



Florida SRTS Updates

By Pat Pieratte

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January 9, 2009

SafeRoutes
Florida Safe Routes to School



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Florida Updates: State

More Updates to SRTS Forms Coming: I have been working on a Sample Infrastructure Application, and in the process, have discovered a few formatting glitches, which I have corrected. Look for the updated Application and the Sample Application at www.srtsfl.org in the next few weeks. So prospective applicants should be pulling together their school-based SRTS Committees and gathering all the required information together, but should hold off filling out the application until the new form is available.

Countdown Pedestrian Signals Among Treatments Which Increase Safety: A Florida Department of Transportation Research Report *Evaluation of Innovative Safety Treatments*, reviewed six innovative traffic control techniques that are intended to reduce crashes and fatalities. Preliminary results show promise with all six treatments. Countdown pedestrian signals were one of the treatments studied. The report summary states:

*The use of **countdown pedestrian signals** reduced the number of pedestrians who start crossing during the "Don't Walk" sign, and increased the number of crossings completed during the signal time.*

To read the summary, see: http://www.dot.state.fl.us/research-center/Completed_Proj/Summary_SF/FDOT_BD500.pdf, the countdown pedestrian signal report at: http://www.dot.state.fl.us/research-center/Completed_Proj/Summary_SF/BD500/BD500_v5_rpt.pdf, or the entire research report at: http://www.dot.state.fl.us/research-center/Completed_Proj/Summary_SF/BD500/BD500_rpt.pdf.

Florida Updates: Local

Better Cooperation Reported Between Transportation Planning and School Personnel: I am getting reports from around the state that, while in the past, planning agencies such as MPO's, Counties and Cities have rarely worked together with the schools, they are now starting to do so, thanks to SRTS. Florida's Comprehensive Planning Process has required the schools to be involved for a number of years, but the changes were slow in occurring until SRTS came along. SRTS projects require cooperation among all entities in order to result in comprehensive and effective SRTS programs, and I am very glad to hear that this is starting to happen more and more around Florida.

Miami Lakes Hold Bicycle Rodeo and Safety Day: Many community partners in Miami Lakes came together to hold a bicycle rodeo and provide opportunities for children and their parents to learn about bicycle, pedestrian and car seat safety. Partners included Miami Children's Hospital, Miami-Dade Safe Kids, Miami Lakes Police Department, Miami Lakes Youth Activities Task Force, the City of Miami Lakes, and Keep Kids Alive, Drive 25. The gray gelatin brain displayed made a big impression on children and convinced them to wear their helmets. Hosting an event like this is great ways to bring together a local SRTS Committee and educate parents and children. Read the Miami Herald article at: http://www.miamiherald.com/news/miami_dade/northwest/story/814573.html.

District Five Walking to School Kits Distributed: To encourage the creation of Walking School Buses in the Central Florida area, Joan Carter in our District Five FDOT Office, spearheaded the ordering, assembly and distribution of 25 Walking to School Kits to 25 requesting elementary schools. These kits consist of a large utility wagon, reflective safety handouts for all students, and additional supplies like reflective backpacks and certificates for Walking School Bus participants, and umbrellas for the leaders. Each kit also was outfitted with a "slow moving vehicle" reflective sign, a Buckle-Up Florida banner for the school pick-up area, data collection forms and a request to conduct the survey. Schools are thrilled with the Kits, and requests have already been received for next year! We eagerly await results from the participating schools, on how they used the Kits to promote Walking School Buses and SRTS.

District Seven Bicycle Racks Being Installed: Jeanette Rouse from FDOT District Seven sent me a couple of

pictures of inverted U bicycle rack installations at Town and Country Elementary School in Tampa. These are some of the first racks to be installed, from the 76 bike racks ordered under our state contract by District Seven to fill SRTS requests from elementary and middle schools throughout the District. The racks hold 10 bicycles each; in this and probably most installations, two racks are being installed together, to hold a total of 20 bicycles. The racks are being set in concrete so they will be very stable and permanent. They look great, and we are very proud to be supplying state of the industry bike racks for children, so they can ride their bikes to school and not have the bikes damaged by the old-style "wheel-bender" racks.

