

# SAFE AND SOUND



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Treasure Valley Family YMCA

1050 W State St., Boise, ID 83702

Third Quarter

[www.walkitbikeit.org](http://www.walkitbikeit.org)

SAFE ROUTES TO SCHOOL

2012 VOL. 8



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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:

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OR

Marcus Orton, Safe Routes to School Coordinator at [marcus.orton@ymcatvidaho.org](mailto:marcus.orton@ymcatvidaho.org) or 208-949-3156

## EVENTS

# INTERNATIONAL WALK TO SCHOOL DAY

Great job to all the schools that participated!

### Winners!

\*Trail Wind Elementary School in Boise had 452 (74%) of their students walked or rolled to school.

\*Hawthorne Elementary School in Boise had 451 (72%).

\* Ponderosa Elementary School in Meridian had 679(75%)

\*Van Buren Elementary School in Caldwell had 686 (100%) walk or roll to school. They had arranged for the school busses to drop off the students who normally ride the bus in a central location and walk to school.

## TIPS by Marcus

# FALL WALKING & BIKING

These tips will make being active in the fall and winter more enjoyable for everyone.

- Always ride on the right side of the road (with traffic) when in the bike lane or roadway. It's safer and it is the law.
- Always use at least a front white light and a visible rear red reflector from dusk until dawn to be more visible. It too is the law for cyclist in Idaho.
- Pedestrians are encouraged to walk/jog on the left side of the road (against traffic) when sidewalks and shoulders are present.
- Wearing bright colored clothing, reflective gear and using lights in low light conditions when you walk/jog can help you see and be seen.

The Boise Police Department shared with me their top two concerns:

- Wrong-way riding - In all 50 states and the District of Columbia bicycles are considered vehicles. That means even Idaho has a law that states: "49-714-Every person operating a vehicle propelled by human power or riding a bicycle shall have all of the rights and duties applicable to the driver of any other vehicle". This means cyclist must ride on the right side of the road (with traffic) when in the bike lane or roadway. It is unsafe to do otherwise and the Police can cite you for your actions.
- Visibility- 49-723- Every Bicycle [...] shall be operated with a light emitting device visible from a distance of at least five hundred (500) feet to the front, attached to the bicycle or the rider, and with a reflector clearly visible from the rear of the bicycle".

Learn and understand the laws:

[http://www.cityofboise.org/Departments/City\\_Clerk/PDF/CityCode/Title10/1014.pdf](http://www.cityofboise.org/Departments/City_Clerk/PDF/CityCode/Title10/1014.pdf)

[https://itd.idaho.gov/bike\\_ped/Idaho%20Code%20related%20to%20Pedestrians.pdf](https://itd.idaho.gov/bike_ped/Idaho%20Code%20related%20to%20Pedestrians.pdf)

## PROMOTING HEALTH

# BOISE BIKE CRAWL



### What's happening?

Treasure Valley bicycling groups will set up in Ann Morrison Park to share information about safe routes to schools, give away bike helmets to kids and adults, provide tips on bike maintenance, safe-riding education, give away bike swag, prizes, snacks, bike reflectors and more.

The purpose of the event is to encourage safe and respectful bicycling on the Greenbelt, encourage a physically active, healthy lifestyle, share information about helpful bicycling resources in the Treasure Valley, and celebrate our community's robust bicycling opportunities.

- **Bike Etiquette** - on roads, trails and the greenbelt
- **Rules of the Road** - sharing the road, local laws and safety basics
- **Helmets** - importance, proper fit and distribution of free ones
- **Bike Maintenance** - ABC quick check, fixing flats and free tune-ups
- **Connectivity** - maps, infrastructure and connecting
- **Wellness** - outdoor recreation and lifelong healthy activity

### Who's invited?

Cyclists of all kinds and abilities, families and kids are invited and encouraged to attend.

### What groups are participating?



### For more information, contact:

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Steve Stauber, Executive Director, www.Prohelmet.org, 208-484-6295, stauber@prohelmet.net

The Boise Bike Crawl was our 2<sup>nd</sup> annual event focused on encouraging individuals and families to get on their bikes. A variety of bike groups from the community provided safety information and healthy activities. The goal of the event was encouraging children to be physically active, ensure safe & respectful riding habits, enjoy the outdoors and celebrate the strong bicycle community that exists in Boise.

Over 150 people participated and we distributed close to 50 helmets. Safe Routes to School and Boise Bicycle Project created a full scale bike rodeo where child and adult practiced on road bicycle skills and laws. Bicycle repair and safety inspections were given to anyone who was interested in learning to keep their bicycle maintained. Other partners included ACHD, Let's Move Boise, Prohelmet and Boise Parks & Rec.

## SPOTLIGHT

# 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:

[www.idahobikeped.org](http://www.idahobikeped.org)

## COMMUNITY

# BICYCLE FRIENDLY COMMUNITY

The League of American Bicyclists “promotes bicycling for fun, fitness and transportation and work through advocacy and education for a bicycle-friendly America”. The League consults and promotes cities, businesses, counties, and universities to become more walkable and bikeable.

Ada County was awarded Bronze-level in 2004. Ada County now has over 118 miles of bike lanes and facilities, and 46 miles of bicycle routes with low traffic volumes and safer riding conditions. Those improvements along with a community of eleven ‘bicycle friendly’ businesses helped earn Ada County the Silver-level designation, one of only two counties in the US, with the honor.

For more information of the League of American Bicyclist:  
<http://www.bikeleague.org/>

## HIGHLIGHTS

# BIKE EDUCATION

Our partnership with Joint School District No. 2 has helped us prioritize bike education for every 8<sup>th</sup> grade student through their PE program. At the time of this newsletter release nearly 900 students have been through the bike/walk presentations, where laws, traffic concepts, helmet safety, and maintenance are discussed. Hundreds more students in Meridian will receive this education through the winter.

All Boise, Meridian and Caldwell students can access education through our program.

## FUNDING

# FEDERAL TRANSPORTATION BILL

The latest federal transportation bill reduced funding for programs like Safe Routes to School by thirty-six percent statewide. SRTS will also have to compete for grant funds whereas previously had dedicated funds for programming.

If you want to show your support for SRTS please contact the Idaho Transportation Department Board Members to make sure they retain funds in Idaho by calling, writing letters or sending emails.

Info found here: <http://itd.idaho.gov/Board/> and <http://apps.itd.idaho.gov/apps/WebComments/default.aspx>.