SPRING @ SAFE ROUTES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREASURE VALLEY FAMILY YMCA

1055 W State St Boise ID 83702

March 2014

ymcatvidaho.org

ME THINKS THAT THE MOMENT MY LEGS BEGIN TO MOVE, MY THOUGHTS BEGIN TO FLOW. ~HENRY DAVID THOREAU

IT'S DARK OUT THERE!

March 8th was the date to set our clocks forward an hour, but did anyone realize how dark it would be? The Safe Routes to School staff, along with volunteers from the Treasure Valley Cycling Alliance, were out in force on the Monday after the time change to hand out lights. Plenty of students and parents were caught without, so it was a great day for us.

City and State Code
Boise City and Idaho State codes require cyclists to use a front white light and a red rear reflector. We recommend using a bright red light in the rear for maximum visibility. Currently Law Enforcement are concentrating on educating riders, but that can and will change and will cost you $61 if you don't have lights on your bike.

Our partners at Ada County Highway District provided us with a supply of lights to give out, and to date we've given out nearly 200 lights. That's a lot! Thanks ACHD! Our students, teachers and community appreciate it.

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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 Marcus Orton, the editor at marcus.orton@ymcatvidaho.org

SAFE ROUTES UPDATE

It's been a busy first quarter for the Safe Routes Crew. At the end of February we had finished education in Meridian Middle Schools and started in on the Elementary schools. As of this date, we have personally instructed over 5,000 students and we're not even halfway done! We have instructed our students to ask you, parents, about some of the things they are to look for, such as:

- Yielding to pedestrians in the crosswalk
- Bikes in the roads, on sidewalks and in bike lanes
- Using blinkers and hand signals

Don't' be surprised when your children ask you questions. When we teach walk/bike safety, we teach from the perspective of the driver and the walker/biker, so students understand what the rules of the road are for all users. If your kids ask you questions from the Idaho Driver's Manual, you can blame us!

PLAN AHEAD!

NATIONAL BIKE TO SCHOOL DAY

The first-ever National Bike to School Day took place on May 9, 2012, in coordination with the League of American Bicyclists' National Bike Month. Almost 1,000 local events in 49 states and the District of Columbia joined together to encourage children to safely bicycle or walk to school.

The event builds on the popularity of Walk to School Day, which is celebrated across the country – and the world – each October. Many communities and schools have been holding spring walk and bicycle to school events for years. National Bike to School Day provides an opportunity for schools across the country to join together to celebrate and to build off of the energy of National Bike Month.

The date for National Bike to School Day 2014 has been set - mark your calendars for May 7, 2014, and start gearing up to ride again.

You can enter your school at http://www.walkbiketoschool.org/

We are glad to provide incentives to your school, just let us know. We are glad to come and help too!

www.pedbikeimages.org/MikeCynecki

MAY IN MOTION

It's never to early to get ready for May In Motion. This is a month long event that is actually a competition to see who can log the most miles or trips by Alternative and Active Transportation. You can get more information from their website http://www.commuterider.com/may-in-motion/

Active Transportation
Active Transportation (AT) means using human-powered transportation to move around. It also describes the necessary infrastructure (for example, bike lanes and sidewalks) communities need to allow citizens to safely commute to and from work, school, businesses, playgrounds and green space.

Alternative Transportation
Alternative Transportation means using something besides a single occupancy vehicle to make trips. This can include: Bus, taxi, ride share, van pool, car pool, etc. You are doing something besides just driving yourself.

> **I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in.** *~John Muir, 1913, in L.M. Wolfe, ed., John Muir, John of the Mountains: The Unpublished Journals of John Muir, 1938*

SPOTLIGHT: UNPLUG AND BE OUTSIDE

Unplug and Be Outside week is April 19-26 and will be filled with great events to get you and your family out and active! More info can be found here!

Schedule here: Unplug and Be Outside 2014

About Unplug

Be Outside, Idaho partner organizations developed Unplug and Be Outside Week.
Be Outside, Idaho is a coalition of diverse agencies and organizations united in the common cause of empowering all Idahoans to lead healthy lives by developing a sense of place in the Idaho outdoors. The network's mission is to connect children with nature in Idaho, from backyards to mountaintops.

Be Outside, Idaho's vision is to collaborate with private and public partners to empower all Idahoans to lead healthy lives by developing a sense of place in Idaho's outdoors.

For more information, visit Be Outside, Idaho.

UPCOMING EVENTS

Y Spring Sprint Triathlon: April 4
Unplug and Be Outside: April 19-26
May In Motion: May 1-31
Boise Bike Week: May 10-17

BACK UP CAMERAS: DO YOU SEE?

New cars are equipped with back up cameras more and more often. This camera is billed as a revolutionary way to help reduce the amount of backovers. Many children are killed or seriously injured in backover incidents. These incidents typically occur when a vehicle coming out of a driveway or parking space backs over an unattended child because the driver did not see him or her.

PREVENTION TIPS

- Teach children not to play in or around cars.
- Supervise children carefully when in and around vehicles.
- Always walk around your vehicle and check the area around it before backing up.
- Be aware of small children-the smaller a child, the more likely it is you will not see them.
- Teach children to move away from a vehicle when a driver gets in it or if the car is started.
- Have children in the area stand to the side of the driveway or sidewalk so you can see them as you are backing out of a driveway or parking space.
- Make sure to look behind you while backing up slowly in case a child dashes behind your vehicle unexpectedly.
- Take extra care if you drive a large vehicle because they are likely to have bigger blind zones. Roll down your windows while backing out of your driveway or parking space so that you'll be able to hear what is happening outside of your vehicle.
- Teach your children to keep their toys and bikes out of the driveway.
- Because kids can move unpredictably, you should actively check your mirrors while backing up.

Many cars are equipped with detection devices like backup cameras or warning sounds, but they cannot take the place of you actively walking around your car to make sure your children are safely out of the way. Do not rely solely on these devices to detect what's behind your vehicle.—source NHTSA

AT YOUR SERVICE!

Your Safe Routes staff is available year round to assist your school with Walk Audits, Bike Rodeos and bicycle/pedestrian education programs. One step at a time, one pedal stroke at a time, we can change the way students arrive at school and public health all at once. What more can you ask for! Call or email us today and we'll make time to teach these valuable lessons.

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