

Volunteer with Safe Routes to School!

Get involved with Safe Routes to School (SR2S). Volunteers lead campaigns, organize bike and walk events, and assist with activities. Whether you want to volunteer in a classroom setting or lead a fun ride or walk, there are many ways to get involved!

Check out these great volunteer opportunities:

- Organize a bike fair
- Organize a Stop + Walk campaign
- Make your school an Idle-Free Zone
- Advocate for bike racks at your school
- Assist with our bicycle safety education programs
- Lead a Walking School Bus or Bike Train at your school
- Lead International Walk + Bike to School Day at your school (*see page 3 for more information*)
- Write an article in the school newsletter on the benefits of walking and biking
- Guide families on a community walk. Talk with your school faculty to create a weekly walk to school day

To volunteer for Safe Routes to School, contact Carolina Iraheta, Safe Routes to School Organizer, at 503-823-1189.

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Welcome Back – Let's Get Out and Move!



"I think the program is great. I volunteered to help last year!"
—Humboldt Parent

Get out the walking shoes and pump up your bike tires! With the beginning of the new school year, now is the time for students and families to set healthy and fun habits about how you get to and from school.

There are many ways to establish active habits today. Begin by choosing specific days each week or month you will walk, bike or roll to school. Make it a social event and join with neighbors and other families for a group walk or ride. If getting to school car-free is not possible, try Stop + Walk; drive part way and walk the last 2 to 4 blocks.

Walking, biking or rolling to school is important for many reasons, here are a few:

Reduces traffic congestion – 20 to 25 percent of morning traffic is adults driving children to school.

Improves air quality – exhaust from motor vehicles is the largest source of air pollution around schools.

Contributes to student health – asthma rates among children have increased 160 percent in the past 15 years and physical activity has been linked to better student school performance.

Increases student safety – 50 percent of children hit by cars near schools involve cars driven by parents of other students.

Need a little help getting started? Contact Clay Veka, Safe Routes to School Organizer, at clay.veka@trans.ci.portland.or.us or **503-823-4998**.

For the latest events, campaign resources, photos and more, go to: www.SafeRoutesPortland.org

HAVE FUN. BE SAFE.

Back-to-School Reminder – Obey All Traffic Rules and Drive Safely!

As students head back to school, it is particularly important to obey traffic laws and to be safe drivers in school zones. Follow these back-to-school driver safety tips to keep all students safe this school year!

- **Be patient during drop-off and pick-up**, the roadways surrounding schools can be congested during these times. While potentially frustrating, remember that all drivers have the same goal — to safely transport their students.
- **Obey the 20 mph speed limit** in all school zones.
- **Abide by parking signs**; they are purposefully placed to provide visibility for students to cross streets safely.
- **Yield to pedestrians at all intersections**, whether marked with a crosswalk or not, it's the law!
- **Look both ways** for pedestrians and bicyclists when turning right on a red light.
- **Be aware of students** where there are no sidewalks along the road and when backing out of driveways.
- **Watch for younger and less predictable children** darting into the road.
- **Stop and wait for school buses** when red lights are flashing.

Thank you for doing your part to provide safe student travel near your school!



Alert! Portland Police Bureau officers will be at every school the first few weeks to enforce school speed zones and other traffic laws.

More Schools, More Safe Riders

In late August while you're stocking up on notebooks and pencils, we at Safer Routes to Schools are dusting off and tuning up our fleet of 200 bicycles. Starting September 14th, our staff will be out in elementary schools across the city teaching 4th and 5th graders how to safely navigate their neighborhoods by bicycle.



BIKE SAFETY CLASSES WILL BE OFFERED IN MORE SCHOOLS THIS YEAR.

Last year we provided bike safety in 25 elementary schools, this upcoming school year we hope to be in 40!

Bike Safety Education provides 10 hours of hands-on instruction time. Students use our fleet bikes to practice right of way, navigating intersections, and the rules of the road. Students also learn helmet fitting and how to determine whether a bicycle is safe to ride or not.

"My child loved the bike safety classes at her school. She loves walking to school, and the school provides plenty of crossing guards which makes it feel safe." –Chief Joseph parent

The program is a great way to get students some healthy exercise and to show them around their neighborhood. Most participants agree that their favorite part of the program is the last day, when the class goes out as a group on a longer community ride.

To join the fun by volunteering with a Bicycle Safety Education class, please contact Tom Rousculp at tom@bta4bikes.org or 503-226-0676 Ext. 20.



