



NEWS

• City of Portland, Bureau of Transportation •
FALL ISSUE 2013

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Back to School with Safe Routes Fall Kick Off!

Join Safe Routes to School for a Back to School event on Thursday, September 26, from 5:30 to 7:30pm. We know a little support and excitement can be helpful in boosting walk and bike efforts at every school!

- Learn how to start your own Walking School Bus, Bike Train, or Park+Walk program
- Craft bike, walk and scooter prizes, signs and trophies for your school
- Connect with other Walk+Bike Coordinators
- Get ready for October's International Walk+Bike to School Day
- Enter to win raffle prizes for your walk and bike programs

The event happens at Temple Baptist Church, 1319 NE 7th Ave. Free dinner will be served starting at 5:30pm and childcare will be provided. Please let us know as far in advance as you can about how many children will be coming: carolina.iraheta@portlandoregon.gov, 503-823-1189.



Ernest Jones, photographer

Walk+Bike Back to School

Lace up those shoes and pump up those bike tires, its time to get walking and biking to school! The beginning of school is a great time to set healthy habits for the upcoming year. Safe Routes to School encourages families to look at different opportunities to walk and bike to school. Here are some tips for increasing your families' active trips to school:

- Choose one day of the week to walk or bike to school.
- Identify a route before your walk or bike trip. Locate the safer intersections to cross busy streets.
- Prepare the night before. If you are riding your bikes, get helmets and bike locks ready. Pump tires and do a quick bike safety check.
- If you have friends or family in the neighborhood, invite them to walk or bike with you.

And definitely try walking or biking on International Walk+Bike to School Day, Wednesday October 9th. Students across the nation will be walking and biking to school on International Walk+Bike to School Day.

Want to know more information or register your school, check out www.walknbike.org

Have Fun. Be Safe.

Bike Safety Education Takes Off!

Every year, Safe Routes to School works with over 40 schools to teach bicycle safety education to 4th and 5th grade students across the city.

Our students receive 10 hours of instruction, in the classroom and out on the street. Students learn how to do a bike safety check, properly fit a helmet, navigate the bicycle network in Portland, the rules of the road and much more.

The instruction ends with a fun community ride where students and teachers ride out to a local park!



“These programs have been great to encourage every to drive less.”

— Rieke parent

Back to School Reminder

As students head back to school, it's 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 the street 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.



Riding with Kids

Guest article by: Diana Rempe, Beach Elementary parent

I can't ever remember overtly deciding I would use a bike to get around with my family. Instead, it was a process that emerged out of my deep desire to get out of a car and move around by walking, taking transit or biking.

In Tuscon, AZ getting around by bike worked well recreationally but we still depended primarily on our car. Moving to Portland 11 years ago, I knew I wanted to be carfree. We found a house close to our kids' school and started walking or riding to school every day. Over time we integrated biking into different parts of our lives.

I remember a day in the Spring when it was pouring. I dropped my kids at school when I realized that it had never occurred to me to get in the car that morning. That was when I knew we had made the transition to biking. We've now stopped driving entirely.

Trying to live a car-based lifestyle on a bike is our biggest hurdle. We seemed to always be rushing. But often that ended up being more of a function of over scheduling, in general, than riding a bike. We have learned to simplify!

My favorite part of biking with my family is the way it slows everything down and insures we have real time with one another, every day. We have the finest conversations when we are riding together.

Biking isn't an all or nothing commitment, but it does require habituation. Enlist older kids to act as biking mentors to younger ones. Make a deal with friends to try and bike together every school day for a month. Biking with kids ends up being a lot about community building.

Enjoy it. Biking with your kids offers a daily intimacy with them that is hard to replicate.

Engineering: Curb Extensions Added to SE Stephens

Curb extension were added to the SE Stephens and 122nd Ave crossing to help students get to Mill Park Elementary school in the David Douglas School District.

Before



After



"I think the program is great.
I volunteered to help last year"

— Humboldt Parent

Fall SR2S Calendar

www.saferoutesportland.org

SEPTEMBER

21

Saturday, September 21
Kidical Mass Back to School Ride
East Portland
See website for contact and details
www.kidicalmasspdx.org

SEPTEMBER

21

Saturday, September 21, 10am-2pm
Healthy Kids Fair - \$6 Helmet Sales
Randall Children's Hospital
2801 N Gantenbein Ave

SEPTEMBER

26

Thursday, September 26, 5:30-7:30pm
Safe Routes to School Fall Kick Off
Temple Baptist Church
1319 NE 7th Ave

SEPTEMBER

29

Sunday, September 29, 11am-4pm
Portland Sunday Parkways
Southwest Portland
www.portlandsundayparkways.org

OCTOBER

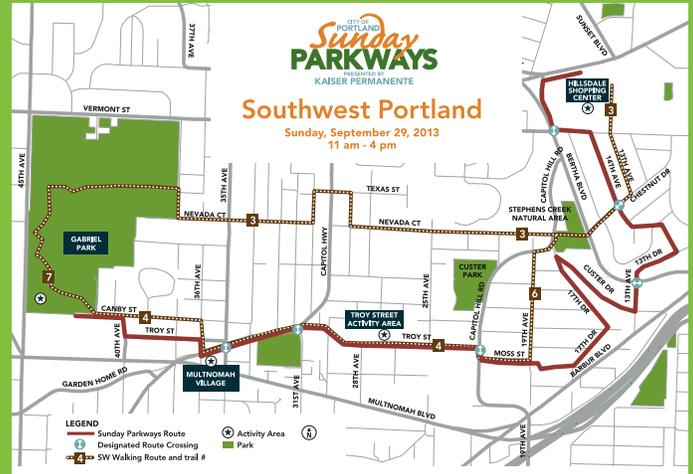
9

Wednesday, October 9
International Walk+Bike to School Day
Register your school here:
www.walknbike.org

OCTOBER

26

Saturday, October 26, 12noon-3pm
Kidical Mass Thrill the World Ride
PSU to Pioneer Square
See website for contact and details
www.kidicalmasspdx.org



Sunday Parkways

Don't miss the season wrap up Sunday Parkways event in Southwest on September 29th from 11am to 4pm!

Enjoy the added walk-only route with a trek on the Southwest Trails network. Take in the rolling hills and beautiful views. Activities, music, food and vendors will be located in Gabriel Park, Multnomah Village and Hillsdale Shopping Center.

Come out and play - Circus Cascadia, hula hooping, music and the NW Trail Alliance bike skills track.

For more information go to www.PortlandSundayParkways.org or call 503-823-7599.

“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



Safe Routes to School
 1120 SW 5th Avenue, Room 800
 Portland, OR 97204

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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.

www.saferoutesportland.org

Printed on recycled paper.

For ADA Title II or Civil Rights Title VI accommodations, translation/interpretation services and complaints, or for additional information, call: 503-823-5266; TTY: 503-823-6868; Oregon Relay Service: 711.

Active Summer Vacation Contest



NEWS

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**What I did
 on my summer
 vacation...**

Did you bike, walk, run or roll this summer to do something fun? Maybe you explored a different part of the city or discovered a new favorite place. Tell us about your active summer adventure and enter into a drawing for a backpack filled with fun back-to-school active transportation prizes.

Mail story to:
 Active Summer Vacation
 Attn: Janis McDonald
 1120 SW 5th Ave, Ste. 800
 Portland, OR 97204
Or email to: janis.mcdonald@portlandoregon.gov
Please include: Name, age and school
Deadline: October 18th