Reading Eagle: Natalie Kolb | Identical twin Kayla Kampe, 5, of Bernville, left, serves the balloon to sister Kayla during the Knight Walk at Reading High School -

Tennis, silly games help shoo winter away at Geigle Complex in Reading

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By David Mekeel

With overcast skies, temperatures in the 30's and snow and ice still encasing much of the city, Saturday was a perfect day for a game of tennis.

At least for anyone who stopped by the Reading School District's Knight Walk.

With winter on its way out, hopefully, the Reading School District's health services department held its annual fun and fitness event at the Geigle Complex. The event is designed to encourage people to live healthy lifestyles.

Usually drawing about 1,500 visitors - students, staff, parents and community members - the Knight Walk features contests, music, informational booths and games.

"It started out as an event just promoting exercise," said Lauren Reagan, a nurse in the district. "It sort of just blossomed into a big event all about health."

The Knight Walk does touch on just about everything health related. From kids working up a sweat in a bounce house to information on mental health to a booth about chemical abuse.

Reagan said the most popular activity at the event is a minute-to-win-it contest where teachers battle in various silly games.

For Helena Rivera, who said she brings her children every year, things like that make the Knight Walk so popular.

"They just love it, we do it every year," she said as she watched her son, 10-year-old Dakota Dugan, race back and forth across the gym floor tapping a balloon in front of him. "They get to hang out with their friends and do fun stuff and see their teachers act silly."

Contact David Mekeel: 610-371-5014 or dmekeel@readingeagle.com.

Reading Eagle: Natalie Kolb | Haylee Ortega, 5, of Reading on her new bicycle during the Knight Walk at Reading High School. Haylee won the bike in a ticket raffle.