SPRING UP 4 SRTS!

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TREASURE VALLEY FAMILY YMCA

1150 W State St Boise ID 83702

March 2014

ymcatvidaho.org walkitbikeit.org

DO SMALL THINGS WITH GREAT LOVE-MOTHER TERESA

SAFE ROUTES: ALWAYS WORKING HARD FOR YOU

Park Tools Bike Maintenance Class-improving our tech skills

In the photo above, two of our SRTS coordinators are working on different brake systems with John and Dax at Idaho Mountain Touring. We spent two nights improving skills for the upcoming bike rodeo season.

Treasure Valley Safe Routes to School crew takes this job seriously. We strive to stay current with trends in safety for people who ride bikes, walk, skateboard, scoot, skate and even drive. Your safe routes crew is keeping current with news from the League of American Bicyclists, getting tweets from local Schools, or receiving updates from Idaho Smart Growth and partners across the valley. The most common issues we see when students bring their bikes to us are:

- Flat tires
- Broken or loose brakes
- Loose or missing seats

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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?

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- Sticky/rusty/stiff chains

Having the entire crew trained to fix broken brakes and repair flats means more kids go home with a safe and useable bike. This also makes a smooth, fun rodeo. If you are interested in attending a class like this, let us know and we'll connect you.

Webinars: learning what others are doing

Each month, Community Planning Association of SW Idaho, or COMPASS, provides a place to attend webinars that deal with bike/pedestrian issues. These webinars, put on by APBP, provide valuable information on issues such as legal rights of cyclists and pedestrians, health policies, counting programs and connections to transit, among many others.

Count on SRTS to provide up-to-date information and skills. We are here for you!

GET ACTIVE TOGETHER

A recent release from the League of American Bicyclists shows us that approximately 228 million people in the US have or are children, which equates to about 3/4 of the population. This is why Safe Routes really does matter. A link to the article can be found here.

Family Matters

A family that is active together sets long term healthy habits for everyone, including your dog Spot! Getting out for a walk after dinner, taking the time to walk or ride to school, entering a fun run or walking to the store helps to keep us healthy. We worry about having enough time, with homework, traffic, sports, etc. How about setting aside 20 minutes each night or on the weekends to just go outside together?

Simple changes can allow parents more time in the mornings and afternoons without being a taxi service, students get a little time to decompress on the walk home (anyone with a job knows the value of decompressing after work), and the whole family has more time and energy to create active healthy habits together. With a little work and perseverance it can be the welcome change for many families. Check out Meet Me Monday for some other great ideas!

LANGUAGE MATTERS!

It is amazing how a few simple words can affect the way society views important topics. Words can compel us to act, drive us to disdain, or to disregard critical facts. When news sources such as radio or television programs, and print or social media carefully select the language to deliver a message, it is crucial to call upon them to use proper terms regarding important and sensitive topics. Was it really a car that crashed into a restaurant? Or did the person driving the car crash through the front window of the restaurant where people were eating?

Person First Language

When a student is injured or killed in a crosswalk in front of their school, the media will typically report the ***incident*** as "the student was hit by a car." This takes a great deal of accountability away from the actual event. A *person* was driving the car, and the incident should be described as "the student was struck in the crosswalk by a person driving a car."

When the public and media talk about who may have been at ***fault***, it is generally from a 1st person point of view. It is typically worded as, "the person on the bike," or "the person driving the car." If we are going to make claims of fault in first person language it is high time to challenge the media to report these incidents, situations, crashes, accidents, and times of tragedy using person first language.

YOUR COMMUNITY, YOUR VOICE

In one Boise bench neighborhood major improvements may soon take place that will benefit students, pedestrians, and the community as a whole. Citizens want to have walkable, bikeable and liveable neighborhoods. By attending ACHD events, online voting, and other citizen response, neighborhoods can direct a positive change.

We work with the Ada County Highway District, and many other great partners, throughout the community. ACHD is always eager to hear your comments and questions. ACHD has open houses, direct mailings, public meetings and several other ways to make requests, report problems, and provide feedback. Although public participation is often low, it only takes a few citizens to help create the infrastructure which improves neighborhoods. Finalized plans often come down to a small number of letters, phone calls, or personal conversations at these meetings. These are a small sample of why it is so important to stay in touch with your neighborhood organizations, city representatives and the highway district. Your voice does matter and you CAN make a difference. http://www.achdidaho.org/Projects/Default.aspx

EDUCATING THE MASSES

Change is here! But are people prepared? The streets are for all users, and everyone needs to know how to use them. There are laws for walking, driving, and using a bicycle, and yet there continues to be a lot of people who don't understand how the system works. So, how can an entire population be educated? Cities across the nation have been working on similar road-user education goals and strategies for many years. Can the state of Idaho come up with a program to ensure a greater level of safety for all road users? Can the Treasure Valley and the cities within create specific education goals to reduce surprise, crashes, and even hostility when implementing new road uses?

What Works?
Cities big and small which develop solid long-term goals to inform citizens and enforce laws have a greater success rate when implementing infrastructure improvements. Multi-faceted education plans which can be introduced prior to change, or at the time of implementation, work best.

What are we working on?

There are a lot of new projects happening on the roads that affect all of us, whether we're on the way to school or work and we need to know how to use them. We are currently helping to form a comprehensive safety education campaign with our partners at ACHD, City of Boise, Downtown Boise Association, BSU Cycle Learning Center, Idaho Walk Bike Alliance and many others. Look for this campaign in the future. It's going to be big!

BIKE TO SCHOOL DAY– MAY 6TH

Spring is here to stay, and now is the best time to dust off the bikes and get the family ready for something new. Riding with your student to school is a refreshing way to start each day, and great prep time for Bike week!

Bike to School Day 2015 - May 6, 2015

What in the world are bike week, bike to school day, and…how do I get involved?

There are several ways to participate. Get the full scoop on Bike week, Bike to school day, and how you can join in the fun:

http://www.walkbiketoschool.org/