

Hello From Safe Routes!

A program of Valley Regional Transit



What We've Been Up To

Hello there! It's been a while since the Treasure Valley Safe Routes to School program sent out a newsletter, but we're still here and going strong with our bike, walk, and roll programming.

In case you didn't know, we've been part of Valley Regional Transit since 2020, after moving from the Treasure Valley Family YMCA. Since our start in 2007, we've grown from a team of one to five, proudly serving five school districts across two counties. Over the years, we've expanded our reach and impact, bringing active transportation education and safety to students and families throughout the region. We just wrapped up our fall rodeo season in October, and early numbers show we're on track for a record year in bike and walk education for FY 24-25.

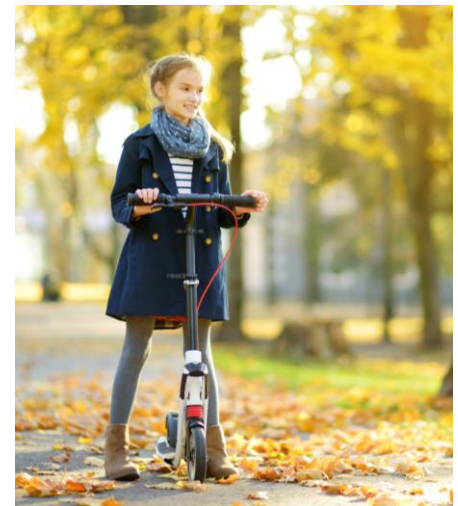
Interested in bringing our program to your school? Reach out today! You can find our contact information in this newsletter or connect with us on our website at [Treasure Valley Safe Routes.org](http://TreasureValleySafeRoutes.org) We'd love to hear from you.

IN THIS ISSUE

What We've Been Up To
National SRTS Conference
E-Mobility Safety
Safe Routes Stars
Ask Safe Routes
SRTS By the Numbers

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful!



Nothing beats fall riding!

Fall 2024

What We've Been Up To cont.

We had a great summer camp session with the Treasure Valley Family YMCA. We saw 136 students over 8 weeks and taught them bike handling and safety as well as how to use a bus to get back to the Y. Our guess at mileage for all of us for all weeks is 11,152 miles! That's a lot and it's no wonder we were all tired at the end of camp.

We started the school year at Sage International where we spent two weeks on an intense bike program, beginning in the classroom and ending with rides up to 6 miles in length near the school. We had a multitude of bike rodeos and a 4-week session at Anser Charter School, which was a great way to end Fall for the students and for us!

We hear a lot of comments from kids, but some stand out. From an 8th grader at Sage: "Last year you taught me to ride a bike and about my neighborhood. I've been riding to school ever since." This is what makes our work so important.



National Safe Routes Conference

We attended the 2024 National Safe Routes to School Conference in Fort Collins, CO in October where we spent 3 intense days with Safe Routes people from around the country. We're proud to say that we did not drive a car on this trip! We took a plane, train, bus, rideshare, bikeshare, and walked! We make our mission to walk the walk because we talk the talk!

Some key takeaways from the conference included better data collection and mapping to see a picture of why kids walk or bike to school and why they don't. We're currently working on a mapping project for this very thing and can't wait to get it out to people.

We got to meet Sam Balto, the PE teacher in Portland, OR, who is a co-founder of Bike Bus World and the person who really got bike buses in the news this past year with his passion to get kids riding. You can check out [Bike Bus World here](#) for more info on how to start your own bike bus. We'd love to help too!

The biggest buzz was/is around E-bikes and scooters and the use by youth to replace car trips. We're excited and concerned about this, so check out our article on page 3 for more!

SAFE ROUTES STARS



Lisa Brady
Program Manager

Lisa has been with TV SRTS since 2013 and finds it fun that kids she saw at bike rodeos back then are now either in driver's ed or licensed drivers! It's her belief that students who've been biking are better drivers. Teaching bike safety is her passion, and she walks the walk when she talks the talk.



Teacher Tanya Rush

Tanya Rush is the powerhouse PE teacher at Anser Charter School who started a bike program at her school in 2021. Students receive 4 weeks of on bike education, which ends with a long ride. Thanks to Tanya, these kids are some of the best out there!



St. Lukes

St. Lukes Health System has been an incredible support to our Safe Routes mission. Together we serve the community to make it healthier and more active. The financial support we receive keeps us rolling every day! Thank you!

E-Mobility: Is it a bike or a motorcycle??

