



**SAFE ROUTES
TO SCHOOLS**
MARIN COUNTY



GUIDEBOOK

Version 3. 2010

Golden Sneaker Award

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Golden Sneaker Award is a program of Safes Routes to Schools, a project of the Transportation Authority of Marin.

Introduction

Golden Sneaker Award



The Golden Sneaker Award is a challenge between classes that rewards the class with the greatest number of students who walk or bike to school. Those who carpool or ride the bus to school can also play. Up to six classes at a time can participate. You can open it up to any classes in the school or designate certain grades to challenge each other. Students' hands are stamped as they come to school with the golden shoe stamp. The tracking chart is then stamped with the Golden Shoe for every five students who participated. The class with the most participation overall wins the Golden Sneaker Award and gets to display their award throughout the month. The class then celebrates their achievement. This contest fosters teamwork and allows students who cannot walk or bike to school to participate in this group transportation contest.

Instructions for Organizers

Golden Sneaker Award

Ways to Organize the Contest:

- Invite the whole school to participate and rotate classes each month. Encourage those classes not participating to continue to walk and bike to school.
- Have the different grades compete against each other
- Group the grades together – with K–1, then 2–3, and 4–5, etc.
- Duplicate the chart and let all classes participate at once

Tips for Running the Contest:

- Have each class create a team name.
- You can track the students every day, or you can run it once a week to boost your weekly Walk and Roll to School Day.
- Report the leading team in your school newsletter and announce it over the loudspeaker.
- It is easiest to begin the challenge on the first Monday of the month and end it on the last Friday of the month.
- Create a celebration for the class receiving the Golden Sneaker Award.

Case Studies



Old Mill School, Mill Valley

Old Mill School organized the challenge around Wednesday Walk and Roll to School Days. The program ran for 10 weeks. The goal during the 10 weeks was to have as many students per class walk, ride, and roll to school every Wednesday. Students received a hand stamp and some juice. Teachers were requested to take a count of the number of students in their class that walked, bike, rolled (no electric scooter). A chart was created to display the number of students per class (1 sticker for every 5 students participating). The chart was displayed in a common area of the school. At the end of the 10 weeks the class with the most number of students would win the Golden Sneaker for their class to display.

Neil Cummins School, Corte Madera

Neil Cummins chose to “even out” the challenge by splitting up the grades into more evenly matched levels that compete with each other. An example of grades that could compete against each other is: kindergarten and first graders, second and third graders, fourth and fifth graders. The challenge can be conducted in both elementary and middle schools.

Contest Announcements

*Are You Walking or
Rolling to School?*

LOUDSPEAKER ANNOUNCEMENTS

Beginning of Contest

The Race is on to see which class can have the most students who choose Green Ways to School. Walk or bike to school and your class can win the Golden Sneaker Award. Live too far away, then carpool or park a ¼ mile away and walk the rest of the way. The winning class will get the Golden Sneaker Award. So lace up those shoes let's see how many cars we can leave at home. (Note: if your school provides bus service include that as well)

During the Contest

Are you walking or rolling to school? Grade ___ is holding the lead in the Golden Sneaker Award, but grade ___ is not far behind. Everyone wins when more of us walk and roll to school. Keep up the good work!

End of Contest Month Reminder

This is the last week for this month's Golden Sneaker Award contest. Class _____ is in the lead. Can you catch them? There is still time to find a Green Way to School. Walk with friends to school or have fun riding your bike. Walk, bike, or carpool to school.

Winners Announcement

Congratulations to Class _____ (name winners) for capturing the Golden Sneaker Award. Coming in second was _____ and third place was _____. The whole school wins though as we reduce air pollution and get healthy and find fun ways to get to school that's good for you and for the earth. (You can take this opportunity to announce the next round of Golden Sneaker Award)

NEWSLETTER ANNOUNCEMENTS

Golden Sneaker Award Starts Next Month

The Race is on to see which class will have the most students who choose Green Ways to School. Walk or bike to school and your class will win the Golden Sneaker Award. Live too far away? Then carpool or park a ¼ mile away and walk the rest of the way. Those whose class has the most students who find Green Ways to School will get the Golden Sneaker Award. So lace up those shoes let's see how many cars we can leave at home. (Note: if your school provides bus service include that as well)

How to Make a Golden Sneaker Award

This method is suggested by a team leader, but as long as you can figure out a way to mount a painted sneaker on a post, you're "golden"!

Golden Sneaker Award



Materials

- Size 14 (or larger) sneaker
- One-foot length of 4 by 4 post
- Two flat boards or one flat board and preferably something recessed, like a fence cap
- Four 2" bolts or large screws
- Drill
- Gold spray paint

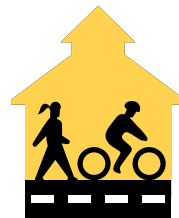
Instructions

1. Obtain a very large sneaker.
2. Cut the 4 by 4 post into a one-foot length.
3. Place one end of the post onto the fence cap so it stands straight up and creates a pedestal. Bolt pieces together.
4. Place flat board on top of 4 by 4 and attach.
5. Drill two holes in the sneaker and the flat board and fasten bolt to the shoe from underneath.
6. Spray paint the whole thing.
7. Add a plaque (see picture).

Note:

A simpler method (but less dramatic) is spray paint the shoe and place it inside a trophy box.

SAFE ROUTES TO SCHOOLS PROGRAMS



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