OFFICER TALLMAN FITS A NEW HELMET FOR A STUDENT.

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS



GROW HEALTHY. GET THERE.



"Walking or biking is an excellent way of getting exercise and its fun because you don't need a gym or equipment... just your mind, body, and spirit willing to go." —Boise-Elliot Parent

Join us for International Walk + Bike to School Day on October 7

The first Wednesday of every October, students, parents and faculty throughout Portland join millions around the world for International Walk + Bike to School Day.

This year, Walk + Bike to School Day falls on October 7 and Portland schools are already registering for the event. By participating in Walk + Bike to School Day, you help promote the importance of creating safe communities for our children to be active.

Schools may encourage families to walk for health, clean air, or increasing neighborhood safety. Last year, 168 Oregon schools participated in Walk + Bike to School Day and they had a blast celebrating walking and biking.

You can lead the Walk + Bike to School Day efforts at your school. For more information, contact Carolina Iraheta, Safe Routes to School Organizer, at **503-823-1189**.



Before...



After...

Engineering Highlight: Humboldt Elementary

The crosswalk at NE Humboldt and N. Vancouver, near Humboldt Elementary has been re-engineered for safety.

A curb extension was built, making a shorter crosswalk for students to traverse, allowing them to cross the street in a shorter time, with less exposure to traffic.

Sign up soon for

International Walk + Bike to School Day at
www.walknbike.org

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS





News

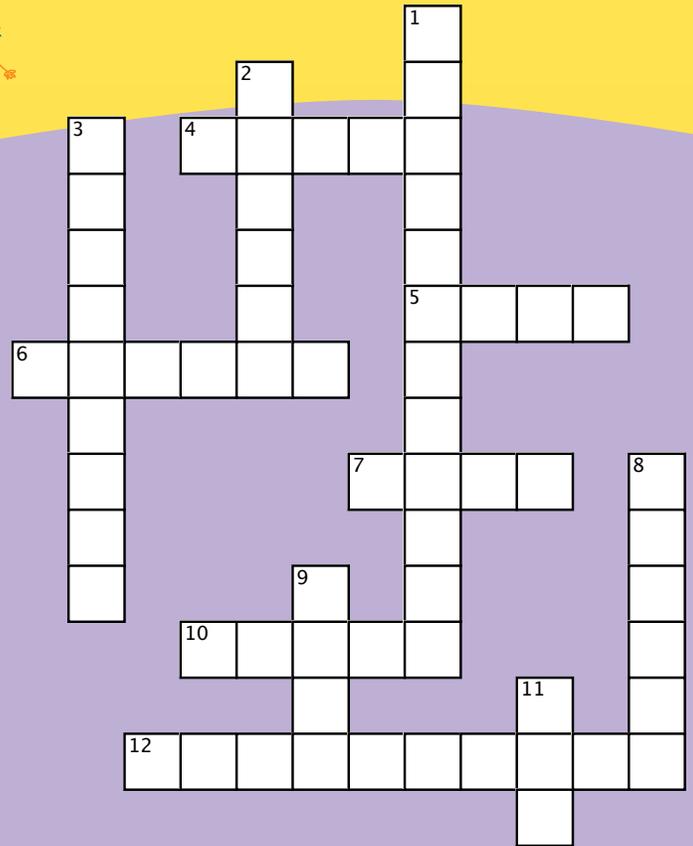
Bike Safety Crossword Puzzle

Across:

4. Ride your bike on the _____ side of the street.
5. Bicyclists follow the _____ rules as cars.
6. Used to slow your bike down.
7. A red traffic sign with eight sides is a _____ sign.
10. The part of your body your helmet protects.
12. Used to steer your bike.

Down:

1. When two roads meet, it's called an _____.
2. When riding your bike in a group, you should ride _____ file.
3. Where the air inside your tire goes.
8. Push down on these to move your bike forward.
9. Use _____ signals to let drivers know which way your turning.
11. Used to find safe streets to ride on.



Our Mission—

SR2S is a program bringing transportation together in partnership with our schools, neighborhoods, and community organizations to encourage students and families to get to and from school in ways that reduce traffic, increase safety, build strong bodies and clear minds, plus provide a cleaner environment.



Answers Across: 4. Right 5. Same 6. Brakes, 7. Stop
 0. Brain 12. Handlebars
 Answers Down: 1. Intersection 2. Single 3. Innertube
 8. Pedals 9. Hand 11. Map