Across the country, Safe Routes to School programs and cities are leading the charge to promote safety while encouraging active trips to school, parks, services, and recreational destinations. By prioritizing education over enforcement, we're fostering a culture of awareness and responsibility to help prevent injuries and ensure everyone can enjoy the benefits of active transportation.

These devices offer an attractive solution for long trips to school, tackling hills, after school activities, and more. This can help busy families and reduce traffic congestion around schools. However, safety is a critical concern.

If you're considering purchasing or have already purchased an e-bike or scooter for a young person, there are several things to keep in mind. How much power does the bike have? Is it really a motorcycle? Can you put it together safely? Is it legal for your child to ride?

There are three classes of e-bikes, and each has its own benefits and challenges. We recommend a **Class 1** E-bike with pedal assist for a young person. The motor adds extra power *only* when pedaling. These can be ridden on sidewalks, bike lanes, and the greenbelt, with a top speed of 20mph.

A **Class 2** E-bike is pedal assist with a throttle, which allows a rider to move quickly without pedaling. Top speed is 20 mph and can be ridden in the same places as the Class 1. But there are "Class 2" bikes being sold which are much faster and like the **Class 3** E-bike which is a pedal assist/throttle that can go 28mph or faster in some cases.

An **Electric Motorcycle** can be similar in appearance to an E-bike but operates more like a gas-powered dirt bike or motorcycle. It relies on a throttle with pegs that are stationary instead of pedals that turn.

Class 3 and electric motorcycles cannot be ridden on sidewalks or the Greenbelt. These bikes require more experience to handle and can get new riders in a lot of trouble very quickly. Please make sure to work on starting and stopping, before leaving home. You can find more detailed information on our website.



SAFETY CORNER

E-Bike Safety Tips

- Don't put more than one person on a bike.
- Cargo bikes are extra heavy, learn to handle before you ride on the road.
- Practice starting and stopping. Heavy, powerful bikes can be jumpy and take longer to stop.
- Use safety equipment: lights, helmet, bright clothing, proper shoes

E-BIKES AND SCOOTERS, OH MY!

- Be aware of traffic around you. You are moving faster than people expect.
- Don't try to race a car or other bikers. It's easy to lose control.
- Make sure your bike/scooter is ride ready, check air pressure and tire condition, check brakes, front and back. Check your chain, clothing, and battery charge, and check your lights.
- Riding faster makes you colder in the fall and winter, so dress appropriately.

We are ready to serve you and your school with in-class lessons, bike rodeos, and learn-to-ride class. Each of these events takes a different amount of time—we know that's a precious commodity right now.

Please email us today to and we can work together to determine which event is right for your school and how we can help!

TVsaferoutes@ridevrt.org

SCHEDULE THE SAFE ROUTES TEAM!



IS THERE A SPEED LIMIT ON THE GREENBELT?

There is not a speed limit, BUT there is a provision that you should not travel faster than what is reasonable and prudent for the conditions you're riding in. Violation of the policy in Ada County could result in an infraction, or a misdemeanor if someone endangers a person or property. Essentially, ride in control, for the conditions you are in. Be nice!

DO WE NEED LIGHTS ON A BIKE AT NIGHT?

Yes, you need lights on a bike if you're riding in low light or the dark. White front light, visible from 500 feet, and at least a red reflector on the back. We don't think a reflector is enough, so please add a red light on the back and keep your reflectors on. It helps you stay visible.

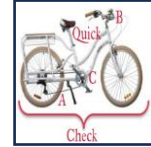
CAN A HELMET BE REUSED AFTER A CRASH? CAN THEY BE HAND-ME-DOWNS?

The short answer is NO, do not use a helmet that's been in a crash or dropped repeatedly. The helmet material has absorbed a crash and can have damage you can't see. It won't protect your head well in the next crash. Same thing with a helmet that has been used by someone else. You don't know what has happened to it. It's much better to get a new helmet! Your head deserves it.

Have a question for the team? **SEND IT HERE!**

WHATS COMING UP!

Winter is here!
12/21/24-
3/19/25



Get your bikes into the shop, now!

Spring Rodeo Season 3/25-5/25



Go for a walk outside today!

Our 2024 Reach: A Year in Review.

Total Students Engaged: **14,381**

2024-2025 School Year Goal:

Bike Rodeo Participants	6663
Presentation Participants	7304
Driver Education Bike Law	414
Helmets Provided	150
Other Incentives Provided	5,000

**16,000
Students
Engaged!**



Treasure Valley Safe Routes To School



@TreasureValleySafeRoutes



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