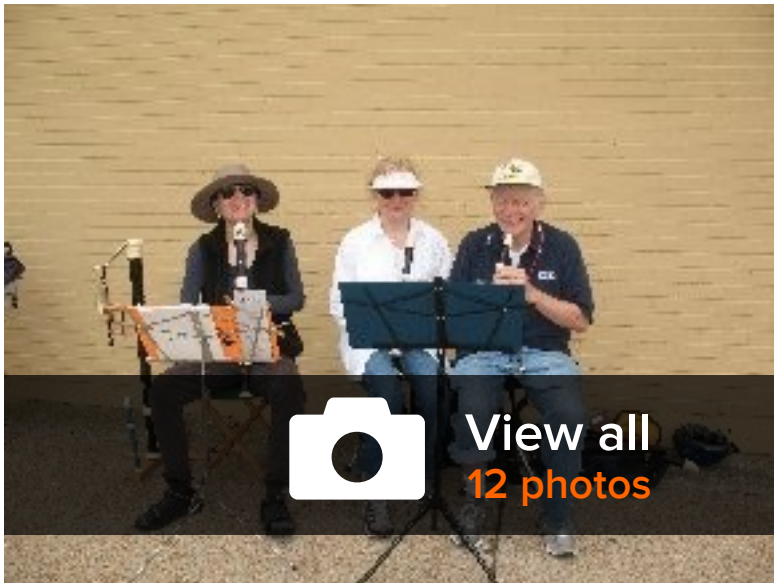


Open Streets 2010

May 5, 2010

6:43 PM MST



View all
12 photos

St. Louis Recorder Society



Mayor Francis Slay and bikers

To promote healthy lifestyles, the St. [Share Image](#) [Louis Mayor's](#) office has been creative. It designed and organized the Open Streets 2010 program. This is a relatively large event which was held for the first time on Saturday May 1 in downtown St. Louis. The [2010 route](#) is about 6 miles long and connects downtown St. Louis, the Grand Center and Forest Park, allowing participants to plan a route as long or short as they wish. Part of Locust Street, Lindell Bulevard, North Sarah Street, South Sarah, Newstead Street, Clayton Road, and Jefferson Street were blocked off for joggers and cyclists, adults and kids, tourists and residents to enjoy. Some were rollerblading on the street as well. The goal of this program is to provide more space for healthy recreation, encourage St. Louisans to use more sustainable forms of transportation, and complement the City's green initiatives.

Based on similar programs hosted around the world, the St. Louis' program has merit. It combines elements of the neighborhood block party, a day at the gym, and a relaxing weekend morning. Barnes Jewish Hospital, St. Louis Children's Hospital, Siteman Cancer Center, and Logan College provided fun-filled educational activities and important health advices. YMCA of Greater St. Louis arranged [Yoga](#), Taichi, Zumba, and cycling classes for kids and adults. Rock Workout had demonstrations of Kickboxing & Spinning and hosted contests for Sit-ups & Push-ups. Triumph Grill offered Law Games, Washers, Badminton and healthy snacks. St. Louis Recorder Society were playing beautiful songs to entertain participants. All were free. It was a chance to exercise, an opportunity to meet and watch people, and a great time to enjoy a few parks in the area with family and friends. Mayor Francis Slay got up early and looked energetic in his orange colored t-shirt. He sincerely talked to his staff, people in the sponsor booths, and event participants to get their feedback.



Taichi Class during Open Streets



Yoga class during Open Streets

The Mayor's Office organized the event. However, this program would not be possible without the support of the St. Louis Metropolitan Police Department, the Special Events Department, the Department of Streets, the Department of Health, and the Department of Parks and. Boeing, Great Rivers Greenway, YMCA of Greater St. Louis, Trailnet, Grand Center for Art and Life, and Saint Louis Regional Bicycle Federation are also among the sponsor list.

Leading up to Saturday, the weather forecast was calling for rain. Friday night's tornado warning and thunderstorm threatened the event. However, a few thousand people still came out to enjoy this relaxing program. Fortunately, the rain held off and the weather was quite pleasant with light sun and breeze. The event started at 8 am and ended at 1 pm successfully.

Helen Yane, who works in the mayor's office and is the main coordinator for the event announced that there will be [three more events](#) this year on Sunday June 13, Sunday September 19, and Saturday October 9. There are different themes to go with each of the event. So check them out and mark your calendar.



For more info: click [here](#) for more Open Street 2010 info.



Violet Li

St. Louis Tai Chi Examiner