

The Spin



Colorado Safe Routes to School State Network

Volume 2, Issue 2

Irish I was Biking

Welcome to *The Spin*, a monthly e-newsletter brought to you by the Colorado Safe Routes to School (SRTS) State Network. The Spin is designed to facilitate information sharing and connections among communities and organizations interested in increasing the number of Colorado students walking and biking safely to and from school every day.

This issue of The Spin is themed *Irish I was Biking*...addressing the issues of access, liability and funding, which often can be barriers for getting more of our children walking and biking to school. This issue will highlight some wonderful examples of communities from around the state that have overcome these barriers, due to a little luck and a lot of hard work!

Stories from Schools

Adams 12 School District Invests in Bike Fleet

After four years of receiving Safe Routes to School grants and bringing programs to nearly 10,000 students at 18 elementary schools, Adams 12 Five Star School District has purchased a bike fleet for P.E. teachers to “check out” and use for on-going education. Teachers that were involved with the Safe Routes program have received training from

Bicycle Colorado and are now able to conduct their own bicycle rodeos. With this recent purchase by the school district, teachers can continue reaching their students year after year. The P.E. teachers from these 18 schools came together this winter for a bike fleet



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training. They received a refresher on bicycle education and setting up a skills course, along with all the details on accessing and taking care of the 12-bike fleet. In addition, high school students from Adams 12 designed and built three standing bike racks to make fleet storage and transportation very efficient.

The National Crosswalk

Erin Go Biking - Educating State Level Decision-Makers

Safe Routes to School has the amazing capacity to stretch its boundaries across the fields of health, transportation, safety, environment and more. This elasticity is an enormous benefit in terms of marketing the benefits of walking and bicycling to and from school an effective approach to addressing major issues in many fields.



Although, while this elasticity is a benefit, it also means that Safe Routes to School practitioners have their work cut out for them as they approach leaders and decision-makers in a myriad of fields and governmental departments. In order to support practitioners doing this important work, the [Safe Routes to School National Partnership](#), with funding provided by the [American Public Health Association](#), has created two action briefs (as a part of a series of twelve) that focus on working at the state level with their governors and state agency leaders. The action briefs provide needed background, fundamental understanding of roles, impactful talking points and action items for the practitioner and background on Safe Routes to School as well as effective Safe Route to School strategies and case studies for governors and state agency leaders.

Download the action brief: [Safe Routes to School: A Primer for Understanding the Role of Governors and State Agency Leaders](#)

Download the action brief: [Safe Routes to School: A Primer for Governors and State Agency Leaders](#)

Cruisin' with CDOT

National Bike to School Day Registration is Now Open!

Wheels are in motion and (with a little bit o' luck!) we want Colorado to be number one in the nation for schools with registered events. Bike to School day is Wednesday, May 8, 2013, and now is the perfect time to begin planning an event for your school or community. Bike to School Day registration is free and open to all individuals and/or organizations planning a 2013 Bike to School Day event.



Registering a Bike to School Day event provides you with access to ideas for planning events both large and small, downloadable materials, and classroom activities.

Need an extra incentive to participate in this year's Bike to School Day? Schools that register events before April 8 will be entered in a drawing to receive fun, colorful yard signs from CDOT to promote their event around the neighborhood. Registered schools and communities will also be entered into the National Bike to School Day bicycle parking rack weekly giveaway.

Register now at www.walkbiketoschool.org!

Training Wheels and Webinars

Fire Up Your Feet Webinars

Fire Up Your Feet programs across the country are encouraging families, students and schools to work together and create active lifestyles which inspire our children to be healthy and physically active.



Fire Up Your Feet is a core program of the Safe Routes to School National Partnership and is being brought to Colorado in partnership with Kaiser Permanente. Need to know a little bit more about what this is all about? Please join one of the following webinars to learn more.

Colorado Partners, March 18th, noon-1pm.

- Click [here](#) to register. Webinar ID: 148-907-467

Colorado Parents, March 18th, 4-5pm.

- Click [here](#) to register. Webinar ID: 121-760-603

Colorado Parents (in Spanish), March 19th, 4-5pm.

- Click [here](#) to register. (Access Code: 152-081-941/ Audio PIN - Shown after joining the meeting/ Meeting ID: 152-081-941/ Or call in: (213) 493-0614.)



Winter Rally Paves the Way for Spring Shamrocks

On February 11th, the SRTS State Network held its second state convening, the Winter Safe Routes Rally, in conjunction with Bicycle Colorado's 2013 Colorado Bicycle Summit.



