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*Be Safe. Have Fun. Grow Healthy.
Get There.*

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Welcome to the third year of Portland's Safer Routes to School Program! We are adding seven new schools to the program: Clarendon at Portsmouth, Humbolt, Lent, Mill Park, Rieke, Russell Academy, and Scott.

To meet the needs of the additional schools, we have hired a new coordinator, LeeAnne Ferguson. She will be working with Mill Park, Russell, and Scott. We are also trying something new at Clarendon at Portsmouth by having an existing organization, Healthy Eating, Active Living (H.E.A.L.) Coalition coordinator to embrace the Safer Routes to School program philosophies and programs.



We'd like to take a moment to introduce the Fall 2007 Safer Routes To School Bicycle Safety Education team. Returning to teach with us for another season are

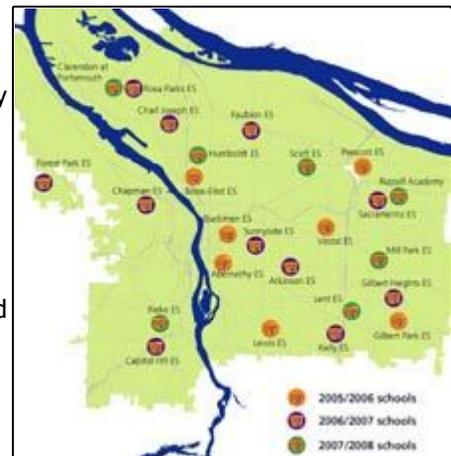
This newsletter is distributed monthly to Safer Routes to School (SR2S) volunteers, parents, teachers, and interested parties. Manage your subscription or forward to a friend using the links at the bottom of this email.

Portland SR2S is a coalition-led program managed by the City of Portland with services provided by Alta Planning + Design, Bicycle Transportation Alliance, Willamette Pedestrian Coalition, Alliance for Community Traffic Safety in Oregon, the Community Cycling Center, Trauma Nurses Talk Tough, Multnomah County Health Department, Healthy Eating Active Living, and Northwest Service Academy/Americorp .

YEAR THREE INTRODUCTION

By Lore Wintergreen

Portland Safer Routes to School (SR2S) is biking and walking at a safe and steady speed into our third school year. The program is partnering with 25 schools this year and we are better prepared than ever. Each school has already scheduled **Education** classes and identified **Encouragement** activities for the year. Bike racks have been installed at schools that requested them. Maps in six languages, with identified family-friendly safer routes will greet students, parents, and faculty when they come to school.



The Portland Police were present on the first week of school to **Enforce** speed and crossing laws. Over the coming year, they will rotate from school to school each day to serve as a reminder of the importance of traffic safety.

Safety improvement **Engineering** projects identified by each school team are almost completed for the eight schools that joined SR2S in 2005 - 06, and the 11 schools that joined in 2006 - 07 have projects currently being constructed.

Through **Evaluation** surveys and classroom hand tallies, we learned that last year, a total of 6,607 students participated in the SR2S education programs. In addition, we learned there was a 24% increase in walking to school from Spring 2006 - Spring 2007. Good job, pedestrians!

All of this happens because of the great people who support Safer Routes to School. We are creating school environments where people and organizations join together because it means: fewer

Elicia Cardenas, Chane Gilbert, Jaye Marolla, Andy McKerrow, and Gregg Lavender. With us for the first time, but no strangers to youth education or bicycling are Joel Holly, Marybeth McDonald, and Dawn Riddle. We also want to thank the Community Cycling Center for partnering with us again this season to offer the Pedal Power after school program.

We all look forward to being back in the classroom and meeting new students, teachers, and administrators throughout the 25 Portland metro area schools we will serve this year. Thank you for your continued support and keep moving!

Sincerely,
SR2S Team

LEEANNE'S BIKE RODEO

On Thursday, August 16th, I attended my first ever Bike Rodeo with fellow SR2S Coordinator, Stephanie, in a North Portland Neighborhood. The Portland Police were there to fit and give away 100 bike helmets! After each child was properly fitted with a helmet, she/he was allowed to take a supervised turn around the Bike Safety Course arranged in the parking lot. Yeee haw!!! We spent the next few hours assisting the officers in fitting helmets for a never ending line of sticky, young bike enthusiasts. (There was ice cream for those waiting in line.) For those who came too late for helmets, we passed out bike safety coloring books and stickers. Great fun was had by all! Thanks Portland Police Officers and the Boys and Girls Club for introducing me to my new favorite kind of rodeo, a bike rodeo.



car related accidents; less traffic congestion; better air quality and a cleaner environment; improved health through regular activity; better attention for studies and oh, and by the way, its a whole lot of FUN.

