Corporate Sponsor (\$100 donation)

1. Please make check payable to:

Gail Borden Public Library District Foundation

2. Send payment with this form to:

Gail Borden Public Library Foundation
270 N. Grove Avenue
Elgin, Illinois 60120

3. Please email company logo to:

dhuffman@gailborden.info

Thank you for your generosity!



Gail Borden Public Library District

BB No _____
(office only)

Team Read Challenge Registration

(press print)

First Name _____ Last Name _____

Male _____ Female _____ DOB _____ Age _____
as of April 6, 2014

Email _____ Phone _____

Street Address _____

City _____ State _____ Zip _____

7K Run _____
\$45 cash/check

1Mile Fun Run/Walk _____
no charge

Waiver

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby assume full and complete responsibility for any injury or accident that may occur during my participation in this event or while on the premises of this event. I release the Gail Borden Public Library Foundation and any other race sponsors, donors, organizers, volunteers & benefactors with this race from any claim that I might have arising out of my participation in this event. If I do not follow all rules of this event, I understand that I may be removed from this competition.

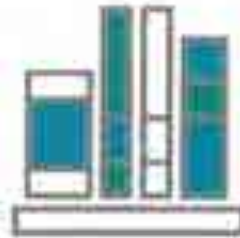
Signature

Date



GAIL BORDEN PUBLIC LIBRARY

WALKING BOOK CLUB



Meetings are held each Wednesday night from 7:00 - 8:30 pm.



The book club reads 1 book per month.

Each book is broken down into sections. One section is read & discussed each week.



Walking takes place at the Centre of Elgin from 7:00 - 7:45 pm.



Book discussions take place at the Centre's lower-level tables from 7:45 - 8:30 pm.



A "final meeting" is held on the last week of each month at the library's 2nd floor Conference Room.



WBC Participant comments from a few original members (2009-2019):

What brought you to WBC?

Beth: I saw the notice of the group in the Gail Borden Newsletter. I have always loved to read and to walk and thought what a great way to get some exercise! I attended the very first meeting and was hooked. So many interesting people were there!

Valerie: my daughters indicated to me (correctly!) that I had no friends of my own, all my friends were the parents of their friends, and I was connected only through their school or athletic activities with these friends. I sought out the Walking Book Club to meet 'friends' of my own unrelated to my kids.

Ruth: I was active and an avid reader.

What long-term health benefits or changes can be attributed to your participation in WBC?

Beth: I have made lifelong friends through the WBC. I would say that the changes were not only physical in getting my walk in on Wednesday nights, but even more so mental - in that I get tremendous emotional support from the group. Everyone in my life knows that Wednesday night is Book Club and I make it a priority not to miss.

I work from home daily and most of my work is on-line, so I really look forward to our stimulating conversations as much as the exercise!

Valerie: I was overweight when I joined the book club in 2009. Some 10 years later, with a few ups and downs, I am at a weight within normal range for my age. The weekly walking got me into a routine to walk daily, so as not to be so winded walking only once a week, it also put me into relationships where I was more active.

Ruth: I have seen positive health outcomes for group members throughout the years.

What literacy/literary benefits or impact does a weekly reading and discussion groups offer?

Beth: I read differently for WBC. I read every word rather than skimming like I will sometimes do. I look deeper and mark literary elements like foreshadowing and where the title comes from and especially beautiful writing because it is fun to share it with the other members and see that all of us marked the same spot! We have an interesting group of people with various ages and experiences, so I enjoy hearing how other people interpret things and make predictions.

WBC makes me read books I may not otherwise have picked up and I almost always am happy that I did read them!

Ruth: I enjoy and appreciate the staff-led discussion on our last session of each book. Andy brings research and insight for discussion that builds a deeper conversation about the books we read. Andy and Christine support and encourage conversations that we may not otherwise have on our own.



Valerie: Being with a group of adults who read (not only the WBC book- but other books and newspapers, etc.) meant that I was with a group of people who valued reading and education. We were not to discuss the book we were reading as a group, so often in the walking time we discussed other books and activities we did outside the book club. Also discussing books we were reading lead to other discussions, when we read books that had personal tie-in to members, like our books on Autism, or books with events that group members had personally experienced their stories added color and depth to the books we were reading. There have been many times where this occurred, the discussions themselves led me and probably others to a more evolved thinking level than we might have gotten to on our own.

What relationship benefits have you gained through the weekly group?

Beth: I already talked about this one a little bit. I have gained so much from my relationships in WBC. My husband died a few years ago, and my WBC friends have always been there for me when I need emotional support. We are a wonderful community of friends.

I truly look forward to seeing everyone weekly and hearing about their weeks and what is going on with their families.

Ruth: The initial and long-term relationships have supported all of us at one time or another along the way. This is a wonderful way for people to find each other in community. Discussing book themes and characters can create richer discussions that foster relationship and understanding.

