

# Why Walk, Bike, & Roll?

EDUCATION •• ENGAGEMENT ••• EVALUATION ••• ENGINEERING ••• EQUITY



## ENCOURAGEMENT

Safe Routes to School (SRTS) partners with schools, students, parents/guardians, and the community to encourage safe and active commutes to school, such as walking and biking.

So, why is an active commute such a great way to get to school? Here are a few of our favorite reasons:

### It's fun!

Walking or riding to school gives you a chance to explore your neighborhood or have a chance to catch up with a neighbor, family member, or friend.

### It's independent!

You can get places on your own and meet up with friends.

### It's healthy!

Walking, riding, or rolling to school helps you stay active and it's good for your heart and muscles.

### It's good for the environment!

Walking and biking are pollution-free ways to get around, and both reduce traffic congestion around your school.

## MAKE IT HAPPEN!

Students, parents/guardians, schools, and the community can all provide support by leading, participating in, and volunteering for programs and events centered around walking and biking. Help improve the environment around your school and the health and safety of all students by being a part of these activities:

### Walking School Bus

A group of people (children, parents/guardians, neighbors) that walk from a designated location to school together (these are called Walking School Bus Stops).

### Bike Train

Just like a Walking School Bus, but on bikes with "stops" along the route.

### Special Walking / Biking / Rolling Days

Pick a day (any day!) to celebrate walking, biking, or both.

### Park, Walk, & Roll

Students and parents/guardians park at a designated location (such as a library) near the school and walk the rest of the way.

### Summer Session

A fun educational session led by SRTS that focuses on pedestrian and bike safety.

## MAKE IT A HABIT

Students, parents/guardians, and schools can help keep the momentum going for active transportation. Here are some ways to turn walking and biking into a regular habit:

- ✓ Establish a weekly event, such as “Walking Wednesdays” or “Footloose Fridays”
- ✓ Schedule monthly themed events such as a “Polar Bear Walk” in January or a “Go GREEN Day” in March
- ✓ Join the fun for SRTS Flagship Events
  - iWalk (International Walk, Bike, & Roll to School Day) on the first Wednesday in October
  - Winter Walk & Roll on the first Wednesday in February
  - Massachusetts Walk, Bike, and Roll to School Day on the first Wednesday in May
- ✓ Think about an incentive program that rewards students for choosing active transportation (free prizes like bragging rights go a long way!)

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## How SRTS Can Help

SRTS has free online resources (including a full Toolkit) as well as virtual and in-person assistance to help you organize programs for walking and biking.



## We can provide:

- ✓ Customized maps for Walking School Buses, Bike Trains, and Park, Walk, & Roll programs
- ✓ Free incentives such as stickers, bookmarks, and reflective bands
- ✓ How-To guides to help you establish and encourage walking and biking initiatives