BE A WALKING ROLE MODEL

Walking is a fun and healthy way to spend time with your children while teaching them skills that can serve them well throughout life. The walk to school is a great time to use these safety tips.

Children learn through experience. Walking with parents or another caregiver is an important way for children to practice crossing real streets and picking safe places to walk. There is no magic age when children are old enough to walk without an adult. As a parent, you should decide when your child has the skills and experience to deal with traffic safely without you.



As you walk with your child, remember these safety tips:

- Wear bright-colored clothes, and carry flashlights or wear reflective gear if it is dark or hard to see.
- Look for traffic at every driveway and intersection. Be aware of drivers in parked cars that may be getting ready to move.
- Obey all traffic signs and signals.
- Cross the street safely:
 1. Stop at the curb or edge of the street.
 2. Look left, right, left, behind and in front of you for traffic.
 3. Wait until no traffic is coming and begin crossing.
 4. Keep looking for traffic until you have finished crossing.
 5. Walk, don't run across the street.

Understand your child's limitations

Children are not small adults. It will take time and practice for a child to develop the ability to deal with lots of traffic. Over time, children develop the ability to accurately judge the speed and distance of oncoming traffic. Young children may think that a car is able to stop quickly, not knowing that it takes time and distance for cars to stop. Also, children may think that if they can see a driver, the driver can see them. But, children are smaller and harder for drivers to see. Get down to a child's height to experience their perspective and see what they see and tell them what they can do to make sure they are seen.

Choose the safest route to school

Select a walking route with less traffic and intersections.

- Pick places where there are sidewalks or paths separated from traffic. If there are no sidewalks or paths, walk as far from the motor vehicles as possible and, if possible, on the side of the street facing traffic.
- Limit the number of street crossings. When available, cross at a location with a crossing guard.
- Avoid crossing busy or high-speed streets.



SR2S BRINGS ENGINEERING IMPROVEMENTS TO N. PORTLAND

Members of the Boise Eliot school community have long been concerned about students crossing or walking along N. Fremont, a high traffic street with a high percentile of speeding. Neighborhood outreach revealed that many neighbors shared the school



community's concerns. PDOT traffic engineer Scott Batson recommended the placement of four speed bumps between N. Vancouver and N. Mississippi Ave.

Last spring, 6th graders at Rosa Parks studied an intersection they felt was unsafe for pedestrians located at N. Trenton and N. Newman in the New Columbia development.

It was a unique project: while the intersection had a high level of pedestrian traffic due to its proximity to a park and local market, it was too new to have any traffic or crash data on record. Students and other community members participated in the SR2S engineering process of scheduling a neighborhood walkabout with an engineer, seeking school and neighborhood feedback on his report, and requesting a video of traffic activity at the intersection. Now, two new marked crosswalks are to be installed at the intersection this building season.

After a public meeting with neighborhood residents and business owner, 78% of residents along the affected section of N. Fremont signed a petition in support of the project and the speed bumps were installed in June. Vehicle speeds in front of the school have been reduced, making the neighborhood safer for students walking and biking to school and for all road users on N. Fremont.



MAKING SAFER ROUTES TO SCHOOL ACCESSIBLE TO ALL

The Federal Safe Routes to School Program lists its first purpose as “to enable and encourage children, including those with disabilities, to walk and bicycle to school.”

Portland’s SR2S program is on the same page. During the past school year we took some important steps in meeting the needs of students with disabilities, especially in our bike safety education program.

First, SR2S created a partnership with a non-profit called [Lose the Training Wheels](#) that uses some great adaptive bikes to teach students with

disabilities how to ride. Five students from Portland SR2S schools attended the Lose the Training Wheels camp offered this past June. We’ve also been working to empower students with disabilities to participate fully with their classes in our in-school bike safety curriculum. In one school this Spring, a student completed many of the bike handling drills on a hand-cycle, and participated in her class’ community ride by directing decision-making while riding at the front of a Bakfiets, or Dutch cargo bike generously loaned to the program by [Clever Cycles](#). This Spring, we began researching the possibility of adding of some adaptive bikes to our Bike Safety and Pedal Power bike fleets.



Helping students find different kinds of bikes that will work for them is just one element of assuring that our programs are including and empowering all students to be safe walkers and bikers. We hope that students with disabilities have whatever support they need to participate in their schools’ encouragement events, and SR2S engineering improvements like curb ramps go a long way in improving the physical environment for young pedestrians who use wheels to get around.

If you have any suggestions for ways to improve the SR2S programs to include and empower all students, we’d love to hear from you!

