



Safe Routes to School

Your child. . . Your future. . .

It starts with You. . .


Discover how you
can participate.

Call

512-476-RIDE (7433)

or visit

www.BikeTexas.org



*Together we can create
a safer environment
for our children.*

With funding from the United States Department of Education, the **BikeTexas** Safe Routes to School Program unites communities toward the common goal of establishing and maintaining safe, active, and healthy lifestyles for children, and safer, healthier communities for everyone.



Texas Bicycle Coalition

Education Fund

www.BikeTexas.org



A Texas Bicycle Coalition Education Fund Program

Texas Children at Risk

74% of Texas children do not meet state guidelines for physical education. *

62% of Texas children do not participate in organized physical activity. *

35% of Texas school children are overweight or obese. *

13% of Texas school children walk or bike to school today, compared to 66% in 1975. *

30% of the average Texas morning rush hour traffic is school related. *

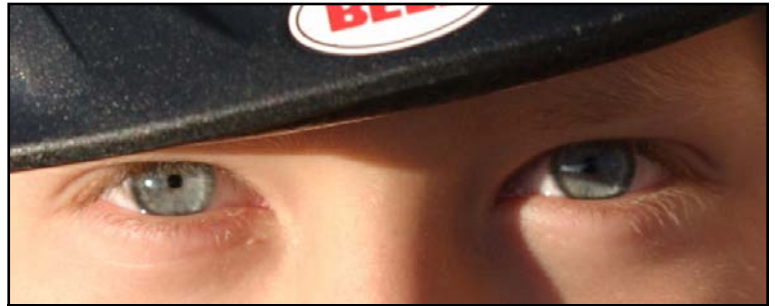
* Department of Health Services, Centers for Disease Control and Prevention

“Texans have the power to change this bleak future and schools play a critical role.”

Susan Combs
Texas Agriculture Commissioner



For Texas children, these percentages translate into a loss of health, fitness, freedom and independence.



DID YOU KNOW?

Nationally, type II diabetes, formerly referred to as adult onset diabetes, has **increased tenfold over the past 20 years.**

BikeTexas Safe Routes to School Benefits

Real or perceived obstacles often prohibit parents from allowing children to walk or bike to school and around their communities. These obstacles will only grow worse if we treat the symptoms rather than cure the condition. The **BikeTexas** Safe Routes to School Program integrates health, physical activity, traffic relief, traffic safety, and environmental awareness under one program.

Implementing the BikeTexas Safe Routes to School Program in your community means. . .

- . . . healthy and physically active children who regularly walk and bike to school.
- . . . more people on sidewalks and paths, making the streets safer for everyone in the community.
- . . . reduced traffic in drop off/pick up zones, making the roads around schools safer for students, faculty, staff and neighbors.
- . . . children are taught traffic laws and can make safe and responsible choices as pedestrians and cyclists.
- . . . being prepared for the Texas Safe Routes to School Call for Projects from TxDOT. Applicant schools may receive funding for engineering projects, such as sidewalks and traffic calming features, to improve walking and cycling conditions around schools.

BikeTexas Safe Routes to School

BikeTexas Safe Routes to School Components

Education

Train and certify 4th and 5th grade teachers in bicycle and pedestrian safety utilizing the Texas SuperCyclist Curriculum. The curriculum materials effectively support the **BikeTexas** Safe Routes to School program integration in elementary schools.

Encouragement

Assist participating schools in developing and hosting events, assemblies, contests, and campaigns to raise awareness and encourage individual, family, business and community participation in the program.

Engineering

Evaluate our school neighborhoods for safety, convenience and appeal so that improvements which make walking or cycling viable options for Texas school children and the community at large are prioritized.

Enforcement

Increase community enforcement (cross-walk guards, route monitors) and develop partnerships with law officers, to ensure the traffic laws and speed limits in school neighborhoods are enforced.

Evaluation

Gather baseline and post-program data which documents the effectiveness of our work.

BikeTexas Safe Routes to School Participants

Children
Parents
Volunteer School Team Leaders
Physical Education Teachers
School/District Administrators
Government/Elected Officials
Planners/Engineers
Law Enforcement
Bike Shops/Bike Clubs
Universities/Colleges
Friends/Neighbors
Community Groups
Public Health Agencies
Health & Safety Non-profits



DID YOU KNOW?

Health care costs for each American in 2002 equaled **\$4,695** annually, including out-of-pocket, private insurance and government program expenses.

This is up 16% from 2000 and up 96% since 1990.



“The economic impact of chronic poor health is devastating for families due to healthcare costs as well as loss of income for patients and family caregivers. Chronic poor health results in a deterioration of quality of family life. At current trends, the overall cost to society and to the economy will be crippling.”

Department of Health Services, Centers for Disease Control and Prevention

BikeTexas

Safe Routes to School

Supporting Organizations

Texas PTA
Texas Elementary School
Principals Association
Texas Association of
Community Schools

Participating Universities and Colleges

Abilene Christian University
Angelo State University
Baylor University
Concordia University
Midwestern State University
Sam Houston State University
Stephen F. Austin State University
Texas A&M University
Texas Tech University
University of Houston
University of Mary-Hardin Baylor
University of North Texas
University of Texas at Austin
University of Texas at El Paso
University of Texas Pan AM

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Texas Bicycle Coalition
Education Fund

United SuperMarkets



Texas Bicycle Coalition
Education Fund

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