



To Listen to recording:

<https://myhealthplan.webex.com/myhealthplan/ldr.php?RCID=ba69235664d4b391de1f23ee7bf1ae7a>

Past Network Call Notes are available at:

[http://www.dot.state.mn.us/mnsaferoutes/news/network\\_calls.html](http://www.dot.state.mn.us/mnsaferoutes/news/network_calls.html)

*Please note: recordings of the Network Calls are archived for 6 months only*



## THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

...is approximately 190 dedicated professionals from organizations and agencies that are advancing Safe Routes to School (SRTS) in Minnesota...

...that builds skills in Minnesota communities to successfully implement SRTS, supporting partnerships between state and local agencies, municipalities, and advocacy organizations, and advocating for policy changes to support walking and bicycling to schools and improvements to the built environment...



...and makes Minnesota a state where all students, no matter their race, ethnicity, income level, age, ability, or geographic location, can walk and bicycle on routes that are safe, comfortable and convenient...

...because to be able to walk and bike safely makes health, learning, communities, and independence better for all of us.

Convert to title slide



## AGENDA

- Welcome and Introduction
- General Update
  - Next SRTS Solicitation
- Walk! Bike! Fun! Ambassador Program
- New MN SRTS Resources
  - Crossing Guard and School Patrol
  - Bus Stop and Walk Guide
  - And many more!
- Announcements



# bikeMN

BICYCLE ALLIANCE OF MINNESOTA

## Walk! Bike! Fun! Ambassador's Program

Michelle Kiefer  
SRTS Program Manager

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## Training includes...

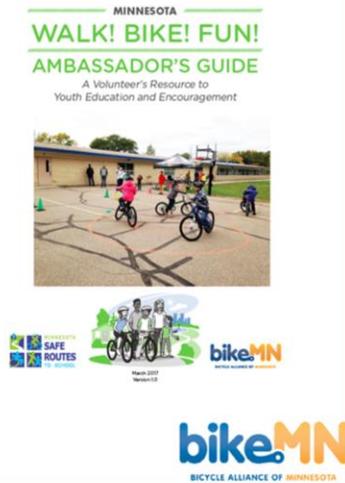
- ✧ Safe Routes to School overview
- ✧ Ambassador Training 101
- ✧ WBF Essentials
- ✧ Mapping
- ✧ Walking School Bus
- ✧ Bike Trains
- ✧ Rodeo



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# Ambassador's Guide: Introduction

- Purpose
- Goal
- Intended audience
- Implementation strategies



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## [Talking Points]

“The purpose of the Walk! Bike! Fun! (WBF) Ambassadors program is to support organized youth education initiatives around walking and biking. The goal of this resource is to meet the needs of communities by providing information, training, and guidance on best practices to a group of enthusiastic adult volunteers. The intended audience for this resource guide is adults who are willing to provide or support youth education. We recognize that valuable teaching often happens in informal settings, and not every adult has received formal teacher training. This guide should prepare adults to implement programs and activities that reinforce concepts and objectives of the complete WBF curriculum being taught in schools and a Safe Routes to School Plan being implemented in the community..

These activities can be done in conjunction with an existing WBF program, or as standalone efforts. The guide contains background on the Safe Routes to School (SRTS) program, including external references, which provide important context for these supporting activities. We believe and the research indicates that the effects of these efforts are maximized when combined with other initiatives as part of a comprehensive SRTS plan.”

## Safe Routes to School



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### Michelle

Minnesota Safe Routes to School combines the expertise of multiple state agencies together with national and local partners to provide parent, school and community groups with the resources needed to support walking and biking to school.

This statewide effort promotes the development of comprehensive local SRTS programs that cover all 5Es — education, encouragement, enforcement, engineering, evaluation and equity. Our students will gain lifelong healthy habits and improved academic performance through physical activity; our schools become safer with reduced traffic and improved air quality; and our communities become better places to live, learn, work and play.

Does your community and school have a SRTS plan?

