

SAFE ROUTES SUMMER!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREASURE VALLEY FAMILY YMCA

1055 W State St Boise ID 83702

July 2014

ymcatvidaho.org

SAFE ROUTES TO SCHOOL WANTS TO GET YOU MOVING!



BIKE RODEO SEASON

Yeehaw! Your Safe Routes crew has been busy over the spring and summer months. And there is no end in sight.

What is a bike rodeo?

We hear this question a lot as we work across the Treasure Valley. Bike rodeos are fun and educational classes which focus on helmet fit, safety, bike maintenance and handling skills. Typically geared towards students ages 4-14, rodeos are designed to meet the needs of riders of all ages and ability. Through 6 stations students are challenged and learn the importance of staying safe while having fun.

Helmet fitting and safety figure prominently in the rodeos. Teaching students to handle their bike properly and to use safety equipment is a skill they will take with them for the rest of their lives. Bike maintenance is also incredibly important in the safety arsenal. Preparing students for the rodeo usually means a good portion of time spent time fixing flat tires, adjusting brakes, seats and handlebars. As with any other rodeo, we get a little dusty!

Continues next page

IN THIS ISSUE

Bicycle Rodeos!

Hydration

Back to School

I Can Bike

"Each time a driver makes a trip by cycle instead of by automobile, not only the cyclist but society as a whole reaps the benefits"

—**Marcia D. Lowe**, *The Bicycle: Vehicle for a Small Planet*

ENJOY THIS ISSUE?

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

QUESTIONS,

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<http://walkitbikeit.org/>

SafeRoutes



Continued from front page

Fun “course-work”

Students have the most fun navigating the challenge course stations. Depending on the size of the rodeo, we may have three different bike skill stations or one continuous obstacle course. The skills we cover include:

- Straight line riding with scanning.
- Start/Stop techniques, proper mount/dismount
- Weaving and obstacle avoidance
- Tight turns, steering and yielding
- Intersection skills: stopping, scanning, signaling

This is just a sampling of the skills we cover. If we have enough time, we’ll cruise the rodeo grounds to demonstrate new skills. Using the roads/parking lots and other features allow the principles we teach to sink in.

Get in touch with us today and schedule a rodeo for your school !

HYDRATION IMPORTANCE

Always have water with you. Keep a good-sized water bottle with you in the summer at all times. At home, in the office, in your car—when it’s hot, keep a bottle of water handy and remember to drink. Even lukewarm water keeps you hydrated.

Drink a glass of water before and between each meal. Not only does it keep you hydrated, but water is also an excellent way to suppress hunger.

Every time you use the bathroom, be sure to have a drink of water afterward to replenish the liquids you’ve eliminated.

Minimize your caffeine and alcohol intake. Caffeine is found in coffee, tea and soda, and all are diuretics, which increase urine output. Alcohol is the same—in warm weather months, you want to decrease any diuretic fluids.

Increase your fruit intake. Many fruits provide healthy doses of fluid, including: pineapple, pear, watermelon, cantaloupe, mango, apples and peaches. The added bonus is that these fruits are high in vitamins and fiber, but low in calories!

Don’t forget the veggies! Increased consumption of certain vegetables can help keep you hydrated in addition to the obvious benefits of healthy food. Cucumber, eggplant and bell peppers (any color) are all good hydrators.



BACK TO SCHOOL: WALK TO SCHOOL IDEAS

Registration is now open for the 18th Walk to School Day. 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 2014 will take place on Wednesday, October 8. Walk to School Day participation reached a record high in 2013 with more than 4,400 registered U.S. events and that number is expected to rise even more for 2014.

Walk to School Day event registration is free and open to individuals and organizations who wish to host an October event in the United States. Events registered 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 a Walk to School Day event provides organizers access to free, downloadable materials including stickers, certificates and customizable fliers. Registrants can also subscribe to 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. To see who walked in 2013, visit <http://www.walkbiketoschool.org/go/who-walked/2013>.



ICAN BIKE: YES YOU CAN!

At the beginning of June, Safe Routes to School had the honor of working with the Treasure Valley Down Syndrome Association and I Can Shine to help 40 students learn to ride a bike. It was one of our most incredible experiences and most importantly we learned a lot.

I Can Shine (formerly, Lose The Training Wheels) is a national charitable nonprofit organization, that collaborates with local organizations and individuals, to conduct over 100 five-day iCan Bike programs in 32 States and 3 Provinces in Canada serving nearly 3,000 people with disabilities each year.

The Safe Routes to School Program helped to provide helmet fitting for the iCan Bike students and worked with students during the week. One valuable realization we discovered: None of these 40 riders will ever drive a car, so learning to ride will give them the freedom that we all take for granted. Check out the video from Channel 7 [here](#).

You can get more information on I Can Shine on their [website](#).

Get more information about the Treasure Valley Down Syndrome Association on their [website](#).

GOT A QUESTION? WE HAVE ANSWERS!

We get asked questions everywhere we go and are going to feature new questions every issue. Send us your questions and you might see the answer here!

QUESTION: DO I NEED LIGHTS ON MY BIKE WHEN I USE THE GREENBELT?

As with any path or roadway, you do need a white front light and red rear light on your bike while riding on the Boise Greenbelt. This is very important as the Greenbelt is a multi-use path, meaning bikes, skates, runners and walkers will be out there. Use your lights in the early morning and evening hours to make your presence known. For more info on the Boise Greenbelt, check out their website [here](#).

NAMPA BIKES FOR KIDS

Attention Treasure Valley Residents! Nampa Bikes for Kids Community Partnership is ramping up to donate 100 bikes to local children this September. Now is the time to donate unused bikes so they are fixed and ready to ride. Applications to receive a bike will be available through Nampa schools, the Nampa Boys and Girls Club and Boise Bicycle Project. Click the link for full details: <http://www.idahostatesman.com/2014/06/24/3251276/community-project-collecting-bikes.html>

Nampa Bikes For Kids

It's time to dig into your garage and clear away those old bikes and bike parts. **100 Bikes** will be refurbished by the Boise Bicycle Project and given to **100 children** from the Nampa community.

Donation Locations

Bob LeBow Blue Cruise

Only on Saturday, June 28
Nampa High School
203 Lake Lowell Ave.
Nampa, ID 83686

Cafferty's Cyclery

220 12th Ave. South
Nampa, ID 83651

Rolling H Cycles

115 13th Ave. South
Nampa, ID 83651

Boise Bicycle Project

1027 S. Lusk St.
Boise, ID 83706



PEDESTRIAN SAFETY

Activity! Walking, biking, skating, running, climbing, all of these things keep us healthy and fit. The Safe Routes to School program teaches bicycle and pedestrian safety and even connects these principles to other popular modes of travel for children. We hear about children injured or killed in crashes far too often. Concerned parents often react by keeping their child from riding or walking through the community. Other times parents and family members will try to teach safety while not understanding laws, and best practices. One of the most valuable tools for keeping children safe is teaching entire families to stay safe when walking and biking.