

The Spin



Colorado Safe Routes to School State Network

Volume 2, Issue 8

Walktober Fest: Celebrating Walk to School Successes

Welcome to the *The Spin*, a monthly e-newsletter brought to you by the Colorado Safe Routes to School State Network.

This issue of *The Spin* is a celebration of Walk to School Day 2013. Learn about event successes, local and national news and important grant opportunity; meet a new member of the SRTS Steering Committee; register for an upcoming webinar; and finish strong with Fire Up Your Feet.

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Stories from Schools

Caution: Happy Students Celebrating Walk to School Day

[Children's Hospital Colorado](#) and the [Safe Kids Denver Metro](#) coalition partnered with Black Forest Hills Elementary School in Aurora for a successful Walk to School Day. Approximately 300 students participated in the event on October 9, 2013. In addition to the Safe Kids Denver Metro booth promoting pedestrian safety, a DJ kept things lively, Ronald McDonald offered fruit smoothie coupons to keep walkers fueled, and the Aurora Police Department sent several officers to engage with the kids. Fifth graders participating in the [5th Gear Kids](#) healthy lifestyle program helped champion the walk to school day effort. Healthy snacks were made available to the kids, and students were very engaged, making it a fun and successful event!



Walking (and Biking) the Talk!

At the request of his three year old daughter, Dave Cowan, SRTS National Partnership Program Manager and member of the State Network, created his own alternative transportation event on October 9, 2013. The two rode their bikes over 1.1 miles to her daycare that morning. "As an advocate for bicycling, I (and by default, I suppose we) really believe that bicycling can change the world," Dave says, "and I hope my daughters, if they learn anything from me, learn that."



The National Crosswalk

Salida Named Bicycle Friendly Community

The [League of American Bicyclists](#) recently announced the 32 new Bicycle Friendly Communities (BFC), growing the total number of BFCs to 291 representing 48 states. This program provides cities and towns with a roadmap and the expertise to make effective investments to increase bicycling in their communities. This latest round of applications was one of the largest since the program's inception in 2003.

Colorado ranks second in regards to Bicycle Friendly states with 19 communities, 31 businesses, and two



universities accepted into the program. Salida was introduced as a Silver community, which was only one of two Silver awards given this round. These communities are welcoming to bikes and are easy to navigate for intermediate and experienced cyclists, yet the community still has improvements to work toward. Since most municipalities receive Bronze awards, this is an important accomplishment for Salida. Other communities that have achieved bronze status include: Arvada, Carbondale, Castle Rock, Golden, Greeley, Lakewood, and Summit County. Vail recently moved up to join the other Silver communities: Aspen, Colorado Springs, Denver, Gunnison, Longmont, and Salida. Gold communities include: Breckenridge, Crested Butte, and Durango. And last but not least, Boulder and Fort Collins represent the Platinum level of BFCs. Learn more about the new BFCs [here](#).

Nationwide Survey on Walking and Walkability

Earlier this month, Kaiser Permanente and GfK Research released results of a [nationwide survey](#) on walking and walkability. According to the survey, Americans know that walking has positive health benefits, yet many of them admitted they did not meet the minimum amount of 150 minutes per week of



moderate physical activity recommended by the CDC. Results indicated that while 30 percent of Americans walk more than they did five years ago, 35 percent are walking less. Key findings include the desire for more walkable areas. For example, trees that divide the sidewalk and street are not only aesthetically pleasing but act as a safety net to pedestrians.

Help change the trend and join the walking movement. [Click here](#) to take the pledge to make walking a priority in your life.

Crusin' with CDOT

Call for 2014 SRTS Applications

The [Colorado Department of Transportation \(CDOT\)](#) is accepting applications for 2014 Safe Routes to School (SRTS) funding. Awards for both non-infrastructure (education) and infrastructure (capital) projects are available. Eligible applicants include schools, school



districts, cities, counties, tribal entities, and/or any other local or regional government entities. Non-profit organizations may apply by partnering with any of the above entities. This year, grants will be 100% federally funded (no local match required), so don't miss this opportunity.

A primary objective of SRTS programs is to educate and encourage communities to provide safe conditions for children to walk and bike. Successful SRTS applicants must demonstrate a strong commitment to program sustainability. [Apply now](#) before the December 6, 2013 deadline!

CDOT Announces New State SRTS Program Manager

Leslie Feuerborn joined the Colorado Department of Transportation on September 30, 2013 as the new Colorado Safe Routes to School Program Manager. She replaces Marissa Robinson, who is now CDOT's MPO and Regional Planning Liaison.

Leslie comes to SRTS from LiveWell Longmont, where she was instrumental in launching a worksite wellness collaboration with several large employers including the City of Longmont and St. Vrain Valley Schools. Prior to working with LiveWell, she was the coalition coordinator for Safe Kids Denver Metro, which focuses on building partnerships to work together to prevent unintentional injuries in children particularly around child passenger, bicycle, and pedestrian safety. Several members of the Safe Kids coalition have served on the SRTS Advisory Committee and others have been the recipient of SRTS grants. Leslie's experience in healthcare, health promotion, and education lends itself well to leading the state's SRTS program. You can reach Leslie at 303.757.9088 or leslie.feuerborn@state.co.us

Training Wheels and Webinars

Tune in to the [Safe Routes to School National Partnership's](#) webinar, *Shared Use: Is It In You? Engaging School Administrators in the Shared Use of School Facilities to Increase Physical Activity Opportunities for Kids* on Thursday,



November 7, 2013 at noon MST. Schools play a key role in increasing access to physical activity opportunities for students and community members; however, many times school facilities are locked after school hours. Participate in this webinar to learn the different resources parents and community champions can use to educate administrators on the value of shared use practices. The examples provided will help advocates start the conversation and build relationships to create the change that is needed to reverse childhood obesity. [Click here](#) to register for this upcoming webinar.

Pedaling Programs and Funding Feet

Fire Up Your Feet to Finish Strong

Week 3 of the Colorado [Fire Up Your Feet](#) October Activity Challenge just ended and so far Shelton Elementary School in Golden and Sand Creek Elementary School in Colorado Springs have been awarded \$100 each. This money will be used to improve gym equipment, provide new bike racks, or create creative ways to get kids moving. Shelton Elementary logged 1545 minutes to win Week 1 of the Challenge. Fifteen Sand Creek Elementary students participated in Week 2, making it the



largest percentage of participants among Colorado schools. [Get your school involved](#) and finish the October Activity Challenge strong.

*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: [Action for Healthy Kids](#), [Bicycle Colorado](#), [Children's Hospital Colorado](#), [Kaiser Permanente](#), [Safe Routes to School National Partnership](#), and subject matter experts.

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