IT’S NEVER TOO EARLY TO START WALKING TO SCHOOL

San Anselmo Preschool Introduces Safe Routes to Schools Program

A bout 25 preschoolers at San Anselmo Preschool are proudly donning their “I Walk to School” T-shirts. They were given the shirts for walking on International Walk to School Day on October 3. A generous parent designed and custom printed them, and donated them to the school for this event. The whole school was treated to a big snack-fest to celebrate the event when they arrived.

San Anselmo Preschool (SAPS) is the first preschool to participate in Marin’s Safe Routes to Schools program. At least 25% of all 100 students participated in Walk to School Day, an impressive number because not all enrolled SAPS students attend school every day. Schedules vary from two mornings to five full days per week. On Walk to School Day, many SAPS families participated by meeting at Creek Park with students from St. Anselm and Wade Thomas Schools.

A bike train from Brookside Elementary School to San Anselmo Preschool included parents with older children in elementary school and younger children in preschool – so both students could participate on the same day. The bike rack in front of the preschool was completely filled with adult bikes with child seats and/or trail-a-bikes, little children’s bikes, scooters and tricycles.

Carey Lando, a parent at SAPS and a transportation planner for County of Marin Public Works/Transportation Authority of Marin, spearheaded the new preschool program. “Getting kids started early on is the key to Safe Routes to Schools,” she explained. “I saw other parents were casually carpooling and walking or biking and thought it might be an opportunity to try the program. The younger they start exercising, the healthier they will be in the long run.”

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NEW ASSEMBLIES IN THE WORKS

Pedal Power

A school assembly created for elementary schools will showcase a new song written especially for Safe Routes to Schools by children’s singer-songwriter Tim Cain. Envision this: a mother and her children, stuck in traffic, are choking on the fumes created by the Pollution Monster, who is feeding the car with his pals Gas and Oil. But they are saved by The Bicycle, who takes them through to the world where there is no pollution because so many are walking and biking. The program is designed as a booster assembly for the spring contests and for International Walk to School Day. Schools can sign up for the 15-minute assembly by calling Laura at 456-3469 ext 2#. A 30-minute assembly with an introductory set by Tim Cain in person can also be requested; for that assembly, there’s a fee of $200.

Teens Create Their Own Assembly

During the last few months, teens from Hall, White Hill and Miller Creek Middle Schools have been working as a team to create a teen assembly on transportation and the environment for their schools. Aviva Joseph, Safe Routes’ teen coordinator, and Gwen Froh, a drama specialist and Safe Routes teaching assistant who is also a White Hill parent, are coordinating this project. The goal of the assembly is to further educate students on the effects of transportation choices on our environment and our health, while inspiring and empowering them to adopt sustainable behaviors such as walking and biking to school. The team is working on the production of a video/PowerPoint piece that will be informative, fun and cool. The presentation will include videotaped interviews done by students, with charismatic leaders in the alternative transportation and environmental fields. It will include information on recent surveys done at each school, great music and quotes by teens who have already adopted healthier ways to get to and from school. Some schools are considering including in the assembly a short “green talent show” and images from a “green art contest” that will be held before the assembly. “I want to help the middle schoolers to understand the issues of global warming, and then to get them to realize what they can do about it,” said Alex Rouchle of Hall Middle School, a participant in the teen assembly production team. “I believe that our job, being part of Safe Routes to Schools, is to inform middle schoolers and give them the incentive and means to start carpooling, biking, walking, or finding better means of transportation that are eco-friendly.”
Record Number of Schools Sign Up for Spring Contests

42 Schools Offering Spring Contests

A record 42 schools are signed up for various Safe Routes to Schools spring contests. This is, in part, due to the partnership with Cancel a Car, a program that encourages school children to find ways to reduce their carbon footprint. Schools ranging from preschool through high school have their choice of two contests: Frequent Rider Miles and Pollution Punchcard.

In the Frequent Rider Miles contest, each student is issued a card on which they note every time they walk, bike, carpool or take the bus to school. When they have done this 20 times they get an instant reward plus an entry in a drawing to win a new bike.

