

The Spin



Colorado Safe Routes to School State Network

Volume 3, Issue 3

Marching to the Beat of SRTS

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

As we march into spring, the SRTS State Network is pleased to be supporting **HB14-1301: Safe Routes to School State Program Funding** ([click here](#) to track this bill) and getting ready for Bike to School Day 2014.

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Stories from Schools

NEAT Trail Project

The North Evergreen Activity Trail (NEAT) is a 1.8 mile multi-use trail through North Evergreen, providing bike/pedestrian connections from homes and schools to open space, recreation, and commercial destinations within the community. Before the trail, children

traveled on an unpaved shoulder when walking or biking to school. The project was completed last fall and held a dedication ceremony in October. By maintaining and removing snow along the NEAT Trail, the Evergreen Park & Recreation District makes it possible for students to walk and bike to school all year round.

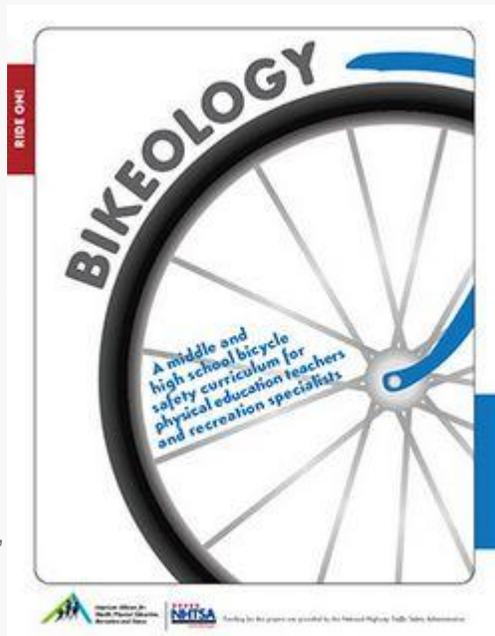
NEAT received three SRTS grants for the project -- \$34,000 for education in 2005-06; \$48,000 for pedestrian flashers in 2005-06; and \$249,000 for sidewalk construction in 2012. While the project secured funding from other sources as well, the SRTS grants gave the NEAT Trail project both a jumpstart and key final funding.



The National Crosswalk

Bikeology Curriculum and Parent Guide

This month, the [American Alliance for Health, Physical Education, Recreation and Dance](#) released the Bikeology Curriculum and Parent Guide- a ready-to-use bicycle-safety curriculum for physical education and recreation specialists working with students in grades 6-12. Aligned with the National Standards for K-12 Physical Education, this curriculum includes lessons and assessments highlighting the skills and knowledge students need to enjoy a lifetime of safe bicycling. It also provides a [guide](#) for parents on ways they can support safe bicycling, including guidance on selecting an appropriate bicycle and helmet for their child. The National Highway Traffic Safety Administration provides funding and technical support for this project. [Click here to download](#) the Bikeology Curriculum and Parent Guide.



Cruisin' with CDOT

Statewide SRTS Education Projects

[Action for Healthy Kids](#) is working with CDOT and the Center for Research Strategies to assist ten communities across Colorado to implement Safe Routes to School education campaigns. The purpose of the project is to support communities throughout the state implementing and sustaining low-cost or no-cost SRTS strategies. Participating communities will receive assistance in building a SRTS coalition and creating a community action plan using proven strategies from a community toolbox that will be designed as a part of this project. The communities will also receive \$5,000 in grant funding to implement their SRTS project or program.

Ten urban and rural communities that are new to SRTS programming will be selected to participate based on need, geographic distribution and community interest and support. This project, which runs through 2015, also aims to get cars off of the road and reduce congestion around schools while increasing safety and air quality. For more information, contact AFHK Project Coordinator, [Will Kerns](#).

Bike to School Day – May 7, 2014

CDOT encourages all Colorado schools to participate in the second annual [Bike to School Day](#) on Wednesday, May 7. Bike to School Day, which builds on the popularity of International Walk to School Day, provides an opportunity for schools and communities to promote and celebrate children biking and walking safely to school. [Register](#) your school's Bike to School events and [download](#) a customizable poster for your school now!