The planning process begins by working with the local SRTS team to evaluate conditions through walking audits, parent surveys and hand tallies. At the end of the planning process an action plan is developed to guide the SRTS work at the

school. The action plan includes long and short term goals, and includes implementation goals of infrastructure and non-infrastructure projects.

Another key piece of the planning process is outreach to stakeholders throughout the school year; including parents, students, teachers and other local partners.

# Ambassador's Guide: Content

- Introduction: Safe Routes to School
- I: Ambassador Training 101
- II: Walk! Bike! Fun! Essentials
- III: Walking School Busses
- IV: Bike Trains
- V: Mapping
- VI: Walk! Bike! Rodeo
- VII: Appendices



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# Ambassador Training 101



- Pedestrian Skills
- ABC Quick Check
- Helmet Fit
- Rules of the Road
- Principles of Traffic Law
- Group Riding Strategies



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**THESE ARE NOT DIRECTLY TO THE STUDENTS BUT IS FOR THEIR KNOWLEDGE AND AWARENESS!**

**This section should be reviewed by all WBF Ambassador volunteers as the core foundation needed to do all lessons and activities.**

## Learning Objectives

- > Become familiar with the lessons in the WBF curriculum
- > Understand and be able to apply the "Rules of the Road"
- > Understand and be able to apply best practices for leading a group ride

## Walk! Bike! Fun! PRESENTATION Essentials

- Pedestrian Crossing Skills
- ABC Quick Check and Helmet Fit
- Bicycling “Rules of the Road”
- Basic Handling Skills
- Wheel of Wonder



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### REFER TO PAGES 6-22 OF GUIDE

### THIS IS THE CONTENT USED TO PRESENT/TEACH TO A LARGE GROUP OF STUDENTS

#### Expected Outcomes:

Children will have an introduction to the essential skills and concepts of safe walking and biking through a classroom or assembly-type presentation

#### Learning Objectives

>Where to walk/cross

>Crossing skills

>WBF “Rules of the Road”

>ABC Quick Check & Fix-a-Flat (basic maintenance for ride leaders)

>Parking lot skills (start/stop, braking, scan/signal/turn)

>Understand and communicate the main objectives for Walk! Fun! and Bike! Fun! units

## Walking School Buses

- Planning route/schedule
- Setting expectations
- Review pedestrian skills



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### Expected Outcomes:

Broadly speaking, the benefits of a walking school bus program are improved health and safety. A more detailed list of beneficial outcomes is presented in this section.

#### Children

- Have fun.
- Learn pedestrian safety with adult guidance and supervision.
- Participate in physical activity as part of their day.
- Foster healthy habits that could last a lifetime.
- Learn more about their neighborhoods.
- Socialize with friends and get to know children of other ages.
- Gain a sense of independence.
- Arrive at school alert and ready to learn.

#### Parents

- Meet other families.
- Have concerns addressed which may have kept them from allowing their children to walk to school (such as traffic, personal safety or distance).
- Save gas required to drive to and from school.

### Volunteers

- Enjoy physical activity.
- Meet other families.
- Provide a service to the school and community.

### Schools

- Reduce traffic congestion around schools.
- Address reduced or lack of bus service.
- Have students who arrive on time and alert.

### All community members

- Travel with fewer cars on the road.
- Live with less air pollution.
- Gain a sense of community.
- Learn that walking is a viable transportation option.



