

2011 International Walk+Bike to School Day

Join thousands of children and families in Portland, and millions around the world, for Walk+Bike to School Day events on Wednesday, October 5th. Last year, over 60 Portland schools promoted International Walk+Bike to School Day.

To register your school, go to www.walknbike.org. For help organizing, contact John Chism at john.chism@portlandoregon.gov or 503-823-5246.



Photo: Brian Lincoln



Start the Morning with a Walk to School

With so many challenges to walking and biking to school it may be surprising to hear that Portland has one of the highest walk and bike rates for elementary school students in the nation! One reason is that many people have caught on to all the ways we can support each other to walk and bike.

Do you want to encourage more families to walk and bike to school? Check out our encouragement campaigns; they're fun, effective and easy to organize.

Walking School Bus

A walking school bus is a group of students who walk to school accompanied by an adult. It can be as informal as two families taking turns walking their children to school, or as structured as multiple routes with pick-up schedules.

Bike Trains

A Bike Train is a group of students who bike to school accompanied by an adult. There is a specific route chosen to ensure student safety. To see how some Portland schools have participated in Bike Trains check out www.BikeTrainPDX.org.

Stop+Walk

Stop+Walk aims to decrease traffic congestion around schools by asking parents who drive to pick-up or drop-off students, to park a few blocks from school and let their students walk the rest of the way.

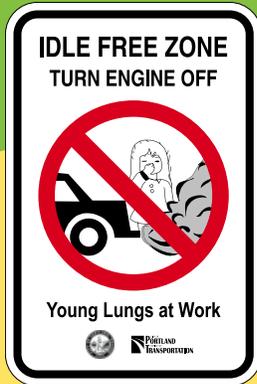
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For more information email saferroutes@portlandoregon.gov or call 503-823-1189. Also, check out the inside story on Emerson School to see one example of how a school can organize itself around Safe Routes and our calendar of events for upcoming trainings.

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

HAVE FUN. BE SAFE.



Follow the 10 Second Rule for Idling

Car exhaust is not our friend. In fact, it is the leading source of toxic air pollution in Oregon. It's especially hazardous to children because they breathe 50 percent more air per pound of body weight into their still developing lungs than adults.

That means that idling your car during school drop-off and pick-up times is a serious health hazard. Here's what you can do:

- Turn off your car if you'll be waiting for more than 10 seconds
- Talk to and encourage other parents to be idle-free at school
- Ask your principal to post an "Idle Free Zone" sign at your school

For a free sign, contact Donna Green at donna.green@portlandoregon.gov or 503-823-6114.

Walking or biking is an excellent way of getting exercise and it's fun because you don't need a gym or equipment... just your mind, body, and spirit.
— Boise-Elliot parent



Back to School Reminder

As students head back to school, it is particularly important to obey traffic laws and drive safely in school zones. If you drive to school, follow these safety tips to keep all students safe this school year!

- Be patient during drop-off and pick-up, the roadways surrounding schools are congested during these times. While potentially frustrating, all drivers do have the same goal – to safely transport their students.
- Obey the 20 mph speed limit in all school zones.
- Obey parking signs; they are purposefully placed and 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.

Thanks 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.

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS



GROW HEALTHY. GET THERE.

Emerson Receives National Grant for Safe Routes

Guest article by Emerson parent, Amy Higgs

Last January, The Emerson School won a mini-grant from the National Center for Safe Routes to School. The goal was to increase walking and biking to school. Emerson is a small, downtown K-5 charter school drawing students from around the city, so downtown traffic and distances can make walking and biking to school challenging.

The first step was creating email lists of families from each city quadrant, to help them share ideas and organize school transportation. As a result, four bike trains and a walking school bus now allow families to ride their bikes or walk to school on preplanned routes and get little bodies moving.

Children can also join a "Trimet Trekker" group – chaperoned groups from different neighborhoods that ride to school on a city bus or light-rail, with tickets funded by the mini-grant. One leader had this to say: "I love being able to drop off my kids down the street...I love that there are less mamas and papas driving their kids into school. I love that the kids become confident getting on the bus and walking four blocks to their school."

Emerson is focused on creating options that are easy for busy families – options that save them time and money and help build community.



Engineering: New curbs for Kelly School

Curb ramps, a marked crosswalk, and other improvements were installed on SE 87th and Bybee to improve bike and walk access to Kelly School.

Before



NO SAFE WAY TO WALK TO SCHOOL

After



SAFER AND MORE ENJOYABLE ACCESS TO SCHOOL!

