

SAFE SEASONS GREETINGS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREASURE VALLEY FAMILY YMCA

1055 W State St Boise ID 83702

December 2013

ymcatvidaho.org

SAFE ROUTES TO SCHOOL



BRR, IT'S COLD OUT THERE!

Winter brings extra challenges to walkers and riders, but it really can be done. With the right combination of clothes and activity, even the coldest among us can be successful. Read this issue for tips on winter walks and rides.

The Shortest Day of the year: December 21

December 21st is the winter solstice marker and that is our shortest day of the year. But it also means days are going to start getting longer. Before we know it, spring will be here and the days will be long again.

Winter Walking Tips

- **Be safe and be seen.** Follow basic safety rules, like looking both ways before you cross a street, crossing at marked crosswalks, watching for traffic, paying attention to cyclists, and walking to the right on trails and paths. Assume drivers can't see you and proceed with caution,

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ENJOY THIS ISSUE?

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

SAVE THE DATE 2014!

- May in Motion: May 1-31
- Boise Bike Week : May 12-16

QUESTIONS, COMMENTS, IDEAS?

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especially when days are short and weather conditions unfavorable.

- **Share the way.** Be aware of cyclists, runners, and other trail users. Walk on the right, and listen for bells and audible warnings. Watch for icy spots!
- **Walk with friends** or in places where there are other walkers, especially in the early morning and evening hours. Find a buddy at school to walk or ride with.
- Suppress the cold-weather hibernation instinct by thinking “brisk” and “invigorating” instead of colder thoughts.
- **Cover your head and other parts to stay warm.** Dress in layers, and don’t forget the mittens or gloves and hat —35 percent of your body heat is lost through your head!
- **Pay extra attention to your feet.** Wear warm socks with room for toe wiggling. Lace up walking shoes with plenty of traction for those occasional icy patches.
- **Wear bright or reflective clothing and stay visible.** Less light on the way to and from school makes it harder for everyone to see. Put on your reflectors and light colored clothes for safety.
- **Pick your path.** Pay attention to sidewalks and streetlights and pick routes that are well traveled when you are out at night. During the day the Boise Greenbelt is a great resource for walking as are the Boise Foothills. You can find maps and information at www.ridgetorivers.org or <http://parks.cityofboise.org/parks-locations/parks/greenbelt/>
- **Consider the conditions** when planning your route. Walk where trees offer some shelter from the wind. In nasty weather, try a shopping mall, where you can walk -- and window shop -- without abandoning your walking regimen.
- **Start slowly and take it easy.** Muscles warm up as you go. Adjust your pace for the weather conditions to decrease your chances of straining a muscle or taking a fall.



Always remember, if it gets too cold or you need a break, stop in somewhere to warm up. There’s nothing like a hot tea or cocoa to bring a smile back!

BOISE CODE FOR SIDEWALKS

It is everyone’s responsibility to keep sidewalks clear and it’s especially important during this cold ,snowy time of year. Here are the Boise City Codes for you.

Section 9-08-06 CLEANING SIDEWALKS

Every owner or occupant of any building or vacant lot and every person having the charge of any church, jail or public building in this City abutting upon any paved street shall daily (Sundays and holidays excepted) or more often if required, sweep up and keep clean the sidewalk in front of such premises and shall remove the dirt and sweepings there from in a manner so as not to litter either street or sidewalk and must do this between the hours of 4:00 A.M. and 9:00 A.M. on each day, and every such person neglecting or refusing to sweep and keep clean such portion of the sidewalk as is in front of his premises and to comply with the provisions of this Section shall be deemed guilty of a misdemeanor. (1922 Code, Sec. 642; 1936 Code, Sec. 9-108; 1952 Code, Sec. 19-1308)

Section 9-08-07 REMOVING SNOW FROM SIDEWALKS

Every owner of any building or vacant lot, and every person having the charge of any church, jail or public building in this City shall during the time snow shall be on the ground by 9:00 A.M. every morning, when necessary, clear the sidewalks and gutters in front of his property from snow, and keep conveniently free therefrom during the day, so as to allow citizens to use the sidewalks in an easy, safe and commodious manner and every person neglecting or refusing to comply with the provisions of this Section shall be deemed guilty of a misdemeanor.(1922 Code, Sec. 643; 1936 Code, Sec. 9-109; 1952 Code, Sec. 19-1309)



BOISE CODE FOR BICYCLE EQUIPMENT

Section 10-14-03 REQUIRED BICYCLE EQUIPMENT

No person shall operate a bicycle without the following equipment:

- A.** Brakes capable of causing the bicycle to stop within twenty-five feet (25') at ten (10) miles per hour on dry, level, clean pavement;
- B.** A permanent seat designed for the bicycle being operated;
- C.** A bell, the human voice or other audible warning device capable of being heard at least one hundred feet (100'), except that no bicycle shall be equipped nor shall any person use upon a bicycle any siren or whistle;
- D.** When in use at nighttime, a red reflector on the rear visible from a distance of three hundred feet (300') when directly in front of lawful upper beams of a motor vehicle, and a forward-facing white light attached either to the bicycle or the bicyclist which is visible from a distance of at least five hundred feet (500') in front of the bicycle. A bicycle shall be equipped with a front-facing white or yellow reflector when the bicyclist uses a generator powered light which is unlit when the bicycle is stopped.