## Bike Trains

- Planning route/schedule
- Setting expectations
- Riding best practices

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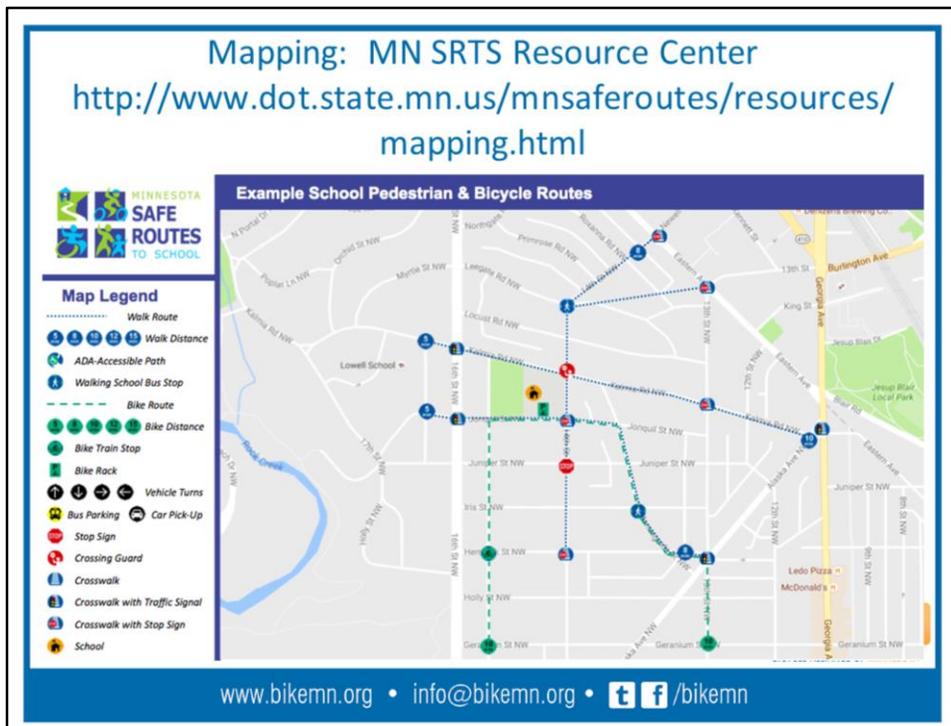
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### Expected Outcomes:

Broadly speaking, the benefits of a bike train program are improved health and safety. Riding to school in a bike train provides opportunity for physical activity, develops social relationships with peers and community members, and reinforces safe bicycle riding behaviors.

### Learning Objectives:

- > Planning route/schedule
- > Setting expectations (behavior, equipment, etc) - students AND adults
- > Riding best practices



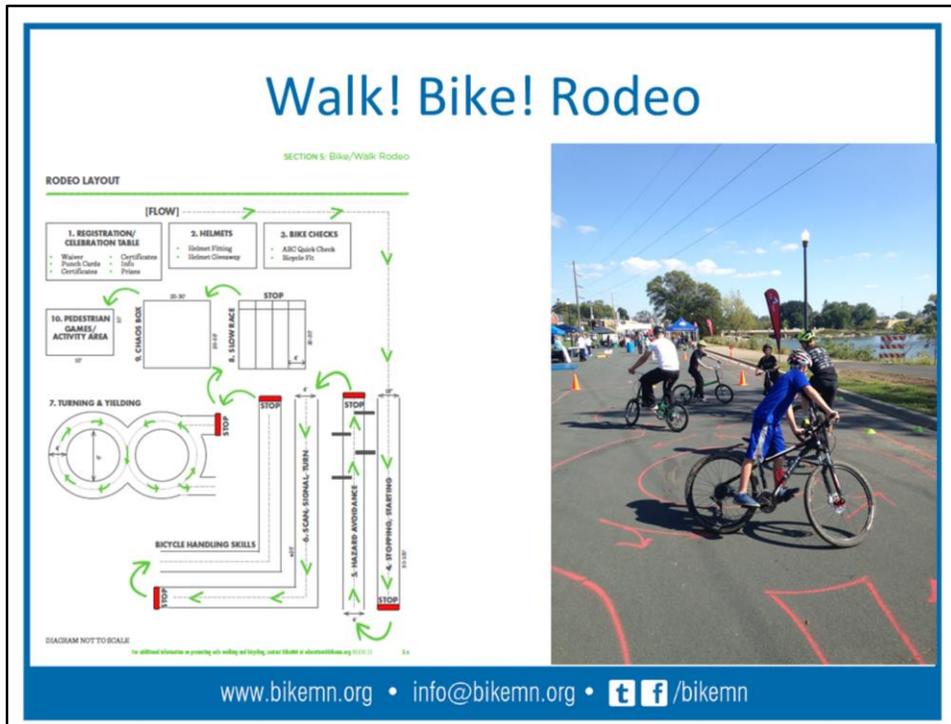
**Learning Objectives:**

- Assess potential barriers/challenges to walking/biking in the school zone
  - > Identify opportunities for intervention
  - > Identify optimal routes for walking and biking

