

Encourage Kids to Walk and Bike to School!



Why Walk or Bike to School?

- **To move more and stay fit!** Walking and biking helps kids get more daily physical activity and keep bodies strong and fit.
- **To do better in school!** Kids who are active do better in school and get into trouble less often. When kids walk or bike to school, they arrive at school awake and more ready to learn!
- **To feel good!** Walking and biking can help kids relax and stay in a good mood.
- **To catch up with friends and family!** Walking or biking gives kids time to talk, laugh, and share stories with friends and family.
- **To build great neighborhoods!** Walking or biking gives kids and families time to build strong relationships with neighbors. When kids walk or bike to school, fewer cars travel through the neighborhood making it a safer place.
- **To keep parents smiling and the environment clean!** By not driving to school, kids help keep our air fresh and clean. Fewer cars congesting the pick-up and drop-off points at schools means less air pollution, safer walking and biking environments, and happier parents!
- **To enjoy the outdoors!** Kids can see the leaves change color and breathe the fresh air.
- **To have FUN!** Kids can play games while walking or biking to school. Try playing a rhyming game or the alphabet game.

Walk and Bike to School!

Encourage your neighborhood and community to build partnerships with schools, PTAs, and the Safe Routes to School program to create an environment that is supportive of walking and biking to school safely. By creating safe routes to school, walking and biking to school can once again be a safe, fun, pleasant part of kid's daily routine!

Safe Routes to School!

Safe Routes to School (SR2S) is a program offered through the City of Fort Collins Transportation Department that promotes safe walking and biking to school. With the hope of increasing the number of students walking or biking to school, the SR2S program uses 4 E's - Education, Enforcement, Engineering, and Encouragement - to provide a comprehensive approach to safe walking and biking to school. Check out the SR2S website www.fcgov.com/saferoutes.

- **Find safe routes to your school.** The SR2S website has maps that show the safest walking and biking routes to your school.

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- **Organize a walking bus or biking bus.** Rather than carpooling, gather kids together and have an adult walk or bike to school with them. SR2S SchoolPool Match can help match families from participating schools with others who are interested in sharing a trip to school via biking or walking – carpooling too.
- **Request speed radar for your school.** Principals can request that speeds be monitored around schools to help promote a safer walking and biking environment.
- **Use SR2S curriculum in the classroom.** SR2S offers FREE online curriculum for grades K-9 that encourages kids to walk and bike to school. Lessons promote traffic safety, fitness, and clean air. Students are encouraged to become active citizens and examine transportation issues in their own community.

www.fcgov.com/saferoutes / Contact: Kurt Ravenschlag
City of Fort Collins Transportation Planning / (970) 416-2040 or saferoutes@fcgov.com

Safety Tips for Kids

- Try to always walk, bike, or ride the bus with a buddy.
- Always walk on a sidewalk.
- Stop at the curb before crossing the street.
- Look left, right, and left again before crossing.
- Make sure drivers see you before crossing in front of them.
- Cross only at corners or marked crosswalks.
- Walk, don't run, across the street.
- When you are riding your bike, ALWAYS wear a helmet that is properly fitted.
- Ride on the right side of the road or trail in a single file line. Come to a complete stop before crossing any street.
- When biking, stop completely before crossing railroad tracks. Go straight across the tracks slowly.
- When on your bike, be courteous to pedestrians.
- Do not play in driveways, streets, or parking lots.
- If a stranger follows you on foot, get away as quickly as you can. If a stranger follows you in a car, turn around and go the other direction to a close safe place.



Support Walking and Biking in Your Community!

Participate in International Walk a Child to School Day

Schools, families, neighborhoods, and communities join together every October to celebrate walking to and from school. www.walktoschool-usa.org.

Find Out What's Happening Locally

Visit the Fort Collins Bikes website for information on local biking clubs and organizations, the status of Fort Collins' biking and walking trails, biking safety tips, rules of the road, biking events, biking and walking trail maps, reporting a bike accident or close call, how to transport your bike on Transfort, the city's transit system, and more! Visit <http://fcgov.com/bicycling/links-resources.php#parking>.

Put Your Walking and Biking Maps to Use

Visit <http://fcgov.com/bicycling/> for a great map of Fort Collins walking and biking routes.

Listen to Local Officials

"Bicycling is more than a mode of transportation or a recreational activity. It's a way of life, a part of who we are and what we value as a community. As a former city planner, I can tell you that the extent of bicycling (and walking) in a community is a good barometer of quality of life. Streets that are busy with bicyclists and walkers foster a sense of neighborhood and community."

Fort Collins City Manager Darin Atteberry
Reprinted from the Fort Collins Forum, April 12, 2007

Bike Fort Collins

Bike Fort Collins, a local organization that works to foster a bicycle-friendly culture in Fort Collins, sponsors monthly brown bag lunches. Topics include the City's bicycle transportation policies, bicycle education and outreach activities, fundraising for better bicycling in Fort Collins, the Bike Library initiative, and lots more. Visit www.BikeFortCollins.org.

Fort Collins Wins Bicycle Friendly Awards

Fort Collins is a three-time recipient of the League of American Bicyclists' silver medal award as a bicycle friendly community. Fort Collins is one of twelve communities nationwide to hold this distinction. Five other communities hold gold or platinum level awards. Visit <http://www.bicyclefriendlycommunity.org/index.htm>.

Fort Collins: A Walking and Biking Dream Town!

In August 2005, *Outside Magazine* voted Fort Collins one of the "top ten American dream towns" because of its many outdoor opportunities. The great network of biking and walking trails in Fort Collins were touted as some of the best in the nation.

CanDo – Coalition for Activity and Nutrition to Defeat Obesity
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