The Pollution Punchcard contest has an environmental theme. Each student receives a card that has six carbon monsters on it. On regular Walk and Roll to School days and on random, unannounced days, a student can get one carbon monster punched off the card if they walked, biked, carpooled or took the bus. Once they punch all of the carbon monsters off the card, they too, get an instant reward, an entry in the drawing to win a new bike, and a new card.

Bikes will be provided at cost by Marin Bikes with a grant from Kaiser Permanente helping to pay the cost. The bikes will be assembled by staff from Marin Bikes and winners will pick up their bikes on a special day for all winners. Other valuable prizes will be offered as well, including lunch packs, sling bags, gloves, bells, and Frisbees. Thanks to Planet Bikes and Trek Bicycle for contributing non-bike prizes at reduced cost for the contest and of course to Marin Bikes and Kaiser for providing the bicycles.

International Walk to School Day the BIGGEST Ever in Marin

Over 40 Schools Participate!

The streets of Marin were alive with children on International Walk to School Day on October 3rd, 2007. At least 40 Marin schools participated in the annual event, which is celebrated in 39 countries around the world in addition to every state in the United States.

Tamalpais Valley School had over 400 people in the streets; the school got a parade permit to close down Bell Avenue. Fairfax had the county’s longest bike train, over 200 people bicycling from Fairfax Town Hall to Manor School and then on to White Hill School. Wade Thomas, St. Anselm School and San Anselmo Preschool combined efforts with a Walking School Bus parade down San Anselmo Avenue that spanned a continuous line of students and parents all the way from Creek Park to Ross Avenue.

At Lagunitas School, School Board member Steve Rebscher led students on a bike train from Woodacre, while Community Center Director Dave Cort led a train from Lagunitas. They had walkers, dogs, babies in strollers, and lots of bikers. The bike racks were overflowing and most people from over the hill carpooled. Queen’s “Bicycle Race” was playing on a boombox just to add to the atmosphere.

These are just a few of the highlights from International Walk to School Day in Marin. For a full report and more photos, go to www.saferoutes-to-schools.org. (Below: Lagunitas School Walk to School Day. Photo by Nicole Tostevin)
Four students who attend the community-service learning class at Redwood High School have been interns with Safe Routes to Schools since the beginning of this school year. Kate, Alexa, Gina and Carli have been meeting on a weekly basis with Aviva Joseph, SR2S teen coordinator, to work on a school campaign comprised of three projects: a school-wide transportation survey; a school-pool program; and a spring walk, bike and carpool week during the sustainability festival held at Redwood around Earth Day in April.

During the week before winter break, all Redwood students participated in a transportation survey designed by the interns. The survey was designed to determine student attitudes about transportation choices. The results will give a clear picture not only of how students get to and from school, but, the interns hope, ideas about what would encourage students to adopt more sustainable ways to commute.

At a December meeting with Lasandra White, Redwood’s Assistant Principal, TAMS’s SR2S Program Director, and TAM’s SR2S SchoolPool specialist, the interns learned about various ways of running a SchoolPool program to encourage carpooling as well as walking and biking to school. The interns are currently working on a SchoolPool proposal that fits the needs of Redwood; it will be presented to the school administration in coming months.

In preparation for the spring walk, bike and carpool week, interns are learning the basics of soliciting raffle-prize donations. They are creating a large database of local businesses from which they hope to get exciting prizes that will serve to encourage students to use alternative transportation during that week. Several activities are planned as well including a workshop titled “Beauty and the Bike” and a bike field trip to San Francisco using the ferry.

The internship program gives the students valuable real-life skills in community organizing while making a positive difference for their school. For more information about the High School internship program contact Aviva Joseph at 456-3469 Ext. 5#.
Sun Valley School in San Rafael is among the first Marin County schools to pilot test the expanded SchoolPool program. Sun Valley has had strong participation with Safe Routes for many years, led by parent volunteer Lori Hassett with active support from Principal Julie Harris and a team of several committed volunteers that meets regularly.

The expanded SchoolPool Program was introduced by TAM’s Safe Routes to School program this year to determine if providing extra support would help participating schools run successful SchoolPool programs. SchoolPool is a Safe Routes program that connects families who wish to share in walking, biking and carpooling students to school together.