**Mapping Exercise - using guidebook (being developed) from MnDOT SRTS Resource Center, <http://www.dot.state.mn.us/mnsaferoutes/resources/mapping.html>**

- > Assess potential barriers/challenges to walking/biking in the school zone
- > Identify opportunities for intervention
- > Identify optimal routes for walking and biking

# Walk! Bike! Rodeo



## Expected Outcomes:

A “bike walk rodeo” is a skill-building clinic developed for the purpose of teaching children basic walking and bicycle riding skills to practice and develop effective skills.

GOAL: Provide a chance to learn, practice, and demonstrate skills in a fun, Non-competitive atmosphere. Participants should:

- (a) increase knowledge about traffic safety, walking and bicycling,
- (b) transfer the knowledge to the practice of skills and decision-making while walking or riding a bicycle,
- (c) energize and excite participants to want to learn more and to engage in walking and bicycling. A bike walk rodeo should also include helmet and bicycle safety inspections.



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## What's Next?

- Walkbikefun.org  
(<http://www.bikemn.org/education/walk-bike-fun/request-technical-assistance>)
- Host a curriculum training:  
(<http://www.bikemn.org/education/walk-bike-fun/host-a-training>)



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## AGENDA

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  - Bus Stop and Walk Guide
  - And many more!
- Announcements

Here are the eligibility changes:

<http://www.dot.state.mn.us/saferoutes/documents/grant-eligibility-changes.pdf>

And here is some sample language from Rushford, MN (I can't guarantee that it meets all the requirements -- any city should make sure they look over it):

<http://www.rushford.govoffice.com/vertical/Sites/%7BB41348D8-65FE-49A4-B879-4733A535B479%>

Presenter  
2017-07-20 18:48:52

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Presenter

2017-07-20 18:48:53

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1 Million in State Infrastructure dollars

Will likely look a little different from previous years.

Going to be looking for high impact projects – start thinking about them now!

Resolution:

Local agency resolution, certifying that the community benefiting from this project has adopted subdivision regulations that require safe routes to school infrastructure in developments authorized on or after June 1, 2016.

Presenter

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Resource fair:

IF you haven't visited it before, [mnsaferoutestoschool.org](http://mnsaferoutestoschool.org) is hosted by MnDOT and managed by me.

Part of what we have done recently is develop a plan for overhauling the website so it is easier to navigate and more accessible to those looking for resources, training or events/news. You'll notice it still hasn't been overhauled, but expect it to be ready for the school year.

Some things are available already, others will come in the next month or so.

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First set of materials are introductory or basic materials useful for those of you just getting started, or just feeling out a community for interest.

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May recognize

Poster that can be used to quickly describe the E's and the impacts of SRTS Download and print as a one pager or blow it up and print as a poster. Available in Spanish and English.

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Initially developed by MDH

Still an introductory pamphlet that is 20 or so pages long but quickly explain the why and how of SRTS.

Presenter

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This one has been in high demand for some time but we didn't have a good base with extensive notes. We've since adopted the National Center for SRTS's powerpoint, complete with talking points.

Some cleaning up to do but will be ready this month as well. To the presenter:

This presentation provides a brief overview of Safe Routes to School Programs and why they are important.

Each slide contains speaker notes with key points and citations are provided where relevant. Where appropriate, image location information has been placed on the slide for the audience to see. Please go to [www.saferoutesinfo.org](http://www.saferoutesinfo.org) for further information on any of the topics mentioned in this presentation.

Learning objectives:

Upon completion of this presentation, listeners will:

Be able to explain why fewer children are walking and bicycling to school and what caused this shift from several decades ago.