Classic Tampa Tribune Article & Photos Demonstrate How Travel Mode Choice Affects Congestion: Inspired by an earlier European poster, in July 1999, Ed Crawford, director of the Tampa-based Alliance for Modern Transit and Livable Communities, decided to demonstrate how people's travel choices affect the space they occupy on the roadway. On a downtown Tampa street (Marion Street) on a quiet Sunday morning, 40 volunteers posed for a photos with their cars parked four abreast. A second photo shows the people sitting on chairs in approximately the same formation as if they were driving their cars. The third photo shows them sitting in bus passenger formation, and the fourth shows them as cyclists and pedestrians. The article is great, and the series of photos are a wonderful way to demonstrate how important it is for us to think about our transportation choices, and not automatically head for our cars. If we can get more children walking or bicycling to school, that will relieve an average of 20-25% of morning rush hour traffic. See the article and photos at: <http://www.swt.org/share/bguard.html> or <http://knowledge.fhwa.dot.gov/cops/italladdsup.nsf/0/9959eea3009cefd585256e7d0058a477?OpenDocument>

Select Florida Counties Eligible for \$1,000 UnitedHealth HEROES Service Learning Grants; Deadline Jan. 15: Youth Service America (YSA) is offering \$1,000 grants to help you and your peers lead a service-learning project around childhood obesity, in specified states and areas (in Florida: Broward, Escambia, Miami-Dade, Palm Beach and Seminole Counties). Applications are due January 15, 2009. To learn more and apply, visit YSA.org/awards, or e-mail healthheroes@ysa.org.

News from Other States and Countries

Colorado's local SRTS websites: See: <http://www.dot.state.co.us/bikeped/Docs/SRTS-LocalWebsites-093008.pdf> for five local SRTS websites. The Boulder one includes great Walk to School Day photos, and the Ft. Collins site includes great walking and biking maps for every school.

Boulder Valley School District, Colorado SRTS News Stories:

- Cycling to school on the rise: <http://www.dailycamera.com/news/2008/sep/06/cycling-to-school-on-the-rise/>
- Electronic Bicyclist Counting Program at Boulder (88,045 bicycle trips since 2005, and counting): <http://www.freiker.org/bp/Home>
- 'Walk to School Day' sees big Boulder Valley turnout: <http://www.dailycamera.com/news/2008/oct/08/walk-school-day-sees-big-boulder-valley-turnout/>
- Cycling Excitement – Middle Cross Bike Fest at Casey Middle School. Video footage, including a new version of the old "Sociable" (side by side bike): <http://www.dailycamera.com/videos/detail/middle-cross/>
- Bear Creek wins Fit 4 Colorado School Challenge: <http://cbs4denver.com/health/Fit.4.Colorado.2.865597.html>

Here are some other articles on SRTS from other places:

- Chattanooga, TN: http://www.chattanooga.com/articles/article_140235.asp
- Athens, GA: http://www.onlineathens.com/stories/112908/new_361370571.shtml
- Taylor, TX, referring to their state-funded SRTS program: (also a video of very scary conditions for children walking): http://www.kvue.com/news/top/stories/112408kvue_Taylor_sidewalks-cb.1e55a67f8.html
- Natomas, CA: <http://www.newsreview.com/sacramento/Content?oid=880780>
- Olmsted, MA: <http://www.wickedlocal.com/easton/news/x1720659204/State-honors-Olmsted-Safe-Routes-program>
- Dover, DE ribbon cutting (children who walk or bike to school participated and each got to keep a piece of the ribbon: <http://www.deldot.gov/public.ejs?command=PublicNewsDisplay&id=3192&month>
- Video of Walk to School Day at Ellis Elementary School, Denver, CO: <http://www.rockymountainnews.com/videos/detail/walk-school-day-ellis-elementary/>
- For more news articles, see: <http://www.saferoutespartnership.org/mediacenter/6562> and http://www.saferoutesinfo.org/news_room/

Maryland Ties Public School Construction To Complete Streets: Maryland's new school construction guidelines discuss the need to increase transit options to and from schools. Currently, bus and auto trips account for the majority

of all trips to and from school, while only 15% of children are walking or biking. To encourage physical activity, decrease transportation costs, and improve air quality around local schools, the guidelines recommend sidewalk construction in areas within one mile of the schools as well as participation in Safe Routes to Schools programs. View the entire document <http://www.mdp.state.md.us/pdf/MG27.pdf> for more information.

