

# SAFE ROUTES

# FALL

*Tips and tricks to stay safe with the time change, the best TREAT!*



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TREASURE VALLEY FAMILY YMCA  
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Fall 2014

SAFE ROUTES TO SCHOOL WANTS TO KEEP YOU MOVING!



## NAMPA BIKES FOR KIDS

NAMPA — Sophie Sestero, associate program coordinator of the Blue Cross of Idaho Foundation, said the multi-organization effort to donate 100 bikes to Nampa children was a success. One-hundred refurbished bikes were presented to Nampa children in need at a giveaway event Saturday, two months after Boise Bicycle Project began taking donated bikes and parts and creating refurbished ones. Families applied for bikes through local non-profits in the Nampa area. About 30 bikes were still available on Wednesday, and area families scooped them all up by the day of the event.

Applicants drew and described what their dream bike would look like, and Boise Bicycle Project took those drawings and built the real-life counterparts.

Mayor Bob Henry was one of the volunteers at the event Saturday awarding the bicycles and conducting safety training and helmet fittings.

Partners in the project included the High Five Children's Health Collaborative at the Blue Cross of Idaho Foundation, Nampa Safe Routes to School, Bike Walk Nampa, Rolling H Cycles and Cafferty's Cyclery. —Idaho Press Tribune

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"Education is a continual process, it's like a bicycle... If you don't pedal you don't go forward."

-George Weah

## ENJOY THIS ISSUE?

Please share this newsletter with those who may find it useful.

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# SafeRoutes



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[HTTP://WWW.SAFETYREFLECTORS.COM/EDUCATION.HTML](http://www.safetyreflectors.com/education.html)

## VISIBILITY



## SEE AND BE SEEN

The days are gradually getting shorter and we need to stay aware. Just because you see them doesn't mean they see you. Be VISIBLE!



There are two white dots out in the distance from this simulated vehicle view. These are reflectors. They are very hard to see. Now imagine if the person had no reflectors at all! They would be invisible. Think before you leave in the morning and make sure you have your safety equipment with you.

### TIME CHANGE: NOVEMBER 2!

**"Many things can wait; children cannot. Today, their bones are being formed, their blood is being made, their senses are being developed. To them, we cannot say 'tomorrow.' Their name is today."**

—Gabriela Mistral

Nobel Laureate in Literature (1945)





## WALK TO SCHOOL DAY= SUCCESS!

Wednesday, October 8th was International Walk to School day and students in the Treasure Valley were out in force. It was a resounding success this year and we'd like to give special thanks to our partners at the Idaho Walk Bike Alliance for their hard work.

Safe Routes would like to acknowledge US Senator Jim Risch, who assisted with a huge walk to school event at Hillside Junior High and Idaho Senator Chuck Winder, who assisted with Ponderosa Elementary School's events. It's not every day when we have help from this level and we thank you for taking the time to get involved.

We also had help from the Ada County Highway District, Idaho Transportation Department, Boise City Council, Boise Police Department, Meridian Mayor Tammy De Weerd, along with members of the Treasure Valley Cycling Alliance, Boise Bike Share, Boise Bicycle Project, and Idaho Smart Growth. Thank you to all of the teachers and parents who got involved.

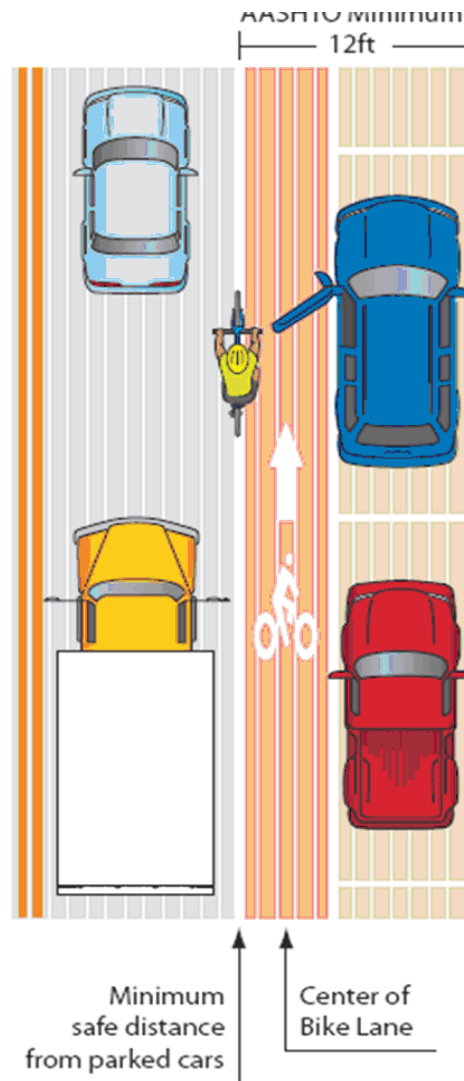
Don't stop walking to school! Keep it up year round and plan for 2015!

## GOT A QUESTION? WE HAVE ANSWERS!

We get asked questions everywhere we go and are going to feature new questions every issue. Send us your questions and you might see the answer here!

### QUESTION: WHY IS THAT CYCLIST RIDING OUTSIDE OF THE BIKE LANE?

The cyclist pictured here is out of the door zone and riding on the white line for safety. Take note of the large truck and the positioning of the mirrors. This is something to be very aware of as you are riding in the bike lane. In a scenario like this, it is better to ride in the right one-third of the travel lane to keep the truck from passing unsafely. In Boise, [the city code 10-10-04](#) states The operator of a motor vehicle overtaking a bicycle or pedestrian on a highway shall leave a safe distance, but not less than three (3) feet, when passing the bicycle or pedestrian and shall maintain that distance until safely past the overtaken bicycle or individual. This scenario would allow the truck to move to the left to give the cyclist room, as long as the way is clear.



## IN CLASS EDUCATION

Your Safe Routes to School staff is trained to teach bicycle and pedestrian safety in the classroom. Book us now to prepare for winter rides and walks and get students thinking about the spring. The more we talk about these things and the earlier we do it, the more retention students will have. Our contact information is on the front page of this newsletter and we're ready to take your call. Book your event now!