Be able to describe the consequences of fewer children walking and bicycling to school.

Be able to describe elements of Safe Routes to School programs. Image:

Latham Elementary School, Winston-Salem, NC provided by Mike Cynecki.

Presenter

2017-07-20 18:48:54

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This is a reminder that mnsaferoutes is on FB. Follow us!

But also, this is a general Top 5 social media campaign that we put together that could be used by a district, school, PTO, or community/city FB page. We will likely build on the format of this over time and include for events, etc.

Presenter

2017-07-20 18:48:54

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Speaking of events, while they are only one day they can be really impactful if done correctly. We've been trying to

Presenter

2017-07-20 18:48:54

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Some of you may recognize these educational materials from Bike to School Day, or maybe if you've gone through the Walk!Bike!Fun! Training. This is a spoke card that has some of the basic educational messages and the Drive Your Bike Bookmark that also passes on more of the ed messages.

Presenter

2017-07-20 18:48:54

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Implementation support Funding

Capacity of rdc Evaluation

Completeness of an application (asks the most important questions) Most planning work or largest # of students reached

# Don't Hide, Come For a Ride!

Bike to School Day is May 19<sup>th</sup>



Presenter

2017-07-20 18:48:55

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Implementation support Funding

Capacity of rdc Evaluation

Completeness of an application (asks the most important questions) Most planning work or largest # of students reached

Presenter

2017-07-20 18:48:55

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# Stakeholders

# Stakeholders

## FOR THE SCHOOL DISTRICT

STAKEHOLDER	WHAT THEY BRING TO SRTS	WHAT THEY GET FROM SRTS
SUPERINTENDENT	<ul style="list-style-type: none"> <li>• Understands how to integrate SRTS's into budget for district</li> <li>• Ability to set infrastructure projects and transportation systems</li> </ul>	<ul style="list-style-type: none"> <li>• Increased safety and health for students</li> <li>• Well-rounded transportation program</li> <li>• Higher student usage for the district</li> <li>• SRTS policy that is positive to team staff/students</li> </ul>
TRANSFORMATION PLANNER	<ul style="list-style-type: none"> <li>• Understands the transportation program at a district level</li> </ul>	<ul style="list-style-type: none"> <li>• Potential to ... money by ... result on bus service</li> </ul>
SCHOOL STRING CHIEF/PLANNER	<ul style="list-style-type: none"> <li>• Knows school level most projects to consider walkability and usability</li> </ul>	<ul style="list-style-type: none"> <li>• ... a ... of funded and unfunded school sites</li> <li>• Improved climate, more vibrant community</li> </ul>

## FOR THE LOCAL SCHOOL TEAM

STAKEHOLDER	WHAT THEY BRING TO SRTS	WHAT THEY GET FROM SRTS
SCHOOL PRINCIPAL	<ul style="list-style-type: none"> <li>• Understands the big picture ... on school policies, engineering and infrastructure projects</li> <li>• Knows SRTS program into overall school</li> </ul>	<ul style="list-style-type: none"> <li>• Increased safety, health and academic performance for students</li> <li>• Well-rounded (transportation) program</li> <li>• Positive image of the school</li> </ul>
PARENTS	<ul style="list-style-type: none"> <li>• Knows what barriers to walking and biking are at school</li> <li>• High level of parent concerns</li> <li>• High level of parent communication to other parents</li> </ul>	<ul style="list-style-type: none"> <li>• Healthier, more active students</li> <li>• Improved safety for walking to school and in the community</li> <li>• Increased community level</li> </ul>
COMMUNITY VOLUNTEERS	<ul style="list-style-type: none"> <li>• Provide support for the program</li> <li>• Strong history of community partnership</li> </ul>	<ul style="list-style-type: none"> <li>• Safe streets and healthy, informed citizens</li> <li>• Opportunity to provide assistance in the community</li> </ul>
TEACHERS	<ul style="list-style-type: none"> <li>• Knows SRTS program history and curriculum</li> <li>• Encourage others faculty to participate</li> </ul>	<ul style="list-style-type: none"> <li>• Improved attention and academic performance from students</li> </ul>
PARENT TEACHER ORGANIZATION	<ul style="list-style-type: none"> <li>• Engaged community of parents and teachers</li> <li>• High level of parent communication with other parents</li> </ul>	<ul style="list-style-type: none"> <li>• Low barrier to entry as an existing PTO</li> <li>• Safe environment for students, parents and teachers</li> <li>• Increased community level</li> </ul>
STUDENTS	<ul style="list-style-type: none"> <li>• Knows what barriers to walking and biking are</li> <li>• High level of student concerns</li> <li>• High level of student communication to other students</li> </ul>	<ul style="list-style-type: none"> <li>• Healthier, more active students</li> <li>• Improved safety for walking to school and in the community</li> <li>• Increased community level</li> </ul>
CROSSING GUARDS	<ul style="list-style-type: none"> <li>• Knows what barriers to walking and biking are</li> <li>• High level of student concerns</li> <li>• High level of student communication to other students</li> </ul>	<ul style="list-style-type: none"> <li>• Improved safety for walking to school and in the community</li> <li>• Increased community level</li> </ul>

