

New! Local Technical Assistance Coordinators

Don't know where to start? One of our three Local Technical Assistance Coordinators (LTAC) can help you. Because the LTACs know the ins and outs of the Virginia Safe Routes to School Program, they can help you launch your program in many ways. Here are few things that they can do to help you get started:

- ✓ Advise you on putting together a team of people to get your SRTS program off the ground.
- ✓ Walk you through the School Travel Plan process and review your draft plan.
- ✓ Troubleshoot program challenges with a hands-on approach.

Give us a call today on our toll-free hotline 1-855-601-7787 or email us at info@VirginiaSRTS.org.

The help is free and we're ready to help you get started!

NEW MATERIALS! Based on a Spring 2011 survey of communities involved in SRTS, we've developed a set of materials to make it easier to start a SRTS program and keep it going.

- ✓ **Learn It. Do It. Live It!** A new series of tip sheets to help you with various program activities.
- ✓ A new, user-friendly **School Travel Plan Reference Guide**. We've updated our standard School Travel Plan guide and added a School Travel Plan option for non-infrastructure programs and activities. Communities interested in a SRTS program with both non-infrastructure and infrastructure elements can use the revised Comprehensive Travel Plan. It's never been easier to plan your program.
- ✓ **Starter Kit**. This digital compilation of templates, tip sheets and more to help get your program up and running is waiting for you on the website.

Call our toll-free hotline: 1-855-601-7787
www.virginiadot.org/saferoutes



VIRGINIA SAFE Routes to SCHOOL

The Virginia Department of Transportation (VDOT) is committed to getting more kids walking and biking along safe routes. Our Safe Routes to School (SRTS) program has resources tailored to help your community start a SRTS program or nurture one that's already underway.

Learn more inside!



What is Safe Routes to School?

A generation ago, **90% of students** living within a mile of school grounds **walked or biked** to get to class. Today the percentage is much smaller -- just over **10% of students walking and biking** to school.

Walking and biking to school benefits both the students and the community in several ways. Students who walk and bike get **more physical activity**, have more time to **socialize with their friends**, and develop a **sense of independence and self-reliance**. Some studies have shown a correlation between increased physical activity before school and **improved academic performance***.

The community benefits from **reduced pollution and traffic congestion**. Safe Routes to School strategies also address both traffic safety and personal security.

Many Virginians want to get back to their roots and foster communities that are walkable and bikable. The Safe Routes to School Program is a part of this effort.

*Martinez-Gomez, D., J. R. Ruiz, et al. (2011). "Active Commuting to School and Cognitive Performance in Adolescents: The AVENA Study." Arch Pediatr Adolesc Med 165(4): 300-305.



What makes the SRTS program successful?

The Virginia Safe Routes to School Program offers a comprehensive approach to building local SRTS programs, with strategies aimed at encouragement, enforcement, evaluation, education and engineering. We also offer several types of funding to help your local program grow.



Interested in applying for one of our three grant opportunities?

- Contact our Local Technical Assistance Coordinators (LTACs) for help on putting together your application. You don't have to do it alone.
- Sign-up for our newsletter or check the website for the latest updates on the process and deadlines.

QuickStart Mini-Grants

Have a small activity or program in mind? Look into our  QuickStart Mini-grants for \$1,000 to get it going. You can even use a portion of the grant as a stipend for someone to coordinate it for you. Look for the call for applications in **fall 2012**.

Non-Infrastructure Grants

Build sustainability for your program with a Non-Infrastructure grant of between \$5,000 and \$20,000. These grants are for encouragement, education, enforcement and evaluation Es. You can also fund a local coordinator!

Infrastructure Grants

Sidewalks, crosswalks, bike lanes, trails and safety signage are all eligible projects for a Safe Routes to School infrastructure grants.