

Make it a campaign!

Want to encourage more families to hop on the Park + Walk bandwagon? Safe Routes is here to help!



Template articles for newsletters



Giveaway prizes to encourage participation



Custom maps, flyers, and posters to share

Take it one step further...

Once you have your Park + Walk set up, consider adding **carpool** to your daily routine. Talk to friends and neighbors to see if anyone can share driving responsibilities. This will help to further reduce traffic around the school and encourage others to add a few steps to their day.



Safe Routes to School envisions a future where all students and families can choose active transportation (walking, biking, skating, etc) as a safe, convenient, accessible and desirable option for getting to and from school and around their neighborhoods.



SafeRoutesPortland.org



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SAFE ROUTES to School

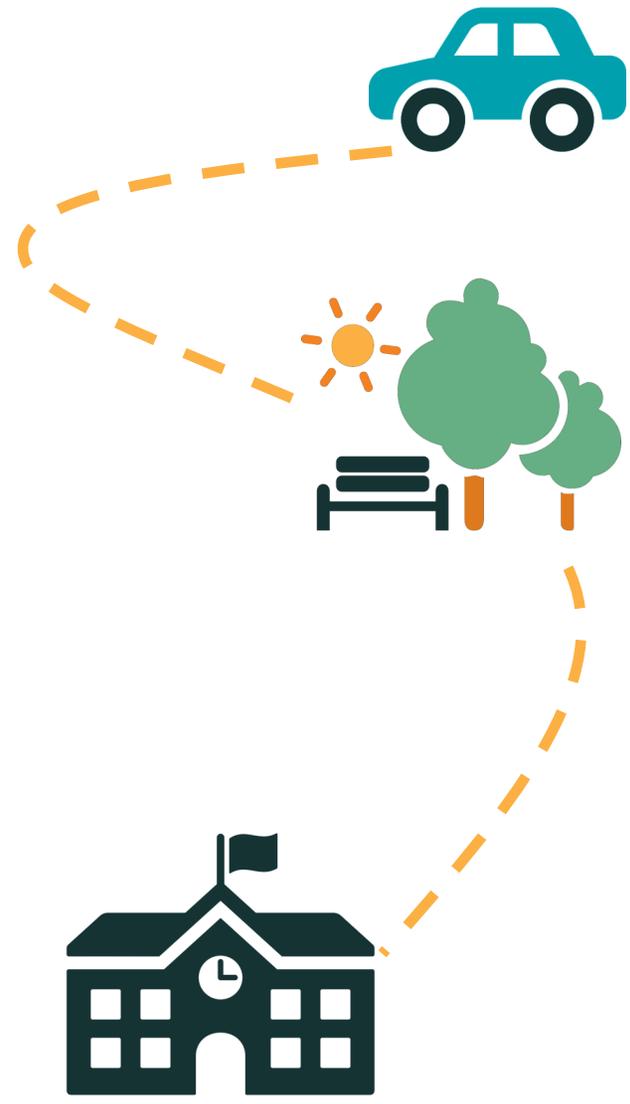


PBOT
PORTLAND BUREAU OF TRANSPORTATION

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Park + Walk

Drive some, walk some



What is Park + Walk

Park + Walk is simple: drive to a park or other safe location near school and then walk the rest of the way.

Park + Walk is for families who don't feel comfortable walking or biking the whole way to school. This may be due to distance or other obstacles along the way.



Park close to school, then walk the rest of the way.

That's it!

Why Park + Walk to school?



Be part of the solution—fewer cars around schools makes it safer for everyone.



Reduce your carbon footprint and limit unhealthy pollutants.



Squeeze in some extra steps with a quick walk.



Save money by driving less—get other families involved to increase your impact.

Finding a Location

Consider these elements for a great Park + Walk site:



Distance: Start looking for sites a few blocks from school, up to a half mile (5-10 min walk).



Location: Make sure there is a parking lot or other secure place for cars to park.



Safety: The walk should be fun and easy—utilize sidewalks or walking paths where available.



Practice: Try out the walking route on a non-school day to see how long it will take and any potential hazards.

Tips for Success



City parks usually provide lots of free parking spaces and most schools have one nearby.



If using a private parking lot, talk to the business beforehand. It may not be possible to utilize this space at all times.



Start with a location close to school and see how your student adjusts to the walk. You can move further away for more exercise time.



Starting a new routine is better with friends—see if you can get other families to join in!