



Welcome to NashVitality News! Every month we bring you healthy, active and green events and resources making Nashville a great place to live, learn, work, play & worship.

Metro Set to Launch StrIDe Pilot Program



Metro is preparing to launch a new MTA Youth Program, beginning later this month, which will allow high school students in Metro Schools to ride MTA buses without paying a fare. This new student riders' program is called StrIDe. Public school students enrolled in grades 9 through 12 are eligible for this pilot program, which

runs year round including the summer months.

StrIDe is a joint partnership between the Mayor's Office, Metro Schools, Nashville MTA and Metro Council. The new initiative will launch in late August when high school students receive their new student identification badges. In addition to serving as an MTA bus pass, each high school student's ID badge already serves as their school cafeteria card and library card.

News & Events



Join Mayor Karl Dean at [Public Square Park](#), Saturday, August 30th, for the **Walk 100 finale** - a celebration for all of the participants in the Walk 100 Miles with Nashville campaign. This event will start off with a 4-mile walk at 8 AM, then continue from 9 AM until noon with activities, games, live music and a ceremony recognizing all participants who

"Since we launched the Academies of Nashville college and career preparation program, we've looked for ways to make it easier for students to choose high schools with the programs that best fit their needs and interests," said Jesse Register, director of Metro Schools. "The StrIDe program does that and also gives students a means to get to work, internships and volunteer opportunities." This program will also enhance students' abilities to get to after-school activities and boost daily physical activity. According to Active Living Research, public transit users take 30% more steps per day than people who rely on cars.

Mayor Dean announced the initiative during his State of Metro address in May. The youth transit program was an idea that was championed in Metro's 2010 child and youth master plan by Councilman Ronnie Steine. In its 2013 education report card, the Nashville Area Chamber of Commerce recommended expanded youth mobility to allow for more school choice. This pilot program was developed from these two initiatives.

"We are pleased to offer this new and exciting program," Interim MTA CEO Ed Oliphant said. "As teenagers, these Metro students will be able to experience public transit, understand its many community benefits and become adults who appreciate its convenience and accessibility."

[Click here](#) for more information about the StrIDe program

walked 100 miles.

Restaurant Week is happening in Nashville now through Sunday, August 24. This twice annual event has Nashville Originals restaurants offering special menus and special deals. [Click here](#) for more information

Join Metro Public Health Department for a Breastfeeding Brunch to promote, protect and support breastfeeding at [East Park Community Center](#), Friday August 22, from 11 AM until 1 PM. There will be food, giveaways, games and more.

Join Cumberland River Compact at [Riverfront Park](#), Saturday, September 6, starting at 8 AM for the 8th Annual Cumberland River Dragon Boat Festival. You still have time to register as an individual or team through August 25th. [Click here](#) for more information