SAFE ROUTES TO SCHOOL SPONSORING PARTNERS



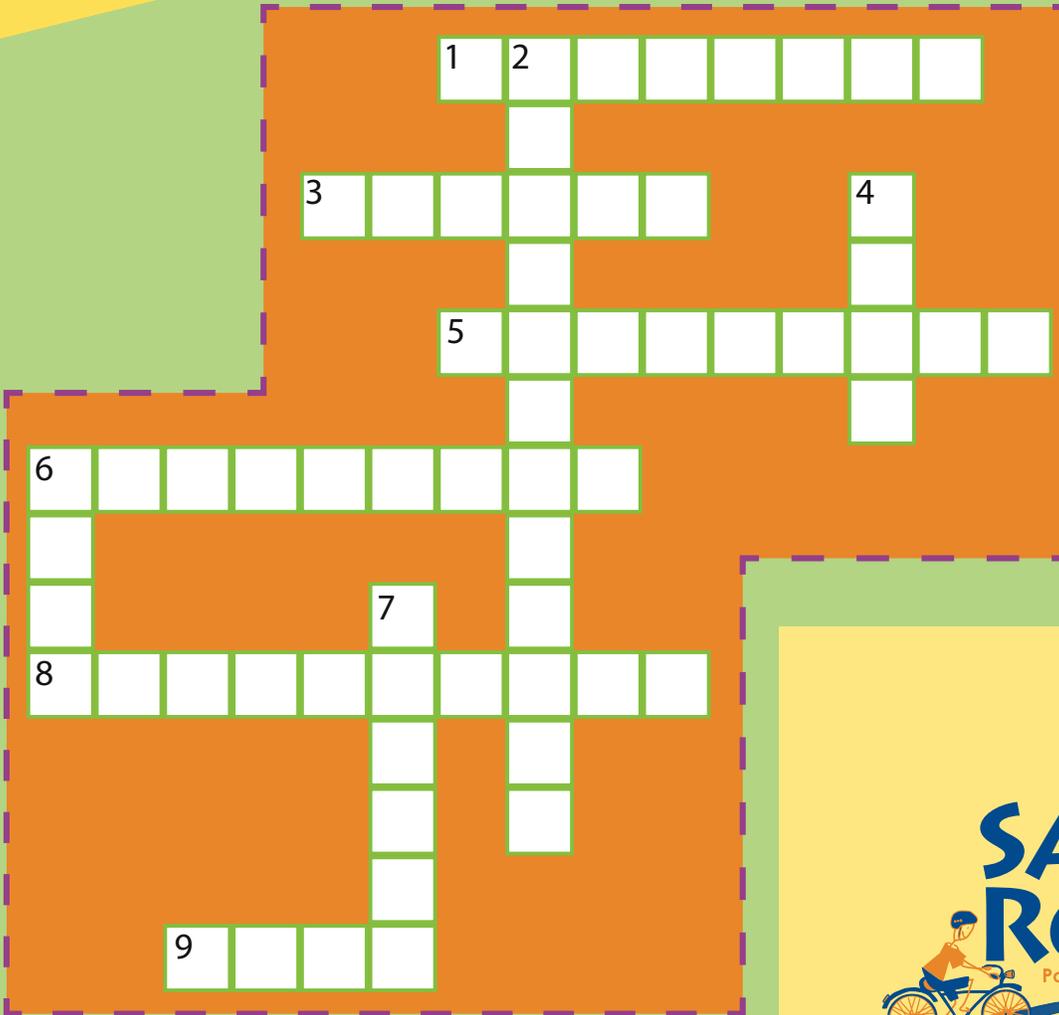
David Douglas School District





News

Portland Bureau of Transportation ■ Fall Issue 2011



These programs have been great to encourage everyone to drive less.
— Rieke parent

I think the program is great. I volunteered to help last year.
— Humboldt parent

Safe Routes Puzzler

ACROSS

1. A special place for people to walk.
3. Before crossing the street, be sure to stop, look and _____.
5. A good place to cross the street.
6. It's a good idea to tie your _____ before walking to school.
8. Name for someone who walks.
9. In a Walking School Bus, students get to school using their _____.

DOWN

2. Where two roads come together.
4. When you cross the street, use your _____ before your feet.
6. The red sign with eight sides says _____.
7. Where cars drive.



Our Mission— Safe Routes to School brings 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.

Fall SR2S Calendar

SEPTEMBER

15

Thursday, September 15, 4pm-5pm
Walk+Bike to School Day Training
Belmont Library
1038 SE César Chávez Blvd

SEPTEMBER

19

Monday, September 19, 3pm-4pm
Walk+Bike to School Day Training
North Portland Library
512 N Killingsworth St

SEPTEMBER

20

Tuesday, September 20, 12-1pm
Walk+Bike to School Day Training
Midland Library
805 SE 122nd Ave

SEPTEMBER

22

Thursday, September 22, 3pm-5pm
\$5 Helmet Sale
Legacy Emanuel Medical Center
2801 N Gantenbein Ave

SEPTEMBER

24

Saturday, September 24, 10am-4pm
Power of the Pedal – A Biking Celebration
An Outdoor family event highlighting the benefits of biking
OMSI Plaza - 1945 SE Water Ave
www.oms.edu

SEPTEMBER

25

Sunday, September 25, 12-5pm
Northeast Portland Sunday Parkways
Streets closed to traffic, and open to bike, walk, roll and have fun
See the Northeast route at
www.portlandsundayparkways.org

OCTOBER

5

Wednesday, October 5
International Walk+Bike to School Day
Register your school at www.walknbike.org

For more information, visit
www.PortlandSafeRoutes.org
or call 503-823-4998.

SR2S Resources



LOOK AT ALL THESE INCENTIVES!

Bike Fair Kit:

Organizing a bike fair at your school? We've got a kit for that! **Bike Fair Kits** include materials and instructions for five fun activities.

Tabling Kit:

Want to share Safe Routes materials at your next event? We've got a kit for that, too! **Tabling Kits** include maps, safety resources, stickers, and more.

Prizes

Need some incentives to reward students for walking and biking? We've got loads of free giveaways for student activities including stickers, pencils, temporary tattoos, reflective tags, shoelaces, those coveted bike bandanas, and more!

To request any of these FREE RESOURCES please contact SafeRoutes@PortlandOregon.gov or 503-823-5246 for a full order list.

★ Evaluation Surveys coming soon...

Check your mailbox mid-October for the Safe Routes survey on student travel to and from school. The results of this survey help to secure grant funding and also to get an idea of how to better serve different schools and neighborhoods. Send it back and get a chance to win a bike for your student!

EXTRA! EXTRA!

If you would like extra copies of this newsletter please contact SafeRoutes@PortlandOregon.gov. Help spread the word!