## FOR THE CITY

STAKEHOLDER	WHAT THEY BRING TO SRTS	WHAT THEY GET FROM SRTS
LAW ENFORCEMENT	<ul style="list-style-type: none"> <li>• Information on traffic safety at district level in the community</li> <li>• Enforce traffic laws near school crossings</li> </ul>	<ul style="list-style-type: none"> <li>• Opportunity for positive interactions with citizens</li> <li>• Better behavior from driver, pedestrian and bicyclist</li> </ul>
TRAFFIC ENGINEER	<ul style="list-style-type: none"> <li>• Knowledge of physical infrastructure and its connectivity</li> <li>• Can bring about changes to our existing transportation system</li> </ul>	<ul style="list-style-type: none"> <li>• Well-rounded transportation system that addresses all modes of travel</li> </ul>
LOCAL PLANNER	<ul style="list-style-type: none"> <li>• Knowledge of local issues impacting schools</li> <li>• Can help in master plans and school site decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Support for planning efforts that support walk and bicycle-friendly communities</li> </ul>
PUBLIC WORKS REPRESENTATIVE	<ul style="list-style-type: none"> <li>• Knowledge of city projects impacting schools</li> <li>• Can help in master plans and school site decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Informed about school and community goals around bicycle and pedestrian infrastructure</li> </ul>
CITY COUNCIL MEMBERS ELECTED OFFICIAL	<ul style="list-style-type: none"> <li>• Provide political support for SRTS program</li> </ul>	<ul style="list-style-type: none"> <li>• Active, healthy people who understand to safely walk and bike in the community</li> </ul>
PEDESTRIAN AND BICYCLE COORDINATOR	<ul style="list-style-type: none"> <li>• Public information about bicycle and walking plans and programs/activities</li> </ul>	<ul style="list-style-type: none"> <li>• Support for bicycle and pedestrian programs in the future</li> </ul>
PUBLIC HEALTH PROFESSIONAL	<ul style="list-style-type: none"> <li>• Encourage local activities for students</li> </ul>	<ul style="list-style-type: none"> <li>• Better health outcomes for students</li> <li>• Better quality of life in the community</li> </ul>
PARKS AND RECREATION DEPARTMENT	<ul style="list-style-type: none"> <li>• Knowledge of parks, trails, bike lanes and paths in the city and how they connect to schools</li> </ul>	<ul style="list-style-type: none"> <li>• Better walking, biking and increased connections to parks and trails</li> </ul>