The SchoolPool pilot program offers the support of a SchoolPool specialist who works with the schools’ teams to design a strategy to meet their goals. Added resources include a GIS (geographical information system) specialist to produce SchoolPool directories.

The project resulted in a new SchoolPool Directory for Sun Valley. These were some of the steps involved:

- The Sun Valley team, led by Lori, defined the neighborhoods on a map based on routes to school, and named them.

- The SchoolPool team created the map shown here, entered the neighborhoods into the GIS system and created the Neighborhood Codes.

- The Sun Valley team provided their updated school family database.

- The SchoolPool team ran the database through the GIS system, which assigns each family’s address to a neighborhood and attaches the neighborhood code to their file.

- The SchoolPool team sent the database back to the Sun Valley team with all families assigned and updated the map with a legend for the Neighborhood Codes.

- The Sun Valley team printed the new SchoolPool Directory of families grouped by neighborhood with the map and legend.

- Sun Valley families can check the map and find others in their neighborhoods.

- Sun Valley promotes the SchoolPooling concept with support from SchoolPool specialists.

Sun Valley was an excellent pilot for the program. The lessons learned will provide experience for other schools in Marin working on similar SchoolPool programs. Special thanks go out to the Sun Valley School directory team.
Voters in Marin County approved the transportation sales tax Measure A in November 2004. Measure A includes funding for implementation of the Transportation Authority of Marin’s Safe Routes to School program, provision of crossing guards throughout the county, and “Safe Pathways” infrastructure improvements aimed at improving walking and bicycling conditions to and from school.

In Fall 2007, TAM awarded almost $1.8 million in Measure A Safe Pathways to Schools funding to Marin County cities, towns, schools and unincorporated Marin County. Additional Safe Pathway projects will be funded by Measure A in future years.

The Safe Pathways projects (see right-hand column) were conceptualized during “walkabouts” (see “What is a Walkabout” on next page) and were developed in concert with key stakeholders, including Safe Routes Task Forces, school committees, parents and students, and local public works departments.

In coordination with the Safe Pathways program, TAM’s Safe Routes to School program identifies school-area walking and bicycling needs and with the assistance of the stakeholders, applies for outside capital funding. Funding sources TAM has successfully tapped include California’s state-legislated Safe Routes to School program and the Federal Safe Routes program.

**Projects Funded in Fall 2007**

- **Edna Maguire and Old Mill Elementary Schools (Mill Valley):** Provides curb extension, reconfigures traffic island at Edna Maguire School, and provides signs and pavement markings at Old Mill School.

- **Tamalpais High School (Mill Valley):** Widens Miller Avenue sidewalk and creates a new entrance to the school for on-campus dropoff lanes.

- **Hall Middle School (Larkspur):** Provides a path along the existing right-of-way between Doherty Drive and Heatherwood Park.

- **Hall Middle School and Redwood High School (Larkspur):** Provides signing and striping to improve pedestrian access safety on Doherty Drive.

- **Neil Cummins Elementary (Corte Madera):** Provides new signs and pavement markings at Pixley Avenue/Redwood Avenue and in vicinity of school entrance on Mohawk Avenue.

- **Ross School (Ross):** Provides a 3,000-foot all-weather path along Shady Lane from Lagunitas Road to Bolinas Avenue.

- **Wade Thomas Elementary and St. Anselm Elementary (San Anselmo):** Provides high-visibility crosswalks, countdown pedestrian signal heads, signage, striping and curb ramps at intersections.

- **Brookside Lower Elementary (San Anselmo):** Provides sidewalks, curb ramps and high-visibility school crosswalks on the west side of Butterfield Road.

- **Manor Elementary (Fairfax):** Installs a 125-foot sidewalk along the east side of Oak Manor Drive beginning at Sir Francis Drake Boulevard.

**[Continued on next page]**
WHAT IS A WALKABOUT?

Walkabouts and Bikeabouts Identify Issues

The walkabout is an environmental analysis exercise, a key element of TAM’s Safe Routes to School program. The program holds walkabouts, and sometimes “bikeabouts,” to identify barriers to walking and bicycling to school.

