

The Spin



Colorado Safe Routes to School State Network

Volume 3, Issue 2

Safely Biking into Spring

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

With spring right around the corner, we are challenging Colorado to double the number of participating schools in National Bike to School Day and the Fire Up Your Feet Spring Activity Challenge. Learn more about these two events in the Pedaling Programs and Funding Feet section. This edition of *The Spin* also celebrates the success of the 2nd annual SRTS Winter Rally, recent study results showing that more Colorado kids are walking and biking, and an important webinar you don't want to miss.

Winter Rally Wrap-up

Last week, 62 champions of Safe Routes to School from across Colorado attended the 2nd annual SRTS Winter Rally. In conjunction with the Bicycle Colorado Summit, the SRTS State Steering Committee hosted the Winter Rally in Denver, CO. Thank you to our speakers, Dave Cowan, SRTS National Partnership; Dan Grunig, Bicycle Colorado; and Deb Federspiel and Erika Zierke, Children's Hospital Colorado. For a complete list of resources from the Winter Rally, [click here](#).

The SRTS State Steering Committee would like to thank attendees and we would appreciate any feedback you may have. Please take a few moments to [complete a brief survey](#) by Friday, February 21 to help us improve future SRTS convenings.

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SRTS Champion Award

For the first time ever, the SRTS State Steering Committee wanted to recognize and celebrate a SRTS champion at the Winter Rally. Brian Shevock was chosen and won the award for his hard work in Colorado Springs, supporting biking and walking efforts. Brian, a Traffic Technician in the Colorado Springs School Safety Team, recently took on the role of City Bike Coordinator. His passion and impact are clearly evident in the words of the colleague who nominated him: "Brian is in charge of our award-winning 'Signs for Life' bus which travels to schools to instruct students on how to safely walk or ride to school. In this role he has reached hundreds of young students, helping them stay safe on their trips to and from school.

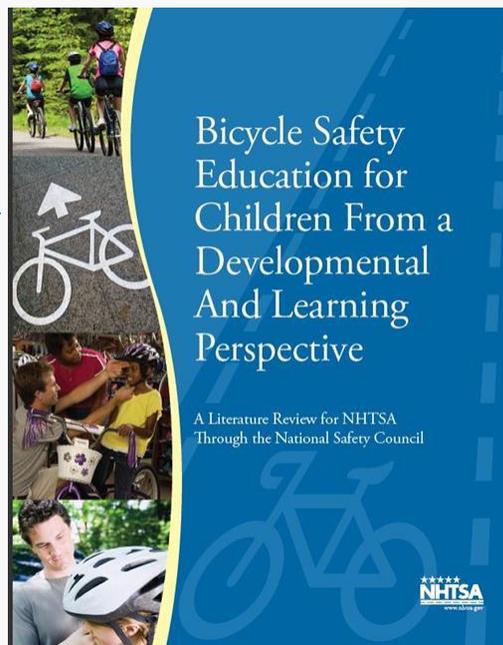
He is also working on three SRTS projects in the City of Colorado Springs to provide better sidewalks and bike lanes for students. As the new bike coordinator, Brian oversaw the completion of 4.2 miles of new bike lanes last year and has completed planning, from concept to funding, for an additional 19.1 miles of bike lanes to be added in 2014. Many of these new lane miles serve schools and recreation areas that are used by the young people of Colorado Springs." Congratulations, Brian!



The National Crosswalk

NHTSA Bicycle Safety Education Report

The [National Highway Traffic Safety Association \(NHTSA\)](http://www.nhtsa.gov) recently released a report titled, **Bicycle Safety Education for Children From a Developmental and Learning Perspective**. The focus of this literature review is to (1) understand the factors associated with bicycle crashes in relation to traffic; (2) describe the different types of bicycle education and their effectiveness; and (3) explore how children's learning and development might interact with their bicycle riding skills. The report also



explores ways that bicycle education programs can be more effective when considering children's developmental and learning abilities. To read the report in its entirety, [click here](#).

Cruisin' with CDOT

Student Travel Tallies Show SRTS Impact

CDOT's SRTS program recently took a look at how SRTS grant funded efforts across the state are changing the way kids are getting to and from school each day. A sampling of 23 schools that collected student travel tallies on multiple occasions between 2008-2010 and 2010-2013 show that there has been a 31% increase in the number of students walking or biking to school. On average, the percent of students walking and biking increased from 22 to 29% after at least one and a half years of SRTS programming.



Nearly half of the schools have 30% or more of their students walking and biking to school and two of those have more than 50% of their students walking and biking to school.

Student travel tallies are a great way to show the impact your programs are having on getting more kids to walk and bike to and from school. These travel tallies along with parent surveys can help schools, districts, and cities/towns evaluate (and celebrate!) the changes that are occurring with their SRTS efforts and provide insights into what else is needed.

Training Wheels and Webinars

On February 20, 2014 at 12:00pm MST, the [Safe Routes to School National Partnership](#) is hosting a webinar titled, **Bicycle Safety Education: Implementing the Best Curriculum for your Community**. This webinar will address the important components of bicycle safety curricula and help attendees analyze what might be best for their programs. Safe Routes to School Education experts will also discuss the various types of bicycle safety that can be taught in the classroom and tips and tricks that lead to programmatic success. Be sure to tune into this webinar and get answers to your questions regarding bicycle safety programming. Feel free to submit your questions ahead of time to dave@saferoutespartnership.org. [Click here](#) to register.

Pedaling Programs and Funding Feet

Spring Activity Challenge

The 2014 [Fire Up Your Feet](#) (FUYF) Spring Activity Challenge kicks off April 1st! Students, families and school staff at K-8 schools can now sign up and track activity to help their school earn awards that can support Safe Routes to School and other health and wellness programs. 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://co.fireupyourfeet.org/get-started>.



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

Bike to School Day

The 3rd annual National Bike to School Day is on Wednesday, May 7, 2014. Join the 12 schools in Colorado who have already registered their 2014 events. This year, our goal is to have 160 Colorado schools participate in this national event. Find great ideas and tools for a successful Bike to School Day at <http://www.walkbiketoschool.org/>.



*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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