

LET'S GET BIKING



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Treasure Valley Family YMCA

1050 W State St, Boise, ID 83702

Spring 2011

www.walkitbikeit.org

SAFE ROUTES TO SCHOOL

SPRING 2011 VOL. 3



EDUCATION

BICYCLE SAFETY IN AND OUT OF THE CLASSROOM

Spring time means more kids on bikes. It's the perfect opportunity to teach important bike safety lessons, arm kids with the repair basics and get them fitted with a helmet.

Bike Repair Classes

With the help of two of our wonderful partners, Boise Bicycle Project and Boise Bike Wrench, and the help of school staff and volunteers, we are making the rounds at local elementary and junior high schools. For students 4th grade and up we offer a class that not only focuses on bike safety but adds components of bike repair and maintenance as well.

The picture above shows a group from Hawthorne Elementary after a session with Boise Bicycle Project and Safe Routes to School. We distributed over 35 helmets to 5th and 6th graders that day.

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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 Janell Zuckerman, Safe Routes to School Coordinator at janell.zuckerman@ymcatvidaho.org or 208-344-5502 x291

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Bike Rodeos

The bike rodeo has become the quintessential spring event. Although we target 3rd graders in most of the school, rodeos can be great for all ages. There's nothing like getting about 60 kids and 10 volunteers on a blacktop for some organized chaos.

The picture above is from Garfield Elementary. Dave Seamons from Boise Bike Wrench is manning the repair station and Christine Myron from ACHD is fitting helmets. We distributed about 40 at the event.

PROMOTING EVENTS AT THE Y

HEALTHY KIDS DAY

Keeping kids healthy is at the center of the Y's focus. Healthy Kids Day 2011 on April 16th was a perfect opportunity for our Y to welcome non-members and provide fun, creative and healthy activities for our community.

Safe Routes to School

At the Safe Routes to School booth kids had a chance to spin our bike wheel, answer questions about bicycle and pedestrian safety and earn prizes.

Kids participated in a small bike obstacle course and used bicycle hand signals to demonstrate stopping, and turning right and left. Free helmets were given out to those that needed them.



Other Highlights

Other booths provided CPR education, info on Boise Urban Gardening School and healthy food tastings.

TIDBITS

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.

Rule of 2

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

Place your index and middle finger together. Now put your fingers to your eyebrow, middle finger just touching your eyebrows, palm towards your face. You should be able to feel your helmet on your index finger.

Using the same two fingers, slide them between your chin strap and chin. The strap should be tightened enough that only these two fingers fit in between.

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

This ensures the helmet is sitting correctly and snugly on your head.

Be a Safe Routes to School role model – Wear your helmet! Email the Safe Routes to School Coordinator a picture of you in your helmet and get a prize!



PARTNER SPOTLIGHT

BOISE BICYCLE PROJECT

Boise Bicycle Project (BBP) is one of our partners. It's a bicycle coop empowering people to get on bikes and get dirty fixing them. They have been doing meaningful work in our community since 2007.

The man at the helm of the BBP is Jimmy Hallyburton (see him in the picture above teaching a group at a recent bike rodeo). Our SRTS Intern, Laura Jaeckel, sat down and talked to Jimmy.

For Jimmy commuting by bike gives him a chance to clear his head and relax. Not only that, but all that bicycle commuting means he fills his gas tank less than once a month. Wow! What a great way to help the environment and the wallet!

Jimmy is a huge proponent of bicycle education, recognizing that wearing a helmet is only one part of being safe on the road. He runs educational programs through BBP and helps with SRTS programs.

BBP has been voted *Best Local Non-Profit* two years in a row. Great job BBP and thanks for all your help! Check out more: www.boisebicycleproject.org.

MAKING TEENS SAFER

TEEN EDUCATION

Thanks to a grant from the Idaho Transportation Department *Office of Highway Safety* we are able to offer some great incentives for teens to participate in bike safety and repair classes. After completing the course teens will earn Bern helmets and a front/back light kit for their bike.

Classes are being set up at West and South Jr Highs and at the Downtown Y. If you are a school or organization that is interested in participating now until August 2011 please contact the Safe Routes to School Coordinator.

SPONSORSHIPS

TVCA CONTEST

Treasure Valley Cycling Alliance (TVCA), is focused on promoting bicycling benefits to our community. They have been SRTS educational and encouragement partners for many years.

TVCA just sponsored a contest for Boise schools participating in SRTS. Schools came up with creative ways to increase bike ridership and safety. Congrats to Riverside (picture of check award above) and Trail Wind Elementary who won a combined \$1500 for their ideas! Look for highlights of their winning submissions in the summer newsletter.



Check out more: www.biketreasurevalley.org & www.boisebikeweek.org.

GROWTH

JOINT SCHOOL DISTRICT NO. 2 AND CALDWELL SCHOOL DISTRICT

Safe Routes to School through the Treasure Valley Family YMCA has been working with the Boise School District since 2007.

Time to Grow

As of Spring 2011 we have started the process to bring Safe Routes to School to two additional school districts:

- Joint School District No. 2
- Caldwell School District

This means we have an opportunity to reach 46 additional schools and over 40,000 students.