

WALKING INTO FALL



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREASURE VALLEY FAMILY YMCA

1055 W State St Boise ID 83702

Fall 2013

ymcatvidaho.org

SAFE ROUTES TO SCHOOL



EVENTS

WALK TO SCHOOL DAY- OCTOBER 9TH

October 9 is National Walk to School Day! Is your school involved? Walking or riding to school is one of the best things we can do to form healthy habits that last a lifetime. When we're out on the sidewalks, we notice things about our neighborhoods and meet our neighbors. More folks out on the street makes for a safer neighborhood overall.

Have you heard of the walking school bus? If some of you are already walking in your neighborhoods, offer to host a walking school bus and get more kids walking to school every day. Pretty soon it will be a habit and parents will want to do it too. After school activity is just as important as the morning and a brisk walk home from school will stimulate the brain for better brain function. Sign your school up here: <http://www.walkbiketoschool.org/>

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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?

Contact Marcus Orton, Safe Routes to School Director at Marcus.Orton@ymca.net or 208-344-5502 x 291

OR

Lisa Brady, Safe Routes to School Coordinator at Lisa.Brady@ymcatvidaho.org

WALK 150 IS ON!

Boise Mayor David H. Bieter has challenged kids and adults to walk 150 miles in honor of the city's 150-year anniversary in 2013. Our goal is to encourage citizens to walk as a wellness activity. Learn more at www.walk150.org

Sept. 25 - Nov. 8

- Schools can win cool prizes for: Highest percentage of participation
- Most total miles walked
- Mayor Bieter will visit the winning schools to present the prizes!

Send your school's mileage & participation rate by 5 P.M. Friday, Nov. 15.

To:

Amy Stahl

astahl@cityofboise.org

(208) 608-7611

Boise Parks & Recreation

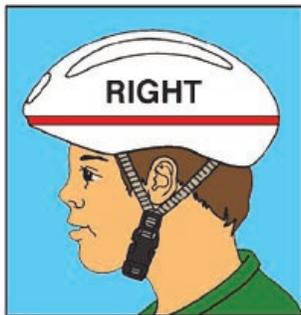
HOW DOES YOUR HELMET FIT?

Wearing a helmet is only half the battle in the world of bicycle safety. It has to fit properly to protect your head effectively.

*Here's a quick and easy test to check your helmet fit.

The "Yawn Test"

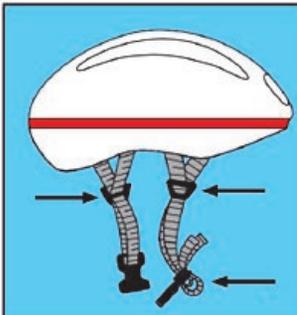
Make sure the chin strap of the helmet firms up when you yawn. The idea is to get the chinstrap to be firm but not tight so it is uncomfortable or choking you.



Wear the helmet flat on the head, not tilted back at an angle!

The "Level Test"

Check to see if the helmet fits level on your head. We see many cyclist who's helmets tilt backward exposing their forehead. When this happens it allows the chinstrap to tighten around your neck uncomfortably and in the event of an accident will be ineffective because it will not stay on your head properly.



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

Lastly make a 'peace sign' with your two fingers. The straps by your ears should make the same "V" around your ear lobe.

FALL CYCLING TIPS

Fall Riding Tips

As the seasons change, so do our needs for riding. Please remember these things to stay safe out there.

- Wear bright colored clothing to increase visibility.
- Replace batteries in your bike lights for maximum brightness.
- Look twice and don't assume that you are seen. Make sure!

Idaho State Law requires a white front light, visible from 500 feet and a red rear light that is very visible. These can be connected to you or your bicycle, but they must be there or you may get a ticket.

BICYCLE TRIVIA

The term "bicycle" was not introduced until the 1860s, when it was coined in France to describe a new kind of two-wheeler with a mechanical drive.

- In 1817, Karl von Drais, a German baron, invented a horseless carriage that would help him get around faster. The two-wheeled, pedal-less device was propelled by pushing your feet against the ground. The machine became known as the "draisine," and led to the creation of the modern-day bicycle.
- Americans use their bicycles for less than one percent of all urban trips. Europeans bike in cities more often—in Italy 5 percent of all trips are on bicycle, 30 percent in the Netherlands, and seven out of eight Dutch people over age 15 have a bike.
- About 100 million bicycles are manufactured worldwide each year.



BIKE TO SCHOOL 2014

It's never too early to plan ahead for school events that encourage movement. Bike to school day takes planning and your SRTS staff is here to help your school ride smoothly into it. Here are just a few of the things we can provide to help reward students when they choose alternative modes of transportation.

- Pencils
- Reflective Stickers/reflectors
- Y day passes
- Book marks
- Bike Rodeos (Bicycle skills and safety class)
- Helmet Fitting

Get in touch with us today to schedule a visit to your school. We adjust our teachings to each age group and can do as little as a 10 minute safety talk to a full class period.

Walking Tips

- Be predictable. Stay off freeways and restricted zones. Use sidewalks where provided. Cross or enter streets where it is legal to do so.
- Where no sidewalks are provided, it is usually safer to walk facing road traffic.
- Make it easy for drivers to see you - dress in light colors and wear retro-reflective material. It might be wise to carry a flashlight in very dark areas.
- Be wary- make eye contact to be sure motorists see you.

SPOTLIGHT: TVCA



The Treasure Valley Cycling Alliance is an all-volunteer advocacy group in the Treasure Valley working to get more people riding bicycles. We believe cycling builds better community and we work toward removing barriers, both real and imagined. Our efforts are focused on improving cycling infrastructure, advocating for policy change and educating the community on cycling topics and issues. We offer regular cycling education classes on safety and rider skills. If you would like to learn more, send us a note at info@biketreasurevalley.org. We'll be glad to help!

BLUE CROSS FOUNDATION: HIGH FIVE GRANT

The High Five Children's Health Collaborative, powered by the Blue Cross of Idaho Foundation for Health, awarded \$750,000 to four Idaho cities to combat childhood obesity. The collaborative awarded an additional \$90,000 to three cities as part of an Ambassador Program. Grant recipients include Nampa (\$300,000), Kuna (\$150,000), Middleton (\$150,000) and Lapwai (\$150,000). High Five of Idaho will distribute funds over a three-year period to help fund resources and programs that drive sustainable change for healthier environments. The selection committee also recognized Moscow, Pocatello and Meridian for efforts to fight childhood obesity with two-year \$30,000 grants as part of the Ambassador Program.

The four winning communities will collaborate with the High Five team to develop and implement programs and policies proven to encourage better overall health, including the following: • Increased physical activity • Improved access to healthy and affordable foods • Healthier schools and childcare facilities • Parent education to help make healthier choices • Public policies that fight the cause of obesity. The High Five Children's Health Collaborative has gained momentum since its launch, and has joined forces with associations, business, and communities to make childhood obesity a top health priority in Idaho and reverse its effects.