

BIKING FOR OUR FUTURE



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Treasure Valley Family YMCA

1050 W State St., Boise, ID 83702

Second Quarter

www.walkitbikeit.org

SAFE ROUTES TO SCHOOL

2012 VOL. 7



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?

Contact:

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OR

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EVENTS

NATIONAL BIKE TO SCHOOL DAY

This year was the first for National Bike to School Day!

Highlights

Lincoln Elementary hosted a fantastic event including a bike parade, bike obstacle course, high school marching band and Caldwell Police and Fire Departments. The day before the event we were able to do small group bike education and fit and distribute around 60 helmets provided by St. Luke's Children's Hospital. Andreas, pictured above, was the Grand Marshal of the event!

At Eagle Middle School groups of staff led bike trains rode in with over 150 students participating. Earlier that week we were able to do some helmet-fitting at the school.

Ponderosa Elementary had over 67% of their students, over 450 kids, participate on their day!

White Pine Elementary organized 5 meet-up points for bike trains and had students decorate their bikes for a contest and bike parade at school.

Siena Elementary registered their event at www.walkbiketoschool.org and won one of ten free bike racks given away during the month of May!

TIPS by Marcus

WANT A WALKABLE & BIKEABLE COMMUNITY?

Built Environment and Health

The built environment encompasses places and spaces created or modified by people including buildings, parks, and transportation systems.

Planning decisions influence neighborhood configuration, housing design, parks, location of stores and schools, as well as factors such as traffic density and air and water quality. These characteristics, in turn, affect physical and psychological health for people of all ages. As we are in the midst of an obesity epidemic, it is even more important for people to be able to engage in activity in their everyday lives – like walking and biking for transportation and recreation.

Here's how

Let your voice be heard! You can share your opinion on how you want your roads to be built. The Community Planning Association of Idaho (COMPASS), regional highway districts like Ada County Highway District (ACHD), and cities all work on transportation planning.

COMPASS is currently working on updating the long-range transportation plan for our area. To see various growth scenarios and make public comment (by June 17th) please go to:
<http://www.surveygizmo.com/s3/902680/COMPASS-comment>.

ACHD lists projects and open houses on their website, www.achdidaho.org or you can call 387-6100 or email tellus@achdidaho.org to offer suggestions, comments or questions.

In the City of Boise, for example, there are easy ways to communicate issues that affect quality of life, like bushes, shrubs, trees or fences blocking vision at street or driveway intersections. You can go to the code enforcement web page at:
<http://pdsonline.cityofboise.org/pdsonline/CodeForm.aspx>

PROMOTING HEALTH

LET'S MOVE BOISE



Let's Move Boise is promoting \$1 Swim Night at three locations: Ivywild Pool, Fairmont Pool and the West YMCA.

Come join in the fun Wednesday June 20th 7-9pm!

THUS FAR:

SRTS HAS CONDUCTED EDUCATIONAL PROGRAMMING THAT HAS IMPACTED OVER 5,750 STUDENTS SINCE THE BEGINNING OF THE SCHOOL YEAR AND FITTED & DISTRIBUTED OVER 550 HELMETS!

SPOTLIGHT

VOLUNTEERS



In May 2012 we held our third annual bike rodeo at Koelsch Elementary. As with all our bike rodeos we rely on help from great parent volunteers at the schools.

As we were setting up for this year's rodeo a parent rode up without a helmet. After orientation I spoke to the parent, Ivan Tulivov. He did not have a helmet and was very excited to get one from us. He committed to wearing it every time he rode. His daughter, Nevena, was wearing a used helmet that had clearly been in a wreck and we were able to get her a new helmet too!

He was able to take key safety tips away from the rodeo – ride right, WEAR A HELMET and scan for cars – and he said he practices them with his daughter every day to and from school. What a wonderful role model for his daughter and the community!

We thank all our volunteers for the time they have spent helping kids in our community learn about walking and biking safety. A special thanks goes out to: Dave Seamons, Sarah Stobaugh, Lanette Daw, Nancy Papé, Karen Gallagher, Elaine Clegg and the great SRTS Reps at the schools we work with!!

COMMUNITY

UNION PACIFIC AWARD

In April we received a grant award from Union Pacific for \$2500. This is the second time Union Pacific has awarded us funds to support our helmet giveaways.

Union Pacific believes that the quality of life in the communities in which its employees live and work is an integral part of its own success.

Thank you Union Pacific for supporting the work we do in the Treasure Valley!



HIGHLIGHTS

BIKE EDUCATION

Spring has been a busy bike education season for us. We facilitated over 25 events at schools and organizations to teach safe bike handling skills, basic bike maintenance and rules of the road.



PROGRAMMING

YMCA SUMMER DAY CAMP

This summer we will focus most of our educational efforts with community partners and nine YMCA School Age Child Development sites. This is a great opportunity to continue educating kids in the summer months and teach valuable YMCA values and stay focused on promoting youth development, healthy living and social responsibility.

Let us know how we can help you this summer to support safe walking and biking.