Although traffic professionals are required for the planning and design of infrastructure improvements, citizens can participate in the analysis of pedestrian and bicycle facilities and accommodations. Neighborhood walkabouts and bikeabouts are used to raise awareness of the issues and conditions that have impact on walking and bicycling; to garner support for needed changes; and to gather information needed for school route maps.

These types of Safe Routes to School audits are conducted by TAM’s Safe Routes traffic engineer and an engineer representing the local jurisdiction, as well as the local Safe Routes committee or Task Force, including school representatives, parents, students, and law enforcement.

Walkabout participants identify the built environment around a school, observe the school’s drop-off and pick-up operations, and note behaviors of students, parents, and motorists that could contribute to unsafe conditions for student pedestrians and bicyclists.

After each walkabout, TAM works with the local agency to develop short-term and/or long-term solutions to remedy the issues identified during the audit. Conceptual engineering designs are developed and shared with the Safe Routes committees and task forces. Priorities are set for potential engineering improvements, and when necessary, funding is sought to implement improvements.

To date, hundreds of people throughout Marin have participated in a Safe Routes to School walkabout or bikeabout. These activities are key in helping the program identify needs and improve walking and bicycling conditions to and from school. To schedule a walkabout for your school, contact Wendi Kallins at wendi@marinbike.org.

Recent SR2S Infrastructure Improvements [Continued from page 6]

Projects Funded in Fall 2007 cont.

• White Hill Middle School (Fairfax):
  Installs high-visibility crosswalk and additional school warning lights on Sir Francis Drake Boulevard and provides signage and striping on Glen Drive.

• Laurel Dell Elementary (San Rafael):
  Improves the walk path on the northern side of Woodland Avenue.

• Mary Silveira School (Marinwood, Unincorporated Marin County):
  Reduces crosswalk lengths at intersection of Las Gallinas Avenue and Blackstone Drive and installs bulbouts.

Neighborhood walkabouts and bikeabouts are used to raise awareness of the issues and conditions that have impact on walking and bicycling.
Three communities, Corte Madera, Larkspur, and Mill Valley, have stepped up to pilot-test Street Smarts campaigns. Each of these communities will participate in the program through their planning, community services, public works, and law enforcement departments. The towns will also partner with their active Safe Routes to School Task Forces.

The three communities have identified five common poor road behaviors:

- Motorists speeding on streets
- Stop sign and stop light violations
- Motorists and cyclists not giving right-of-way to pedestrians
- Distracted driving
- Bicyclists not obeying the rules of the road

Corte Madera, Larkspur and Mill Valley have each identified “hot spots” in their cities where the identified behaviors frequently occur.

Key messages are currently being developed to combat the poor behaviors and after consultation with each city, various media will be deployed this spring to educate roadway users. Media may consist of banners, lawn signs, posters, brochures, and safety training kits.

Working with each community, TAM will evaluate the effectiveness of the program by conducting “before and after” studies. If the program (or elements of the program) is successful, the Street Smarts campaign may be expanded countywide.

The Transportation Authority of Marin (TAM) is pleased to introduce a demonstration project for Street Smarts, a public education campaign designed to target unsafe behaviors of drivers, pedestrians and bicyclists. Street Smarts uses both education and focused community-relations efforts to transmit messages about the need for behavior change to neighborhoods, schools, and businesses. Specific behaviors the campaign may address are speeding, red light running, stop-sign violations, neighborhood cut-throughs, school-zone compliance, and crosswalk safety and compliance.
Parents on Cascade Drive were at their wits’ end. No one would ever call the winding narrow road with no shoulders or sidewalks a freeway, but in the morning, with cars pushing their speeds to the maximum just as parents are trying to bike their kids to school, parents were more than a little concerned. They were successful at getting Fairfax to make engineering fixes, including crosswalks and “Yield to Pedestrian” signs. But some signs were mowed down, and one was stolen.

Then Chris Kenton, a marketing expert, came up with an idea. He clocked the time it took to drive the mile between Canyon Road and Bolinas Road. At an average speed of 25 mph, travel time over this stretch would be 2 minutes and 24 seconds. At 28 mph, it’s 2 minutes and 8 seconds. At 22 mph, it’s 2 minutes and 42 seconds. In other words, speeding up saves a driver only a few seconds. But those seconds are quickly lost when the driver gets onto Bolinas Road, where traffic is backed up anyway.