IDAHO PEDESTRIAN & BICYCLE ALLIANCE

IPBA works across the state to promote walking, bicycling, and other forms of human-powered transportation as healthy, sustainable, reliable and viable options for all Idahoans.

We have been working with IPBA to education leaders in our community around the importance of walking & biking programs and the need for infrastructure that supports all users.

To learn more go to: <http://idahopedbike.org/>



Idaho Pedestrian & Bicycle Alliance

BOISE BICYCLE PROJECT XMAS BIKE GIVEAWAY

Every year BBP volunteers work around the clock leading up to a day of giving in which over 300 children in need receive a new to them bicycle.

One of our favorite events, the Christmas Kids Giveaway is an annual event at the BBP. Qualifying kids 11 and under receive a new to them bicycle. This years giveaway will be held Saturday December 21st from 9am -

1pm. BBP will begin recruiting kids for the giveaway in November by reaching out to area agencies that work

with under served populations. Volunteers then work for weeks leading up to the giveaway the wrenching on kids bikes. Each application is matched with a refurbished bicycle. On the day of giveaway bikes are fitted to the kids, helmets are fitted and each child receives a safety course.



Members of the community can help out with the giveaway in several different ways. Donations of kids bikes and parts are accepted as well as cash donations which cover the costs of insuring each child goes home with a new helmet too. A \$35 donation sponsors one kids bike for a child in need. This year BBP is offering the opportunity to sponsor a bicycle in someone's name as a gift.

Donations of bicycles and parts can be dropped off at the shop. Monetary donations can be made online or checks can be mailed to: Boise Bicycle Project 1027 Lusk Street Boise, ID 83706

Volunteers can work on getting the kids bikes ready or volunteer the day of the event to escort and assist kids with their bike fitting, helmet fitting and safety class. For information on volunteering please email Clint Watson, BBP's Volunteer Coordinator, clint@boisebicycleproject.org.

SAFE WINTER RIDING TIPS

- If your feet get cold, run with the bike.
- Your **base layer** (against your skin) and mid-layers should be synthetics or wool. No cotton and no cotton t-shirts. Cotton stays wet and cold.
- **Disposable heat packs** are handy for longer rides. You can carry them with you for an emergency or start out with them. They last 2-5 hours.
- A **neck gaiter and/or a balaclava** are invaluable additions to your winter riding wardrobe. Thin merino stays warm, even when wet and you can easily cover your mouth and nose in the coldest of conditions. As mentioned before, 35% of body heat can be lost by uncovering the head.
- Try to **pedal smoothly and relax your upper body**, especially on ice and soft snow. Ride slow and steady and try not to make sudden movements or corrections. Look ahead and anticipate the next turn when you will need to brake. Remember wet, slushy, roads mean reduced stopping power and extended braking distances for bikes as well as cars. Watch for dry patches where you can do your braking or turning.
- **Consider lowering your tire pressure:** start with 10-20psi below normal and test for your control and comfort.
- **Visibility is limited** in rain and snow and it gets dark much earlier at this time of the year. Use a powerful, highly visible front light or flashing white LED and bright red flashing LED rear lights. Remember to replace batteries during the cold times of the year as batteries that are old will fail faster.
- **Watch the weather forecast**, and plan your ride accordingly. Set a personal comfort zone or cut-off temperature. Don't feel pressured to ride or walk when conditions are not comfortable for you or it seems too dangerous. Listen to your instincts.
- **Choose your route** to school or work based on the winter road conditions. If you are confident riding in traffic, busy streets tend to have the least amount of snow and ice but you must be aware of potholes, slush puddles, and snow banks. Also remember that snow-covered roads mean narrower travel lanes. **Be vigilant** in busy traffic and **never assume** that drivers can see you. Less travelled roads and bike paths are generally safer but can be covered with hard pack snow and ice. This can be extremely challenging. If you choose a route less travelled, plan to add more time to your commute so you can slow down and ride carefully.
- Stay safe and enjoy the ride!

MAY IN MOTION 2014

During the month of May become a Transportation Champion. Get your organization involved in May in Motion and then you and your co workers can ride, walk, vanpool, piggyback and ride the bus to work or school. Get your company recognized in the community as an organization that goes the EXTRA MILE to make our roadways and environment in the Treasure Valley a better place to live .

MAY IN MOTION

Date: May 1-31, 2014

Place: All over!

Watch for more details on this event in the next few months. You can find them at <http://www.commuterider.com/>

Get involved in this great community event!

STAY ACTIVE!

Meet Me Monday, sponsored by St. Alphonsus, continues throughout the year. Get involved today!

<http://www.saintalphonsus.org/meet-me-monday>

WINTER ROAD CONDITIONS

To keep current on the roadway conditions in Idaho, please visit: <http://511.idaho.gov/>