Schools can promote safe walking and biking by requesting safety materials from CDOT. These materials include maps, rules of the road, bike rodeo information and bookmarks. To order, please fill out the [Bike to School 2014 School Information and Materials Order Form](#) and allow



2 weeks for delivery. And, as an added incentive for more schools to participate for the first time, CDOT is offering new Bike to School Day participants the chance to win yard signs. 20 randomly selected schools will be chosen to win ten yard signs to encourage drivers to carefully watch for walkers and bikers.

Walking and Biking Route Maps

Bike to School Day is a great time to re-distribute your school's safe bicycling and walking route maps to students and parents. If you don't know if you have such maps, check with your school district transportation department, school wellness coordinator, or Safe Routes to School Coordinator. City or county transportation planning departments also may be able to help you. You can also get guidance on creating your own maps by visiting <http://saferoutesinfo.org/sites/default/files/walkbikeroutetipsheet.pdf>.

Training Wheels and Webinars

Advance SRTS in Your School District

This month, the [Safe Routes to School National Partnership](#) is hosting a webinar titled, **Build Your Own School District Policy to Advance Safe Routes to School**. [Join](#) presenters on March 20th at noon to discuss the influence of district policies on walking and bicycling to school. Attendees will learn about various policy opportunities at the district level, and be introduced to a new, [free online workbook](#) for building and customizing their own policies. [Click here to register](#) for this upcoming webinar.

Presenters:

- Dave Cowan, program manager, Safe Routes to School National Partnership
- Ben Winig, senior staff attorney and program director, ChangeLab Solutions
- Sara Zimmerman, technical assistance director, Safe Routes to School National Partnership

Keeping Pedestrians Safe

Join [America Walks](#) as they host a free webinar on March 20th, noon-1:30pm titled **Walking Shouldn't Be Hazardous to Your Health, Part 1: Keeping Pedestrians Safe in Urban and Suburban Settings**. Unfortunately, pedestrian fatalities have been on the rise over the past couple of years. This webinar will discuss the ways in which we can reverse this unsettling trend by making our urban and suburban communities safer for pedestrians. Learn tools, campaigns and strategies you can use to work toward a positive impact on pedestrian safety and help reverse pedestrian fatalities and injuries. [Register here](#) for this webinar.

Presenters:

- Noah Budnick, Deputy Director of Transportation Alternatives NYC
- Michael King, RA, Principal at Nelson Nygaard

Promoting Bike to School Day

[Registration](#) is now open for the Wednesday, April 16th, noon-1:00pm, webinar, **Putting the Mettle to the Pedal: Ideas for Promoting Bicycling**. This webinar will feature two schools and a basket of ideas for your Bike to School Day event. One program will share its secrets for keeping its seven year old bike promotion program fresh and sustained, including event themes and bicycling field trips. The second presentation will talk about how they are engaging 6th grade students in teaching bike safety and the key partners that have catapulted excitement for bicycling to new heights. [Click here](#) to register for this webinar.

Presenters:

- Nicole Brown, Senior School Outreach Coordinator for the South Carolina Safe Routes to School Resource Center
- Pattie Starnes, Physical Education Teacher at Ebenezer Avenue Elementary School, Rock Hill, SC
- Michelle Sirounis, Health and Physical Education Teacher, Roosevelt Elementary School, Cocoa Beach, FL

Pedaling Programs and Funding Feet

Spring Activity Challenge

The 2014 [Fire Up Your Feet \(FUYF\)](#) Spring Activity Challenge is right around the corner! Starting April 1st, students, families and school staff at K-8 schools can sign up and track activity to help their school earn awards to support Safe Routes to School and other health and wellness programs. FUYF Challenge awards can be used to help create or maintain walking school bus programs; purchase bike racks or safety vests; provide incentives for Walking Wednesdays; and other means to help promote more walking and biking. Sign up now by visiting <http://fireupyourfeet.org/get-started>.



For more information and inspiration, [click here to register](#) for a half-hour webinar on Wednesday, March 26 11:30am—12:00pm MST: Award- Wining Tips for Coordinating the Fire Up Your Feet Spring Activity Challenge.

*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](#), [Colorado Department of Transportation \(CDOT\)](#), [Children's Hospital Colorado](#), [Kaiser Permanente](#), [Safe Routes to School National Partnership](#), and subject matter experts.

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