

The Spin



Colorado Safe Routes to School State Network

Volume 2, Issue 4

Summer Brake

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

Summer brake is the topic of *The Spin* this month. May is National Bike Month and this issue strives to keep biking momentum strong throughout the summer season. Earlier this month, students, parents, organizations and individuals celebrated National Bike to School Day. Over 1400 events were held nationwide and Colorado was well represented with 79 registrants. Our state more than tripled the number of participants from last year and had the third highest number of events among all 50 states! Whether you had an outstanding Bike to School Day or wish you had, this edition will share all of the triumphs and illustrate how to build upon the success from this event. While your children may be on break from school, don't let them take a break from being active!

Also, as the school year approaches an end, we encourage you to reflect back and send us some of your greatest memories from this school year. Your story could be featured in the next edition of *The Spin*! Please send information and pictures to advocacy@livewellcolorado.org by Monday, June 3.

In This Issue

Stories from Schools

Local Businesses & Bicycle Colorado Partner to Help Charter School Kids Bike and Walk to School

Salida Safe Routes Success

The National Crosswalk

Blogs About Biking

Cruisin' with CDOT

CDOT's Safe Routes to School Program Funds \$1.5 million in Projects

Training Wheels and Webinars

Webinars Advocating Involvement

Pedaling Programs and Funding Feet

Keeping the Momentum Going During the Summer Months

[Subscribe to The Spin »](#)

Stories from Schools

Local Businesses & Bicycle Colorado Partner to Help Charter School Kids Bike and Walk to School

Free Horizon Montessori, a Jeffco Public Charter School located in Golden, Colorado, applied for a Safe Routes to School grant in the hopes of finding creative ways to get more students biking and walking to school. Because the school is located in an office park and surrounded by major roads, such as Colfax, Highway 6, and I-70, their infrastructure challenges are very real.

As part of the grant, Bicycle Colorado instructors provided an education program at Free Horizon that encouraged bike safety. During the program, the instructors happened to notice that several bike-related companies are also nestled in the same business park as the school. The idea was born to reach out and involve these companies in supporting biking and walking to school. Without hesitation, Spot Bikes, Yeti Cycles and Feedback Sports jumped on board.



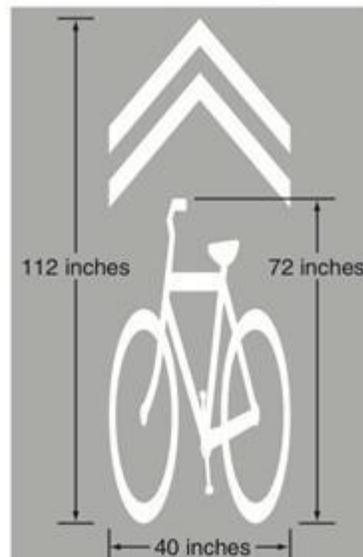
Parents and school administrators joined Bicycle Colorado to plan a huge International Bike to School Day event on May 8. Spot, Yeti and Feedback Sports hosted remote drop-off areas in their parking lots complete with drinks and snacks. More than 100 students participated in Walkin' and Wheelin' Day, making it one of the most successful school events of the year. At least one brave father biked 7.5 miles one way with his two students that day! Students and parents gathered to fuel up before riding or walking in groups to the school – several blocks uphill. Once at school, students engaged in a fitness challenge on the playground and started school with their brains engaged and their bodies quiet – ready to learn!

A truly unique event partnering private industries with local schools, Free Horizon parents and administrators were enthused and plan to continue working with the private companies to hold bike and walk to school days. “My sons loved this event, and I loved the sense of community it provided!” said Free Horizon parent, Kaye Boeke. “I am committed to finding safe connections to our school from the RTD West Line and the multitude of trails in Golden, and I'd like to see this happening once a week to increase physical activity and decrease our time in the car.”

Salida Safe Routes Success

A proposal to install 80 sharrows over 40 blocks around the Salida, Colorado community was

Figure 9C-9. Shared Lane Marking



well received in late April. To advance this project, the city will be providing over \$2,000. LiveWell Chaffee County and other stakeholders will begin to schedule the timing of this event, create an education and PR plan, and submit a grant application to Bikes Belong in order to leverage funds. This momentum would not be possible without the support from Salida School District (SSD) superintendent Darryl Webb, SSD middle school principal Rose Ley, SSD School Board member Lezlie Burkley and Shawn Gillis (SPOT and Absolute Bikes). Their encouragement helped advance this project and will create safer routes for Salida students to travel to and from school!