## FOR THE COMMUNITY

STAKEHOLDER	WHAT THEY BRING TO SRTS	WHAT THEY GET FROM SRTS
PEDESTRIAN AND BICYCLE ADVOCATE	<ul style="list-style-type: none"> <li>• Works on a regular basis with the community on bicycle and pedestrian issues</li> </ul>	<ul style="list-style-type: none"> <li>• Increased understanding how to safely bicycle and walk in the community</li> <li>• New advocates for walking and biking</li> </ul>
NEIGHBORHOOD COMMUNITY ASSOCIATION	<ul style="list-style-type: none"> <li>• Partner in community using SRTS policies and information with the community</li> </ul>	<ul style="list-style-type: none"> <li>• Safer streets for the community</li> <li>• Better relationships with other community members</li> </ul>
GENERAL COMMUNITY MEMBERS	<ul style="list-style-type: none"> <li>• Provide support for the program</li> <li>• Serve as ambassadors to other community members</li> </ul>	<ul style="list-style-type: none"> <li>• Safer streets for the community</li> <li>• Opportunity to assist in the community</li> </ul>
LOCAL BUSINESS REPRESENTATIVE	<ul style="list-style-type: none"> <li>• High level of communication with students and families</li> <li>• High level of participation in the SRTS program</li> </ul>	<ul style="list-style-type: none"> <li>• Positive image of business</li> <li>• Safer community for everyone</li> </ul>
UTILITY REPRESENTATIVE	<ul style="list-style-type: none"> <li>• Provide insight into physical infrastructure and system needs of the city</li> </ul>	<ul style="list-style-type: none"> <li>• Safer, more connected and up-to-date facilities</li> </ul>





**ENGAGEMENT  
RESOURCE GUIDE**

JUNE 2017



Presenter

2017-07-20 18:48:56

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Came from SHIP communities looking for a way to engage at events  
Dot voting on what prevents kids from walking and what would change that. Uses  
questions laid out on parent surveys  
Can help you start conversation around Safe Routes to School and begin to dial in to  
community specific issues

# What would help children walk or bike to school?



0 Mark the top three things that you think would help children walk or bike to school more often.

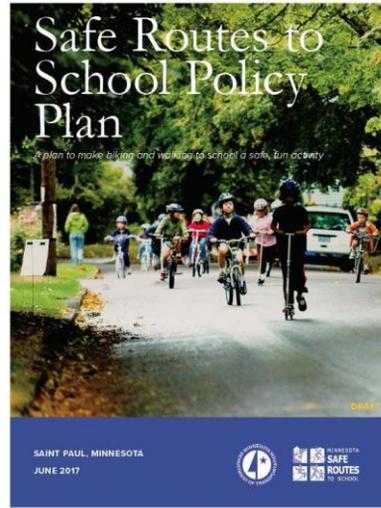
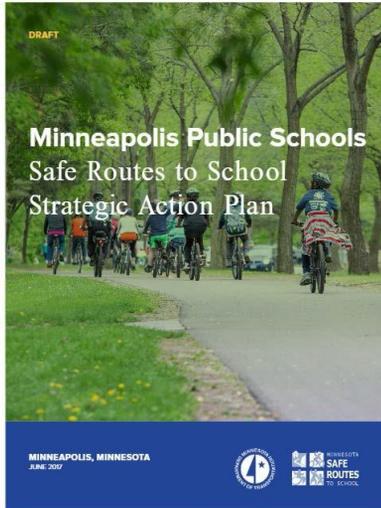
9 If there are additional reasons not listed, please write them down in the lower right corner.