There were nearly 70 participants from around the state representing 10 cities and counties, 5 school districts, 16 nonprofit, education and advocacy groups and 6 transportation and law enforcement agencies.

The theme of this meeting was *"Promoting the Safe in Safe Routes to School."* This convening was intended to promote best practices, facilitate information sharing and collaboration. The event began with a panel of experts representing parents, law enforcement, child psychiatry and education programming to keep kids safe and active. The presentations were followed by a question and answer session from the large group. This information sharing led into small group breakouts and a report-out of best practices to the large group of ideas and resources for overcoming safety issues and perceptions in order to get more kids walking and biking to and from school this spring.

This event was made possible through the volunteer efforts and collaboration of the 8 organizations that make up the SRTS Network Steering Committee, which allowed the group to provide the event for free to all participants. A special thanks to Bicycle Colorado for their generous contribution of meeting space and equipment and Kaiser Permanente for providing the food.

Pedaling Programs and Funding Feet

Where are All the Horses?

"Where are all the horses?" a second-grade student asked a Grand Valley Bikes (GVB) instructor when he was ushered outside for the Safe Routes to School bicycle rodeo. That week, GVB staff were surrounded by a bicycle rodeo course with multi-colored cones, sidewalk chalk, helmets and a fleet of bicycles, and yet the little buddy still has the literal "rodeo" concept in his head. Kids are so funny. One week prior, GVB spoke to juniors in



a physical education class about road-safe topics, including rules of the road for pedestrians, scooters, skateboards and bicyclists, the importance of helmets and proper helmet fit, and a bicycle safety check.

The Grand Junction Safe Routes to School (SRTS) program consists of education to increase the safety skill-set of students (in-class and outside with the bike rodeo) and encouragement to use road-safe skills with prizes for participation. SRTS also works with parents to recognize that safe driving can provide a safe route to school, and that traffic congestion, pollution and hazards around schools can be reduced by enabling more children to walk and bike to school.

Grand Valley Bikes (GVB), in partnership with the City of Grand Junction and Mesa County, has secured \$68,000 since 2011 to purchase a bicycle fleet and to teach over 3,000 elementary school-aged children road-safe skills. "The City of Grand Junction is committed to accommodating all modes of transportation and believes programs that encourage

children to walk and bike safely to school contribute to achieving our goal of “Becoming the Most Livable Community West of the Rockies” says Kathy Portner, Neighborhood Services Manager for the City of Grand Junction and liaison to the SRTS program.

To learn more about how Grand Valley Bikes is improving safety and infrastructure for cyclists in the Grand Valley, visit www.grandvalleybikes.org.

Fire Up Your Feet - Funding Opportunities

Kaiser Permanente is partnering with the Safe Routes to School National Partnership and the National Parent Teacher Association to bring [Fire Up Your Feet](#) to Colorado! This walking and activity program encourages staff, teachers, students, and their families to walk or bike to and from school, and to incorporate more physical activity in the school day.

Fire Up Your Feet Fundraising helps your school, PTA and family get moving and raise money to create an active, healthy school! Seventy-five percent of the money raised through Fire Up Your Feet goes back to your school. The school/PTA can use the money to invest in healthy items such as new gym equipment, bike racks, pedestrian and bicycle safety programs and more. Additionally, any Colorado school or PTA group is eligible to compete for a Fire Up Your Feet Challenge Award! Thanks to generous support from Kaiser Permanente, Colorado’s Fire Up Your Feet program will provide \$3,000 in Challenge Awards to help improve school health!

Families and schools raise, on average, three times more money using online fundraising tools. Fire Up Your Feet has numerous tools to help your PTA create a healthy fundraising event. Our toolkit, tips and monthly webinars help you every step of the way. For more information visit the [Fire Up Your Feet webpage](#).

*The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting among communities and organizations in order to lift up what is working, identify new opportunities and galvanize support for policy and culture change that will increase the number of students walking and biking safely to and from school in every Colorado community.*

[LiveWell Colorado](#) serves as the lead facilitator for the Network. Other members of the Network’s steering committee include: [Bicycle Colorado](#), [Children’s Hospital Colorado](#), [Colorado Department of Public Health and Environment](#), [Kaiser Permanente](#), [Littleton Public School District](#), and the [Safe Routes to School National Partnership](#). If you are interested in learning more about the network, please contact [Karen Ryan](#).

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