The National Crosswalk

Blogs About Biking

Take a moment to read Deb Hubsmith's blog titled, *Director's Outlook: Bike to School Day is May 8!* Although Bike to School day has come and gone this year, Deb shares her inspiring story and highlights the health and academic benefits of children cycling. She also provides her ideas on continuing biking throughout the summer months. Read her blog [here](#).

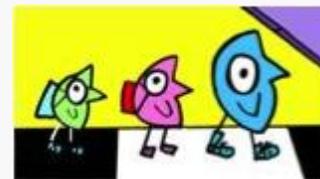


Cruisin' with CDOT

CDOT's Safe Routes to School Program Funds \$1.5 million in Projects

It's almost summer vacation for most students, but many schools across Colorado are already gearing up for their SRTS programs next school year, thanks to the Colorado Department of Transportation's most recent round of SRTS grants. The projects, from start-up education programs to major infrastructure improvements, are all designed to encourage kids of all ages to walk or bike to school safely.

CDOT approved \$1.5 million in grants this spring for fourteen SRTS projects statewide. Six of the projects are designated for infrastructure improvements (such as the construction of sidewalks, crosswalks, bike lanes, trails, and installation of signage and striping), and eight projects are for non-infrastructure elements (such as community-wide safety education and encouragement campaigns). This cycle of CDOT SRTS grants will reach over 100 schools statewide! View the complete list of 2013 grant recipients [here](#).



More about CDOT SRTS Grants:

CDOT will be posting the next call for SRTS grant applications in early August 2013. Applications will be due early December 2013. This next call for projects will be 100% federally funded (no local match required), so don't miss out!

Please [visit the CDOT SRTS website](#) for more information or email srts@state.co.us for application advice or questions.

Training Wheels and Webinars

Webinars Advocating Involvement

The Safe Routes to School National Partnership is hosting a webinar titled, *Maximizing District-Wide Impact of SRTS: Educating Principals and School Boards* on Thursday May, 16. Tune in to the discussion of policies, procedures and projects that have been advanced at the school and district level. Topics address parental concerns to improve safety, physical activity and encouraging more students to walk and bike to school.

Register [here](#) for this upcoming webinar!

Although it is National Bike Month, the National Center for Safe Routes to School encourages parents to learn more about the Walking School Bus Program. This online training titled, *The Walking School Bus: A Primer and First Steps* teaches preparation, how to build momentum, and launching your own walking school bus program. Not only is this a great alternative method of transportation during the school year, it can be utilized to and from upcoming summer programs. It's fun, easy and a safe way for children to get active! [View the modules here.](#)



Pedaling Programs and Funding Feet

Keeping the Momentum Going During the Summer Months

Through the [Bikes for Life Program](#), Children's Hospital Colorado partners with Bicycle Colorado and select Boys and Girls Clubs of Metro Denver to promote cycling as a lifelong fun and healthy activity. On Bike to School Day, the Bikes For Life program partnered with Cole Arts and Sciences Academy's Beacons Boys and Girls Club to have bicycle activities and safety education before the start of school. This



summer, Bikes For Life will be working with three of the Boys and Girls Clubs of Metro Denver branches (Cole Arts & Sciences Academy Beacons Boys and Girls Club, George M. Wilfley Branch, and Johnson Elementary Beacons Boys and Girls Club) to create summer bike clubs. At each of the branches, ten kids will receive a new bicycle and helmet at a bicycle clinic at their branch in June. At the bicycle clinic, kids learn key bicycle safety lessons, are fitted to their bicycles, and practice their cycling skills or, in many cases, learn to ride a bicycle. The clubs will keep the bicycles on site for the remainder of the summer and Boys and Girls Clubs staff members will lead group rides 2-3 days each week with the kids. The kids will learn how to find safe bicycle routes around their neighborhoods and

how to get around on their bicycles through trips to the library, park, and other events. They will also participate in a fix-a-flat class to learn how to repair flat tires and minor repairs themselves to remove that common barrier to riding their bikes. At the end of the summer bike club program, the kids will get to take home their bicycles. The kids participating in the summer bike club at Cole Arts & Sciences Academy will also be participating in the Safe Routes to School program this fall.

*The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting among communitis 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 advocacy@livewellcolorado.org.

[Unsubscribe](#) • [Contact Us](#) • [Subscribe](#)