SUMMER IS ON!

FOR YOUTH DEVELOPMENT®
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TREASURE VALLEY FAMILY YMCA

1150 W State St Boise ID 83702

Summer 2015

ymcatvidaho.org walkitbikeit.org

IF YOU ARE GOING , YOU MAY AS WELL ENJOY THE RIDE— ANONYMOUS

Ustick Library Bike Rodeo:

May was National bike month, and included in the month of May we celebrated National bike to School day, National bike week, and Bike to Work day. Treasure Valley communities and schools were busy kicking off the summer with great events for students, families, and the public. In case you missed the other fun events we will offer you a great recap.

In the photo above, The Ustick Branch of the Boise Library holds the annual summer Bike Rodeo. Boise Police add fun elements to the general rules of the road, safety, and skills course. Participants at bike rodeos learn:

- Proper helmet fit
- The ABC's of bike maintenance
- Straight line riding, awareness and control
- Bike maneuvering and brake technique
- Importance of visibility, and being predictable
- Bicycle, pedestrian, and motor vehicle law.

Bike Rodeos at the Elementary Schools:

Treasure Valley Safe Routes to School provides in-class presentations to students during the fall and winter months. These short, engaging presentations give

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Safe Routes Bike Rodeo Season

"Look at all those helmets." Where do you get them and how can I help?

Which Schools throw the Best, Biggest, and Rowdy Rodeos?

Got Maps? Find the right route and ride out for pizza and ice-cream

Summer Nights: Practice students route to school, and enjoy next years freedom.

Meridian Dairy Days Bike Rodeo!

ENJOY THIS ISSUE?

FEEL FREE TO SHARE THIS NEWSLETTER WITH ANYONE WHO YOU THINK MAY FIND IT USEFUL.

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SAFE ROUTES TO SCHOOL

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students an informative look into bicycle and pedestrian safety. Without these presentations students would not typically receive any education on these important life skills. In-class presentations also prepare students for the spring and summer on-bike rodeo challenge. The rodeo is where students can practice what they learn and develop skills to become better, more aware while riding and walking.

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!

WOW, THAT IS A LOT OF HELMETS!!

It was a perfect spring day and, as usual, the 3 of us were having a great time traveling the scenic route to Cynthia Mann Elementary from the office. Who doesn't like riding bikes?. It was National Bike Week, we were as busy as we get, and in the midst of a Collister area neighborhood we found a public phone booth. The phone may not actually work, but you are free to step inside or duck out of the rain for a few minutes. The owner told us simply not to mistake it for a public restroom. Before he set the ground rules he said, something in astonishment about our load of helmets. This is the typical response as we bike across town to the next 3rd grade bike rodeo. We get hoots and hollers, cat calls, and high fives. People are generally curious when they see us roll up to stop lights, and they get really excited to learn these are helmets given at no charge to students at bike rodeos. Unfortunately we don't hear questions about our limited grant funds or asked how they can help us continue the process. Many students still need helmets, and we need your helmet to purchase them. Helmets are currently funded with the help of external grants. We are always looking for support and new ideas for

Meridian Speedway bicycle rodeo.

This event was presented by:
COMPASS (Community Planning Association of Southwest Idaho)
Treasure Valley Safe Routes to School program
Treasure Valley Cycling Alliance
Meridian Cycles
Meridian Dairy Days

The 86th Annual Dairy Days celebration features a bicycle rodeo at the Meridian Speedway! The all ages event included free activities such as:

- Bike races! (Slow & Fast)
- Bike decorating!
- Skills course (Can you swerve, turn, and dodge?)
- Helmet fittings
- Bike safety tips
- Tune-ups
- Games & prizes

A Bike Rodeo is a bicycle safety and education clinic with stations focusing on bicycle maintenance, helmet fit, rules of the road and bicycle skills courses. Safe Routes to Schools facilitates Bike Rodeos throughout Boise, Meridian and Caldwell schools and offers community events, while providing helmets when available to those in need.

MODEL SAFE BEHAVIOR FOR FAMILY AND COMMUNITY

Practicing and modeling proper pedestrian and bicycle behavior for your family and community helps us all in the long run. Here are some tips for modeling positive behavior.

- When walking in an area without sidewalks, walk on the Left-hand side of the road so you can see the danger (automobiles) coming towards you.
- When riding a bicycle, always ride on the Right-hand side of the road. A bicycle is considered a vehicle in Idaho and must travel in the same direction as every other vehicle.
- If the child is made to wear a helmet but the adult doesn't, it can send a mixed message about safety, skill level, and healthy habits. There are no bicycle helmet laws in Idaho; If you and/or your child choose to wear a helmet make sure it is properly fit. The helmet should be level on the head with a two finger horizontal gap between the eyebrows and helmet. The chin strap should snug when the rider yawns.
- Distracted walking/cycling can be dangerous for you and others. If you are walking, riding or driving, we are all required by law to be attentive and present.
- Lights are required by law on a bicycle from dusk to dawn. The front should be a steady–white light and the rear should be at least a red reflector.

GOT MAPS?

We are often asked for information about bicycle and walking routes in the Treasure Valley. Below we share a few resources to allow you to personalize your trips…

Ada County Highway District (ACHD) Bicycle Map of Ada County.

What is it?

A map showing all known Bicycle routes within the Ada County area. The map offers amenities such as Bicycle repair shops, Points of interest and rates the route by a general comfort level. Free

Where do I get it?

Hardcopy: Ada County Highway District Offices- 3775 Adams Street, Boise, (208) 387-6100 , Many bicycle repair shops in Boise and Meridian carry this map.

PDF online format: http://www.achdidaho.org/Community/Docs/2015ACHDBikeMapFINAL.pdf

Ridge to Rivers Trail and Pathways Map.

What is it?

An interconnected network of roads and trails courses through the Boise Foothills, linking not only neighborhoods with public lands but also connecting people with the natural environment. With over 130 miles of trail, there is something for everyone. Free

Where do I get it?

Hardcopy: The system wide map of Ridge to Rivers and Shafer Trail System maps can be purchased at many outdoor stores and bike shops. For a list please visit this link: http://www.ridgetorivers.org/trails/map-sales/ This water and tear resistant map runs about $15.

PDF online format: **http://www.ridgetorivers.org/trails/interactive-map/**

Boise River Greenbelt Map.

What is it?

The 25-mile Boise River Greenbelt is one of Boise's most beloved parks. The tree-lined pathway follows the river through the heart of the city and provides scenic views, wildlife habitat and pedestrian access to many of the city's popular riverside parks. The Greenbelt also serves as an alternative transportation route for commuters.

Where do I get it?

PDF online version: https://parks.cityofboise.org/media/228316/15%E2%80%930324-greenbelt-map.pdf

Google Maps– Offers a bicycle and walking overlay to the map to show you the best routes from A to B.