



**For Immediate Release**  
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**CMT'S TEN TOES + TRANSIT CELEBRATES 20 YEARS OF CONNECTING  
OLDER ADULTS TO HEALTH, TRANSIT AND COMMUNITY**  
*Registration Open for Spring 2026 Session*

**ST. LOUIS (March 11, 2026)** ... Over the past 20 years, Citizens for Modern Transit's Ten Toes + Transit program has helped more than 14,000 older adults stay active, connected and confident using public transit—through 38 sessions, 1,787 guided walks and the support of 323 trained volunteer walk leaders. As CMT celebrates this milestone, residents are encouraged to register for the Spring 2026 Ten Toes + Transit session and become part of one of the region's most successful active-aging programs. The cost is \$15 per 12-week session and includes access to weekly walks, all special excursions and a walking kit for new registrants (valued at \$50) with a belt bag, transit tickets, pedometer and more. Single walks are available for \$5 each.

"I was a walk leader for 17 years and enjoyed every minute of it," stated Mary Fran Balmer, who led more than 400 walks over the years and now walks as part of a group. "I've made lifelong friends and visited amazing places as part of this program. I encourage others to get involved."

CMT's Ten Toe + Transit program is held in partnership with AARP in St. Louis and the St. Clair County Transit District. The Spring 2026 session begins Thursday, April 2 and runs through June 30. Each week, walk group members and a trained volunteer walk leader meet up and take MetroLink or MetroBus to one of the hundreds of area attractions accessible via transit. Groups walk anywhere from 0.25 to 5 miles while exploring, then typically grab lunch or a snack and complete the reverse trip back. Individuals can join a group that is most convenient for them based on location, time and day of the week.

The Ten Toes + Transit program also offers several special tours and Coffee Club walks each session. The Coffee Club walks are held on Saturday mornings and offer participants the chance to explore local coffee shops throughout the region.

"One of the greatest successes of Ten Toes + Transit is the confidence it builds," stated Kimberly Cella, CEO of CMT, who played a pivotal role in bringing the program to life. "By pairing guided walks with regular MetroLink and MetroBus use, participants gain the skills and comfort needed to use transit on their own—supporting long-term mobility, independence and ridership across the region."

A current Ten Toes + Transit participant added, "I am so glad I discovered CMT and the Ten Toes + Transit walks. While I have lived in St. Louis for 30 years, the program has opened my eyes to new destinations I had never heard of before. It has allowed me to be a tourist in my own town and familiarize myself and get comfortable using Metro Transit," stated Marina Allen.

Individuals interested in joining the Spring 2026 session can learn more and register by visiting [www.cmt-stl.org/ten-toes-transit/](http://www.cmt-stl.org/ten-toes-transit/) or by calling **314-231-7272**.

**Citizens for Modern Transit**

Citizens for Modern Transit is the St. Louis region's transit advocacy organization. Established in 1985 to help bring light rail to St. Louis, CMT's mission is focused on championing, challenging, encouraging and advocating for public transit in an effort to drive economic growth and improve quality of life. To help support this mission, the organization works to develop ridership programming, transform spaces around transit stops, help secure local and federal transit funding, serve as a strong and effective voice on transit-related issues and opportunities, and ensure safe, convenient, user-friendly and affordable access to the area's integrated public transportation system. To learn more, visit [www.CMT-STL.org](http://www.CMT-STL.org) or follow the organization on Facebook, X, Instagram or LinkedIn.