<p><b>Walking School Bus</b></p> <p>A group of students walk to school together with an adult supervisor.</p>  <p>VOTE HERE.</p>	<p><b>Bike Train</b></p> <p>A group of students ride their bikes together with an adult supervisor.</p>  <p>VOTE HERE.</p>	<p><b>Bus Stop &amp; Walk</b></p> <p>Students get dropped off at a bus stop and walk to school.</p>  <p>VOTE HERE.</p>	<p><b>Mileage Club</b></p> <p>Students walk or bike to school together, earning a reward for each mile walked.</p>  <p>VOTE HERE.</p>	<p><b>Walk! Be! Fun! Curriculum at School</b></p> <p>Curriculum teaches students how to walk and bike safely and handling situations that may arise.</p>  <p>VOTE HERE.</p>	<p><b>Better Sidewalks or Paths</b></p> <p>Improved sidewalks and paths.</p>  <p>VOTE HERE.</p>
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<p><b>Less Traffic</b></p> <p>Fewer cars on the road for a safer and more pleasant trip to school.</p>  <p>VOTE HERE.</p>	<p><b>Slower Car Speeds</b></p> <p>Reduced car speeds on roads along the route.</p>  <p>VOTE HERE.</p>	<p><b>More Crossing Guards</b></p> <p>Additional crossing guards at school intersections.</p>  <p>VOTE HERE.</p>	<p><b>Encouragement &amp; Rewards</b></p> <p>Encouraging students to walk and bike through incentives, prizes, or rewards.</p>  <p>VOTE HERE.</p>	<p><b>Other Reasons?</b></p> <p>Please describe them below.</p>
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For more information on Minnesota Safe Routes to School, please visit: [www.mnasaferoutestoschool.org](http://www.mnasaferoutestoschool.org) | Email: [info@mnasaferoutestoschool.org](mailto:info@mnasaferoutestoschool.org)

# Minneapolis and St. Paul City/District Plans





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## Safe Routes Academy



- St. Cloud
- West Central Initiative
- Southwest RDC
- Region 5



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## ANNOUNCEMENTS

- [SRTS Academy Application](#) – To host a fall workshop, application deadline September 15, 2017
- 2017 National Walk Summit, St Paul, MN September 13 – 15, 2017 - [Registration is Open](#)
- Walk! Bike! Fun! Fall training application – [www.bikemn.org](http://www.bikemn.org)
- SRTS Meet Up Tuesday Sept 12 – Cass Isadro, Executive Director for SRTS National Partnership will join us!

**BikeMN** hosts monthly network webinars that alternate focus areas between bicycle advocacy and bicycle education.

If you want to join either or both of the groups and listen in or participate in the next webinar, send an email to [natalie@bikemn.org](mailto:natalie@bikemn.org). You'll be added to one or both listservs and Google Groups, named MN Bicycle Advocates Network and MN Bicycle Educators Network.

Upcoming BikeMN Network topics:

August 16 @ 11:30am – **Advocates** "Beyond Bronze: What are communities doing to move up in the ranks"

September 20<sup>th</sup> @ 11:30am – **Educators** "Best Practices in Law Enforcement"

**Bicycle Alliance of Minnesota**

"Together we're making Minnesota a place where  
bicycling is easy, safe and fun for everyone."



[www.bikemn.org](http://www.bikemn.org) • [info@bikemn.org](mailto:info@bikemn.org) • [t f /bikemn](https://www.facebook.com/bikemn)



## THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

**MONTH**

July 20, 10:00 – 11:00 AM

**TOPIC**

- Virtual Resource Fair including: Crossing Guard Resources, Bus Stop and Walk Guide, and Walk! Bike! Fun! Ambassador Program

**MONTH**

August 17, 10:00 – 11:00 AM

**TOPIC**

- SRTS Evaluation Guidelines for MN Programs

**MONTH**

September 21, 10:00 – 11:00 AM

**TOPIC**

- SRTS In Large Districts

To join the Minnesota Safe Routes to School Network,  
email [center.communications@bluecrossmn.com](mailto:center.communications@bluecrossmn.com)



## THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

**MONTH**

October 26, 10:00 – 11:00 AM  
(please note date change)

**TOPIC**

- Community bike shops and access in Rural MN

**MONTH**

November 16, 10:00 – 11:00 AM

**TOPIC**

- TBD

**MONTH**

December 21, 10:00 – 11:00 AM

**TOPIC**

- TBD

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## 2017 MEETINGS

### 2017 Meeting Dates:

~~January 19~~

~~February 16~~ *cancelled due to tech issues*

~~March 23~~

~~April 20~~

~~May 18~~

~~June 15~~

~~July 20~~

August 17

September 21

October 26

November 16

December 21

Call Time: 10:00 – 11:00AM



THANK YOU!