Valerie: I can say without question that the people who I hold most dearly (outside of my immediate family) I met as a part of this book club. You are making a weekly commitment to see and spend time together. The time alone when you add it up equates to more time than many friends can say they have shared together. Imagine committing 90 minutes 4 times a month consistently to meeting with and spending time with a person who isn't a spouse, parent or child from you own family, that is valuable time for anyone and to spend it together weekly is amazing. Our core group has been together for over 10 years and developed an extremely tight bond, but we also welcome new folks all the time and have enjoyed the new 'blood' who provide a new and unique perspective. Not everyone stays, but the core group has remained.

Did your amount of physical activity change?

Beth: My overall weekly amount of exercise did not really change, but often Wednesday will be my best day of the week, because I often already have my 10,000 steps by the time I go to WBC, so I will have 15,000 steps or more on Wednesday.

Ruth: Overall, my activity and pace has decreased in 10 years because my work has demanded physical activity, but I still join at my pace and appreciate the discussions and the bond within the group.

Valerie: absolutely. I was not active prior to joining the book club and now I make daily exercise a priority.



Did your reading regimen or reading interests change? How or why?

Beth: My reading regimen did change a bit. I usually devour a book that I am "into". Since we cut the book into 4 weeks in general, I had to pace myself. Many times it has been very difficult to stop reading where we have to for the week. But the anticipation also makes it fun, and to hear what other people think will happen and then read on to see who is right.

I have developed more of a habit of having 2 books going at once, so when I finish the WBC book I have another one I can turn to.

I read my WBC books differently than my pleasure reading - much more intentionally and carefully. I often have tens of page markers marking special things I want to share with the rest of the group. I will look up origins of words, listen to music that is mentioned in a book, do research on topics that are introduced that I am unfamiliar with. It would be rare for me to do that if it were not for book club.

Valerie: It is fair to say that most all the books we have read in the WBC are books I might not have chosen on my own. I certainly didn't read as much as I do now. I am routinely reading 1-2 books a month beyond the WBC book. These other books are often based on recommendations from our book club members. It is always interesting to read a book outside what I may have selected on my own. I believe it is mind-expanding.

What advice or reason to start a WBC would you offer to a library thinking about starting WBC?

Beth:

1. Opportunity for book lovers to share their mutual passion for books on a weekly basis. I love how we go much deeper into the book than if we only met at the end of the book.
2. Social opportunity to expand your circle of friends.
3. You will have a vast array of books to recommend to other friends and family members. I have other friends that are in book clubs. We love sharing the lists of books we are reading, as a great way to find other books we want to read. I was at a wedding last week end. My sister-in-law's group had just finished our current book "Where the Crawdads Sing". I told her our next book is one I have really been wanting to read - The Tattooist of Auschwitz". And she said they had finished it a few months ago and I will LOVE it!
4. Fame!! LOL! It is different. We have had newspaper stories written about us and even our pictures in Oprah Magazine. Not why I do it, but a fun perk!
5. For our book club, we have a professional librarian choosing "worthy" books. Sometimes a book sounds good, but really isn't well written. But overall, GB does an excellent job of selecting books for our group. I like it when I am stretched a little to read something that I would not have otherwise chosen and end up loving it!



Ruth: It is a way to save time and incorporate literacy, physical activity and social needs in one weekly program. Initial dedication of staff is important until you find strong group leaders. Staff support for book selection, breakdowns, weekly or final session discussions, and location and emergency weather arrangements are all important pieces of the success of our WBC.

Valerie: I think the reason to start one is that it is a nice format to encourage physical exercise as well as social interaction. We have never 'required' that one walk as a part of the book club, but it is important to encourage that aspect as it is the health benefit tied together with the social aspect that I think makes this format successful. It brings a new idea to a book club which may appeal to folks with limited time that wouldn't have time to exercise and join a book club, when the activities are combined, they may appeal to the person who is stretched for time and is neglecting their physical and social development- this book club format combines both!

Some press and resource items:

www.oprahmag.com/entertainment/books/a25781963/book-clubs-make-a-difference/

www.litlovers.com/featured-clubs/walking

www.gailborden.info/library-info/2382-bike-walk-move

www.chicagotribune.com/suburbs/elgin-courier-news/ct-ecn-activate-elgins-st-0303-story.html

www.chicagotribune.com/suburbs/elgin-courier-news/ct-ecn-activate-elgin-healthy-cooking-st-0304-20180303-story.html



Gail Borden Public Library District

www.gailborden.info

270 N. Grove Ave. Elgin, IL 60120
2751 W. Bowes Road, Elgin IL 20124
127 S McLean Blvd, South Elgin, IL 60177

We can't wait to hear how you Moved your library & community!