“It’s a race through town where the person behind you or the person on the bike eventually catches up,” said Renée Goddard, Manor School SR2S team leader and a resident of Cascade Dr. She should know because she and her children are among those on bikes. “For a couple of car-length gains we’ve given up any sense of safety and sanity in our neighborhood.”

Thus “Stress-22” was born. The idea is to urge people in the neighborhood to drive 22 miles per hour on Cascade. Why 22 mph? “We needed to put a number on it—a target,” explained Kenton. “Asking people to do vague things like slow down and drive safe wasn’t going to register in their minds. By using 22, you’re not going so slow that you’re crawling along, but you can see what is going on around you.” Chris further clarified that they want people to check their speedometers when they see the signs, so they know their speed.

The neighborhood group made the graphic appear to look like a speed sign. The logo is on t-shirts that are selling like hotcakes around town. They also have yard signs strategically placed and have passed out flyers explaining the campaign.

The campaign launched with a friendly roadside stand at “Tree Park” (officially known as Doc Edgar Park), the triangular park at the mouth of Cascade near its intersection with Bolinas Road. Families made cookies and brownies and gave out coffee, placing signs in both directions where motorists could see them. They gave out the flyers with the goodies and talked to people about the campaign.

“The first couple of days after that it was visceral,” said Renée. “I could actually see people slowing down.” More people in the neighborhood are ordering signs, and the sale of signs and t-shirts makes the program self-sustaining. The group plans on repeating the process with hot chocolate or other seasonal treats on the solstices and equinoxes.

So why “Stress 22”? “It’s a stress-free way to drive; there really is a groove there,” said Chris. “Everyone is talking about how bad stress is. One of the simplest choices to relieve stress is the way you live in your neighborhood.”

Renée added, “Take a moment the next time you are driving. By going 22, you can see someone smile. Do you know who rides their bike every day? Do you know who sells fresh eggs? Enjoy the view. This truly is a neighborhood and by walking and biking and driving slowly, we get to know our neighbors.”
Over four hundred people gathered in Dearborn, Michigan on November 5th through 7th, 2007, for the first U.S. National Safe Routes to Schools conference. The conference, co-sponsored by the Michigan Fitness Foundation, the National Safe Routes to Schools Partnership and the National Center for Safe Routes to Schools, brought together activists, engineers, educators, health professionals and other Safe Routes proponents from around the country.

Marin County Bicycle Coalition sent two representatives to the conference to make presentations on the award-winning Marin County program. Safe Routes instructor Frances Barbour talked about the teen programs, with a presentation created by teen coordinator Aviva Joseph. Program Director Wendi Kallins gave a presentation on the successes of the Marin program in becoming self sustaining, and a second presentation on “No Way City,” a virtual walkabout game that she created with David Parisi.

The successful conference demonstrates the explosion of growth of Safe Routes to Schools across the country. Walkable Communities expert Mark Fenton gave a rousing keynote address, forecasting the day when “free range” children will again be able to play freely in safe neighborhoods; where walking and biking is the norm. Break-out sessions gave tips on working with the media, special needs of urban, low-income communities, updates on the federal program, best practices and much more.

The National Partnership followed the conference with its annual meeting on November 7th to determine its goals and action plan for the coming year. Safe Routes practitioners from across the country shared their needs, concerns and ideas to further the movement in the years to come.

The Ross Valley School District (RVSD) is faced with a significant increase in enrollment that may force it to redirect new students from Fairfax to San Anselmo schools. Recognizing the transportation issues associated with children attending schools a farther distance from home, RVSD staff came to the Ross Valley Safe Routes to Schools Task Force meeting for input. As background for the meeting, the District plotted the homes of all students to determine their best possible school assignment. In response, the Ross Valley Safe Routes Task Force suggested that Fairfax students who live on the east side of town could be sent to Brookside schools and still be able to be bike or walk to school with their parents. Some suggested that if students who live on the south side of Sir Francis Drake Blvd. attended Wade Thomas School, they could take the bike routes parallel to Center, and thus avoid having to cross Sir Francis Drake.

