

ONE STEP AT A TIME



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Treasure Valley Family YMCA

1050 W State St., Boise, ID 83702

First Quarter

www.walkitbikeit.org

SAFE ROUTES TO SCHOOL

2012 VOL. 6



IN THIS ISSUE

Events

Tips

Promoting Health

Community

Highlights

Spotlight

Programming

ENJOY THIS ISSUE?

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

QUESTIONS, COMMENTS, IDEAS?

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EVENTS

POLAR BEAR WALKS

It was great to see schools braving the cold this winter participating in Polar Bear Walks!

Highlights

Peregrine Elementary had over 150 students walk, bike and scooter to school on a very rainy day. The school hosted a *Breakfast of Champions*, providing a healthy breakfast for the whole school that day. For students that could not walk to school, a route within the school was created so all students could be active before their breakfast.

At White Pine Elementary 200 students showed up for the Polar Bear Walk. Throughout the adjoining neighborhoods there were polar bear pictures hidden along the routes for students to find and redeem for prizes. All students were treated with orange slices and stickers at the end of their walk.

Riverside Elementary had students meet at a local park and walk in a large group back to the school where they received hot cocoa and fruit.

BIKE LOCK-UP & MAPS



Lock up

Please make sure you lock up your bike and remind students to do the same. Below are tips to make sure you've secured it safely.

- Lock your back wheel inside the rear triangle (see picture to left). Make sure the lock is around the rim and through the triangle.
- Back wheels cost twice as much as front wheel so make sure you protect the back one.
- Park in a high-visibility area.

Maps

When considering your route, don't think like a motorist. Think like a cyclist. Pick the most pleasant route. Try the bicycling directions [now available on Google Maps](#), and there are several bicycling applications for smartphones. You may also consult [Google Earth](#) or [Bikely](#) to research your trip.

PROMOTING HEALTH

ACTIVATE TREASURE VALLEY

Activate Treasure Valley (ATV) is a public awareness campaign focused on getting people active every day.

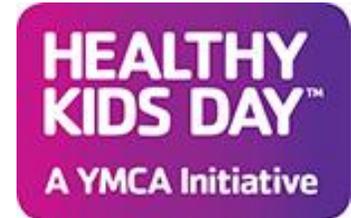
Organizations across our community have joined the coalition to increase the overall health and wellness of the Treasure Valley. Look for current billboards (see example at right) and radio ads with tips on small steps you can take, like walking daily, to bring activity into your life at school, work and home.



PROMOTING HEALTH

TAKE ON SUMMER

Saturday April 28th is *Healthy*



Kids Day (HKD). All Treasure Valley Family YMCA facilities are open to the public and will be providing fun family activities.

HKD is a YMCA initiative focused on inspiring kids and families to keep their minds and bodies active. This year the theme is *Take on Summer*.

Come visit one of our branches to learn more about our programs and get registered for summer activities. SRTS will be hosting a Bike Repair/Helmet-Fitting Booth at the Downtown Y between 2-4pm.

And remember every day can be a 'healthy kids day' with a fun walk or bike ride to school!

THUS FAR:

SRTS HAS CONDUCTED EDUCATIONAL PROGRAMMING THAT HAS IMPACTED OVER 3,000 STUDENTS SINCE THE BEGINNING OF THE SCHOOL YEAR!



SPOTLIGHT

CYCLE LEARNING CENTER

Boise State University is focused on promoting healthy lifestyles on campus through the use of bicycles and multi-modal transportation options. Last year they opened the *Cycle Learning Center (CLC)* at the Lincoln Garage to provide education and retail services to the campus.

The goal of the *CLC* is to encourage active lifestyles through environmentally sustainable transportation options.

They offer classes focused on bike maintenance and repair, cycling rules of the road and on-road group rides.

We look forward to continued partnership with the *CLC* to develop community-wide bicycle events.

Find out more about the *CLC* at rec.boisestate.edu/clc

COMMUNITY

STRONG KIDS CAMPAIGN

We are in the midst of the Strong Kids Campaign (SKC) here at the Y. SKC is the Y's annual campaign to support financial assistance for children, adults and families. In 2011, volunteers raised over \$840,000.

At the kick-off event in February the Y was able to gather the community around our cause, with a focus on nurturing the potential of every child and teen, improving the nation's health and well-being, and giving back and providing support to our neighbors. SRTS was given the opportunity to highlight the work that we have been engaged in recently. We were excited to share our story.

To learn more visit www.ymcatvidaho.org

HIGHLIGHTS

BICYCLE SPOKE CARDS

We are so happy to show off the bicycle spoke cards developed in collaboration with Trail Wind Elementary. Four art designs were chosen from the school around key bicycle education areas: 1. Helmets, 2. Smart Cycling, 3. ABC Quick Check and 4. Fixing a Flat.

These educational incentives will be utilized in our programming at schools, like Bike Repair Classes.



PROGRAMMING

NATIONAL BIKE DAY – MAY 9TH

The National Center for Safe Routes to School is coordinating the first-ever *National Bike to School Day* on Wednesday May 9, 2012 in partnership with the League of American Bicyclists. May is National Bike Month and is a great time to plan encouragement events at your school.



Let us know how we can help at your school. We will have incentives available first-come first served. .

For more info on the national event: www.walktoschool.org