

LET'S GET MOVING



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Treasure Valley Family YMCA

1050 W State St., Boise, ID 83702

Fall 2011

www.walkitbikeit.org

SAFE ROUTES TO SCHOOL

FALL 2011 VOL. 5

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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

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EVENTS

INTERNATIONAL WALK TO SCHOOL DAY

It was a great day to see students, parents and school staff out walking and biking to school!

Boise, Meridian and Caldwell

Boise School District and Joint School District No. 2 participated on a rainy October day and many schools had strong turnouts. We were excited to hear how many schools joined in on the fun, creating walking school buses, inviting community leaders and handing out goodies to students.

Caldwell School District was able to pick a sunny day the following week. It was fun to see the creativity used in Caldwell, with one school using a bus drop spot so that those students could walk to school.

Thanks to all the schools for encouraging a lifelong healthy activity in your community!

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Winners

We awarded schools \$100 for highest percentage of participation & picked random \$50 winners for those that sent in pictures.

Boise Winners: Longfellow Elem, Trail Wind Elem, Garfield Elem, Hawthorne Elem (pic above), Washington Elem and White Pine Elem.

Joint No. 2 Winners: Ponderosa Elem, Siena K-8, Joplin Elem, Discovery Elem (pic on first page) and Peregrine Elem.

Caldwell Winners: Wilson Elem, Sacajawea Elem, Lincoln Elem and Washington Elem.

PROMOTING HEALTH

GREENBELT BIKE CRAWL

On October 8th we joined in with other bike organizations to promote safe cycling on the Greenbelt in Garden City.

Partnership

Prohelmet, Treasure Valley Cycling Alliance, LOOK! Save a Life, SWIMBA, BSU Cycle Learning Center and others hosted informational booths along a short stretch of the Garden City Greenbelt to teach cyclists the rules of the road, quick repair tips, helmet fit and info on Safe Routes to School.



Prohelmet and St. Luke's Children Hospital handed out a ton of helmets to families as well!

TIPS by Marcus

WINTER CYCLING

The days are getting shorter and the mercury is falling so make sure you keep these foul weather bicycle tips in the back of your mind.

- Check your tire pressure at least once a month. Bicycle tubes are porous and will leak small amounts of air during times of temperature fluctuation and cold weather use.
- Use lower air pressure for better traction in slick riding conditions. Check the sidewall of the tire for pressure ratings.
- Wear brightly colored clothing and be predictable in your actions on the road way. Visibility is always a factor when walking or cycling, especially in winter weather.
- In Idaho the law requires at least a front white light and red rear reflector on your bicycle during low light conditions.
- Dress appropriately. Using three layers is ideal: "Base" - a thin layer worn close to the skin to wick moisture; next, "Insulation" - a mid layer like a sweater or a soft jacket to keep your body warm; lastly, "Shell" - an outer layer acts as a wind/water resistant layer to shield you from the weather. Don't forget your gloves, hat, and wool socks too.

Follow these steps this winter for a greater level of safety and visibility in your travels.



SPOTLIGHT

BOISE BIKE WRENCH

Dave Seamons, owner of mobile bike repair shop, *Boise Bike Wrench*, has been volunteering his time with Safe Routes to School for over three years now. He was nice enough to do a quick interview with us:

Why do you bike?

Riding my bike is all about freedom – to explore and experience my surroundings – and it’s free exercise. To be a cyclist is not an activity it is a lifestyle!

What are top three bike tips?

- 1. Wear your helmet! You only have one brain and it is not replaceable.*
- 2. Wear bright colors and be smart. Never assume that people can see you.*
- 3. Perform the ABC Quick Check every time you ride! (Check Air, Brakes, Chain).*

We rely on great partners like *Boise Bike Wrench* to make sure we meet the needs of schools and community organizations looking for bike education.

Find out more about Dave and *Boise Bike Wrench* at www.boisebikewrench.com.

COMMUNITY

BOISE BICYCLE PROJECT XMAS BIKE GIVEAWAY – HELP!

Each year the Boise Bicycle Project works hard to fix up hundreds of kids bikes for their Xmas Bike Giveaway – on Dec 17th this year. Their goal this year is to give out 300 bikes with helmets and an education course.

Let’s help the BBP make it another great year. If you know of a child under the age of 10 who needs a bike, please refer them to Jimmy at jimmy@boisebicycleproject.org by Dec 7th. They also accept donations of bikes and bike parts throughout the year. If you can volunteer to help fix up bikes or on the day of the event contact Nate at nate@boisebicycleproject.org.

To learn more visit www.boisebicycleproject.org.

HIGHLIGHTS

BURGERS FOR BIKES

Burges for Bikes, Bikes for Kids donated 36 new bikes and helmets to Safe Routes to School this fall. We worked with three schools - Ponderosa Elem, Morley Nelson Elem and Whittier Elem - to find 36 students that demonstrated academic improvement and surprised them with the bikes.

Don Nesbitt, Regional Director for Joint School District No. 2, is seen in the picture to the right at the Ponderosa Elem Spirit Assembly.



PROGRAMMING

WINTER

Educational and Encouragement activities continue through the colder months. We still facilitate bike classes, now offering adult classes for parents, staff and volunteers. And we promote walking with cold-weather themed days like *Polar Bear Walks* and *Penguin Walks*.

Let us know how we can help at your school. And it’s never too early to begin planning for spring events like Bike Rodeos. The calendar fills up fast and we have a limited supply of free helmets so contact us today to set up a planning meeting!