The RVSD will take these recommendations into consideration as they make the tough decisions on assigning new students next year. Parents will still be able to list their preferences and the District will endeavor to give them their first choice. But if the first choice is not available, location and ease of transportation will be considered. The RVSD is to be congratulated for taking transportation issues into account while making these difficult decisions.

Schools are part of community and school traffic is a huge influence on the quality of life. We impact the community as a whole.

– Gina Feiner, Ross Valley School District Trustee
Want to know more about the Crossing Guard program of the Transportation Authority of Marin? Bill Gamlen is your man. Bill is TAM’s Project Delivery Manager, and one of the projects he’s assigned to deliver is the Crossing Guard program.

While TAM contracts the program to All City Management Company, Bill is in charge of the day-to-day operations. He is the contact person for the schools and is the one to get the call if a crossing guard doesn’t show up for duty.

Bill is a civil engineer with a degree from University of the Pacific in Stockton. He grew up in the Glenwood area of San Rafael and attended San Rafael High School. He used to ride his bike to Las Gallinas Middle School (now Venetia Valley, a K–8 school). “We’d ride up Lincoln and over Merrydale” he said.

Bill loved growing up in Marin. “I loved the bay and the open space. I spent a lot of time running around in the hills on bike and on foot. I used to go out to China Camp long before it was a mecca for mountain bikers.”

Bill had engineering in his blood. He used to play with Lego as a kid and still can be found with the building blocks—although he pretends it’s just because he’s playing with his kids. These days, he gets to play with much bigger Lego pieces. Besides overseeing the crossing guard program, his projects include the Highway 101 HOV Gap Closure, the I-580 northbound connector and the Marin-Sonoma Narrows projects.

He started his career working for San Francisco’s public transit system, the Muni Railway, where he spent 14 years working in project development, design, and inspection on such projects as the subway system on Market, the Pac Bell Park light rail extension and the Third Street rail line.

After a short stint in private consulting, he took the job with TAM. “I really enjoy being involved in the entire project process,” he said. “I really like shaping the project from start to finish. As a consultant, you only get to do one piece and then you’re gone.”

He loves playing a part in the Safe Routes to Schools program. “It’s a tremendous program. Simple changes can make such a big difference, such as [adding] one sidewalk to create connectivity. It’s a mental shift for people to stop driving their kids to school in one vehicle—to walk or bike.”

Bill will be overseeing evaluation of the current crossing-guard program. Initial criteria for deployment of crossing guards were based on a formula of pedestrian and traffic counts. Intersections that met the criteria got first choice. After these locations were staffed, planners were able to use more relaxed criteria and consider locations that had a lot of students or a lot of cars, but not both. This spring, planners will be looking at the whole system again and doing counts to see whether they have the budget for a few more guards. They suggest that a school make a request for a crossing guard through the public works director of their town, city or the county. The Marin Public Works Association and the TAM Technical Advisory Committee will be making recommendations to TAM.

You can reach Bill Gamlen at 507-2661. Just don’t expect him to let go of his Lego.

(SR2S is) a tremendous program. Simple changes can make such a big difference, such as [adding] one sidewalk to create connectivity. It’s a mental shift for people to stop driving their kids to school in one vehicle—to walk or bike.
Measure A, Marin’s half-cent transportation sales tax, provides funding for Safe Routes to School programs in all Marin schools. If your school is not currently participating, please see the TAM web site, www.tam.ca.gov, or e-mail wendi@marinbike.org to learn how you can join the program.

Middle school students are invited to learn how to become proficient bike riders by joining the White Hill Bike Club in Fairfax. Learn how bicycling provides both freedom and responsibility. Students will learn how to “drive” their bikes safely on the road. Club classes will cover basic safety procedures, proper equipment, bike maintenance, and trip planning. Students will plan a final field trip as part of the class. The class is offered by Safe Routes to Schools through the San Anselmo Recreation Department and will take place Wednesdays, at 2:20 pm starting March 26, 2008 at White Hill School in Fairfax. For more information, contact laura@marinbike.org. To sign up for the Club, call 258-4680.

Pickleweed Bike Club, Courtesy of Pickleweed Afterschool Program.