BIKE RODEOS

The Safe Routes to School crew has been busy this spring facilitating bicycle rodeos (skills and safety) for students all over the Treasure Valley. Pictured above are students from a Boise school learning about bicycle maintenance. Since April we have partnered with dozens of public and private schools, community centers, libraries and scouting groups alike to educate over two thousand students and counting. The bicycle rodeo targets school age students usually between 3rd and 6th grade. However, it is not uncommon for us to facilitate rodeos for older students and even adults. Taught within the curriculum is basic bicycle repair, the rules of the road, helmet fit and an on-bike obstacle course aimed at teaching balance, agility, braking and visual focus for riders. We have the ability to work with Physical Education curriculum, Health, Life Skills, and any other classes you feel necessary.

If you are interested in integrating a bicycle rodeo into your curriculum, or if you have questions regarding bicycle rodeos, please feel free to contact us.

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PROMOTING HEALTH

WALKING TOOL FOR STUDENTS

The Federal Highway administration has produced a walking tool that provides students with safety rules and laws to promote and educate about walking. "Pedestrian Safer Journey, skills for safe walking ages 5 to 18", is an interactive website and tool for educators, parents and students to encourage and educate about walking as a transportation alternative.

Why would students need this information? Whether walking with adult family members or with friends, learning basic pedestrian safety may help prevent injuries and prepare school-age children and youth for a lifetime of safe walking. As young people become drivers, it may help them be more aware of pedestrians as they navigate their community’s streets. Preventing pedestrian injuries requires a combination of approaches: engineering strategies to improve the physical environment for walking, enforcement strategies to reduce vehicle speeds and increase driver yielding to pedestrians, and safety skills development and education for drivers and pedestrians.

Within the website you will find three videos — one for each of the three age groups — accompanied by a quiz or discussion, and an educator’s resource library which can be used as an introduction to pedestrian safety skills or to augment a comprehensive curriculum.

For more information please visit:
http://www.pedbikeinfo.org/pedsaferjourney/index.html

Walk to School Day 2013 Registration Now Open

This annual event in the United States is a part of an international effort to celebrate the many benefits of walking and bicycling to school. Walk to School Day 2013 will take place on Wednesday, October 9th. Walk to School Day participation reached a record high in 2012 with more than 4,200 registered U.S. events, and that number is expected to be even higher in 2013.

Events that register on the Walk to School website, www.walkbiketoschool.org, will be displayed on an interactive U.S. map on the website, where neighboring communities, media and other organizations can identify who is walking in their area. Registering for a Walk to School Day event provides organizers access to free, downloadable materials including stickers, certificates and customizable fliers. They can also easily create and share a walking or bicycling to school route via the new Map-a-Route tool. Registrants can also receive a weekly e-newsletter for four weeks in September and October with tips and resources for organizing a Walk to School Day event.

For more information on Walk to School activities in the U.S., visit www.walkbiketoschool.org, Or contact: marcus.orton@ymcatvidaho.org.

PACERS CLUB

Ponderosa Pacers club heads to the West Y

Ponderosa Elementary School in Meridian has a program where students are encouraged to walk or run as much as they can during the school year. At the end of the year the students who logged 100 miles or more is then offered a field trip to the West YMCA in Boise.

*Excerpt from the Ponderosa newsletter:

There were 140 students who went over 100 miles. They enjoyed "walleyball,"rock climbing and swimming. Each student received a 100 "Mile Dog Tag" (new 100 milers), bumper sticker and a special t-shirt donated by Dental Care for Kids and Dr. Whitt. A special thanks to; Fuel Up to Play 60 for sponsoring Pacers and thanks to all the parent chaperones. It was a much deserved day for our dedicated runners.

EDUCATION STATS:

Safe Routes to School has conducted educational events during this school year that have impacted nearly 10,000 students...and counting!
BOISE YMCA NAME BICYCLE FRIENDLY BUSINESS

The Downtown Boise YMCA was recently awarded a Bronze level “Bicycle Friendly Business” by the League of American Bicyclists. The Bicycle Friendly Business (BFB) program recognizes employers’ efforts to encourage a more bicycle friendly atmosphere for employees and customers. The program honors innovative bike-friendly efforts and provides technical assistance and information to help companies and organizations become even better for bicyclists. If you are interested in your business becoming more bicycle friendly, please visit: http://www.bikeleague.org/programs/bicyclefriendlyamerica/bicyclefriendlybusiness/

Boise is home to over 13 bicycle friendly businesses and counting. Please join in and help grow your city as a place where citizens are encouraged to bike and walk more often. If you would like to talk about the details of becoming bike friendly please feel free to contact the Safe Routes to School Program.

FLAT TIRES?

If you have ridden a bicycle in Idaho chances are you have picked up a thorn commonly called a “goat head”. This flowering plant can make or break your bike ride. The plant will grow nearly anywhere. It is usually found in alleyways, sidewalks, dirt paths, gravel and grassy areas. A great way to avoid these thorns are to stay on the pavement. Bicyclists are encouraged to ride in the bike lane or roadway. If riding on the pavement is out of the question, a rider may purchase puncture resistant tires, thick inner tubes, or thorn tire liners that help to protect your inner tube from thorns. If you would like more information, please visit your local bicycle shop.

NEW PAVEMENT MARKING

WHAT IS A SHARED LANE MARKING?

Shared lane markings or “sharrows,” are pavement markings that create awareness to automobile travel that there will be bicycle on the roadway. Bicycle riders are encouraged to ride down the center of the two chevrons to avoid the “door zone” of the parked cars, glass and debris from the side of the road and to remain more visible to traffic. If a cyclist is riding in the gutter with debris and riding in between parked cars, they tend to pop in and out of visibility. The sharrow keeps a cyclist in a safe and visible spot on the roadway. If you are in an automobile and encounter a cyclist using a sharrow, you are to treat them as you would any other slow moving vehicle.