

PUT A SPRING IN YOUR STEP



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREASURE VALLEY FAMILY YMCA

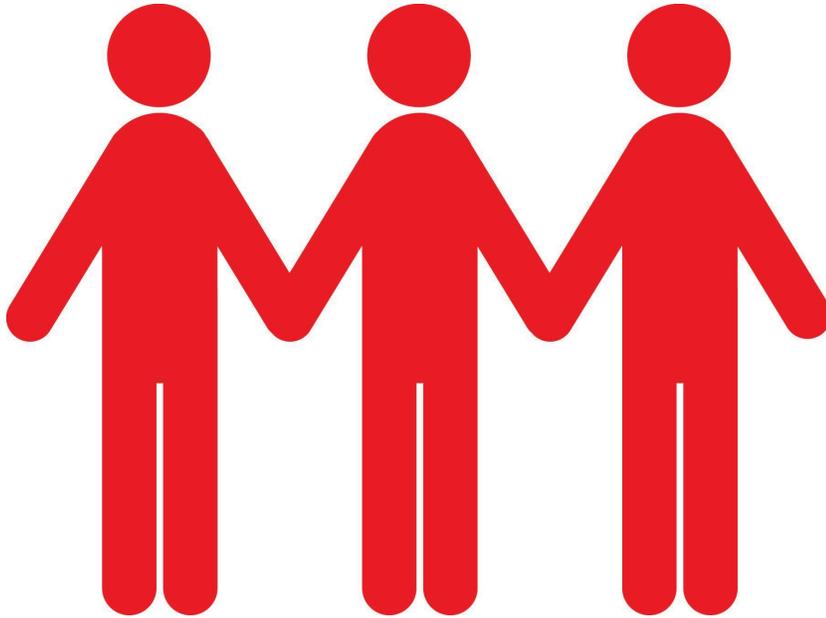
1050 W State St Boise ID 83702

First Quarter

ymcatvidaho.org

SAFE ROUTES TO SCHOOL

2013 VOL. 10



EVENTS

WALKABOUTS

We're very excited to be offering Walkabout Lessons to all 3rd Graders in Joint School District No. 2 this spring. A walkabout provides the opportunity for students to get their feet on the ground and practice safe walking skills around their school campus with a focus on safe crossing, navigating pick-up/drop-off zones and gaining a basic understanding of the role of infrastructure in walking and biking safety.

Some Takeaways for Students

- Looking left-right-left and behind.
- Communicating with drivers and other road users.
- Don't cross between cars.
- Bike on the right. Walk on the left.

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ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

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Some Takeaways for Parents

- Practice and model safe walking with your children.
- Give children an opportunity to make decisions.
- Show safe walking routes.
- Be a 'share the road' driver!

PROMOTING HEALTH

WALKING TO HEALTH

Excerpted from: Madrigal, Alexis C. "The Secret to Losing Weight, According to My New High-Tech Fitness Monitor, Is (Wait for It ...) Walking." *The Atlantic*. 22 Jan. 2013.

"Americans lag behind the rest of the world in steps taken precisely because we travel so rarely for transportation's sake. Our cities are spread out (NYC excepted) and car culture is everywhere. A Centers for Disease Control study found that almost 40 percent of Americans had not walked for 10 straight minutes *in the past week!*

Even more interestingly, Gregg Furie of Yale Medical School led a study that showed that less than 25 percent of people walked or biked as a means to get from one place to another for more than 10 straight minutes in a given week. And yet, Furie's study found that people who engaged in "active transportation," as he calls it, had lower BMI, smaller waists, and lower odds of hypertension and diabetes.

The ways we've developed our country's infrastructure to deter walking and encourage driving are, as Slate put it, "a full-blown public health nightmare." Many places are not safe to walk, for one reason or another, and still more are unpleasant. In many areas, like the one I grew up in, the only place to walk within five miles would be a gas station. Furie, optimistically put it like this, "This information adds to the weight of evidence that suggests more work is necessary to develop environmental policies that make it safer, easier, and more desirable for people to walk and bike for transportation."



TIPS BY MARCUS

NATIONAL BIKE TO SCHOOL DAY

Wednesday May 8, 2013 marks the second annual National Bike to School Day. Last year over 1,000 local events across the United States joined together to encourage youth to safely bike or walk to school.

For tips on how to coordinate an event at your school either visit www.walkbiketoschool.org or contact us for resources.

National Bike Month

May is National Bike Month and there are other fun events to promote increased biking in our community. Check out Boise Bike Week [here](#).

EDUCATION STATS:

Safe Routes to School has conducted educational events during this school year that have impacted nearly 4,700 students!



SPOTLIGHT

VALLEY REGIONAL TRANSIT

Valley Regional Transit (VRT) is one of our most recent partners. Moving forward they will become our fiscal agent for future funding of our Safe Routes to School Program at the Y.

You may know VRT best as the regional public transportation authority in Ada and Canyon counties. They also emphasize coordination, mobility management, asset management and community livability and help support pedestrian and bicycle-minded initiatives like Safe Routes to School.

APPRECIATION

SRTS TRANSITION

After almost five years committed to the program and values of the Y, I will be leaving my role with Safe Routes to School in mid-March.

It is with great appreciation that I leave. SRTS could not be successful without the work of the entire community and key partner organizations supporting us along the way.

I look forward to seeing how the program develops in the future!

- Janell Zuckerman

COMMUNITY

WHO PAYS FOR ROADS?

Despite popular belief that vehicle users pay the majority of taxes to improve our roadways, the truth is, that in fact only 26% of Idaho* road funds come from fuel taxes and vehicle fees. The remainder come from general taxes that are burdened by all road users: walkers, bikers, and motorists.

Therefore, we're all in it together to make sure all mobility options are included in planning and engineering of roads and cities.

*For more information check out:

<http://taxfoundation.org/sites/taxfoundation.org/files/docs/ff353.pdf>

HIGHLIGHTS

FUTURE SRTS FUNDING

Our Safe Routes to School Program at the Y has been working with multiple entities over the last 8 months to make sure that we can continue providing and growing a great program in the Treasure Valley.



PLANNING AHEAD

BIKE RODEO SEASON

Bike Rodeos are clinics that teach children the importance of safe cycling and gives them a chance to practice skills to develop safe riding behavior. We typically target 3rd graders, but can offer clinics to students 7-13 years old. Contact us now to schedule a rodeo.

What to Expect

Students bring their bicycles and helmets to school. We can provide some demo bikes and have resources for those students that might need a helmet.

Typical stations include Rules of the Road, Helmet Fit, Bike Maintenance and multiple on-bike courses.