Halton, Ontario District School Board Completes Active and Safe Routes to School Pilot Project: The Implementation Plan for this recently-completed project in Canada could serve as a model for US projects. Read their goals, objectives and plans at: http://www.halton.ca/health/documents/ASRTS_implementation_plan.pdf. They created four excellent posters, two for parents and two for students. See the posters at: http://www.halton.ca/health/documents/ASRTS_PosterParents.pdf and http://www.halton.ca/health/documents/ASRTS_PosterKids.pdf, and read ASRTS news from around Canada at: http://www.halton.ca/health/services/physical_activity/ASRTS_pilotproject.htm

Nova Scotia Adopts Neighborhood “Pace Car” Program: This program was originally begun in Australia by David Engwicht. Read more about the Nova Scotia implementation of this innovative, neighborhood-building safety program at: <http://saferoutesns.ca/index.php/special/pacecar/>. As their website explains:

It's simple – drivers in your community sign the Pace Car pledge, and then proudly display the official Pace Car emblems on their cars. By agreeing to drive within the speed limit, cars become “mobile speed bumps”, slowing the traffic behind them. Drivers also agree to be more aware of and courteous to other road users, especially pedestrians and cyclists. Many Pace Cars can effectively calm traffic throughout your neighbourhood. The more people who join, the better it works!

National News

National Center for Safe Routes to School (NCSRTS) Answers Your Questions: The NCSRTS is the one-stop center for information on Best Practices on SRTS and other question you may have. Read more at: http://www.saferoutesinfo.org/ask_a_question/. Before asking your question, you should search to see if someone has already asked a similar question. You can search the 5E's or other general topics, or enter key words. There are more than 225 Q &A's in the searchable database; last quarter more than 3,000 people viewed these answers. The top four questions visited are:

- What side of the road should I walk on?
- At what age can children walk to school by themselves?
- Where can I find Safe Routes to School logos and graphics?
- How can I start a Safe Routes to School program?

Free Pedestrian and Bicycle Safety Education Lessons Available: The International Walk to School website has free pedestrian and bicycle curriculum which can be used or adapted for SRTS programs. Download the various lessons at: <http://www.walktoschool.org/resources/safety-education.cfm>

Bicycle Helmet Safety Institute Issues Annual Review of Helmets: This review covers trends, new developments and individual models of bicycle helmets being sold in 2009. Read the report at: <http://www.helmets.org/helmet09.htm>
The review concludes:

In brief, there is no radical safety improvement this year that would compel you to replace your current helmet. Almost all of the helmets we describe meet standards and offer good if not excellent protection... There are new helmets in 2009 that are worth a look if you need a new one.

Safe Routes to School National Partnership (SRTSNP) endorsed by the National Forum on Children & Nature: The SRTSNP recently announced they have received endorsement from the [National Forum on Children and Nature](http://www.nationalforumonchildrenandnature.org) as one of 30 projects nationwide that demonstrate new and creative ways to reconnect kids with nature. The Forum's honorary co-chair is Richard Louv, bestselling author of "Last Child in the Woods." Read more at: <http://www.forumonchildrenandnature.org/>. The website states:

Kids are becoming increasingly disconnected from the great outdoors. Heavily-scheduled kids travel from school to organized sports or activities and then indoors. Along the way, the outdoors has become a place many kids merely visit.

Riding Your Bike To Work One of 50 Ways to Improve Your Life: US News & World Report recently published a series of articles on 50 Ways to Improve Your Life in 2009. One of them was to ride your bike to work. Parents riding

their bikes for transportation may inspire their children to follow their example by riding their bikes to school. Read the article at: <http://www.usnews.com/articles/news/50-ways-to-improve-your-life/2008/12/18/ride-your-bike-to-work.html> or see the whole list at: <http://www.usnews.com/features/news/50-ways-to-improve-your-life/50-ways-to-improve-your-life.html>.

“Promote Bicycle Transportation” one of Ideas for Change in America: This is an idea closely related to SRTS. Mighk Wilson, Florida Bicycle Association Board member says, in part:

...there's a movement of citizens inspired by the presidential campaign who are now submitting ideas for how they think the Obama Administration should change America. It's called "Ideas for Change in America." One idea is titled: Promote Bicycle Transportation... You can read more and vote for the idea by clicking the following link: http://www.change.org/ideas/view/promote_bicycle_transportation... The top 10 ideas are going to be presented to the Obama Administration on Inauguration Day and will be supported by a national lobbying campaign run by Change.org, MySpace, and more than a dozen leading nonprofits after the Inauguration. So each idea has a real chance at becoming policy. Make yourself heard!

New Powerpoint Explains the MPO Process: See: [Metropolitan Transportation Planning: Executive Seminar](#). The purpose of this seminar is to provide MPO board members with an overview of the federal perspective on:

- The purpose and process of metropolitan transportation planning, and the larger context for it
- The authority and responsibilities of a Metropolitan Planning Organization (MPO)
- The role of the MPO Board

I found this overview of the MPO process and its relationship to state DOT planning, to be very helpful. I suggest looking at the slides first, then reading the instructor notes. If you want a more detailed explanation of the process, *The Transportation Planning Process: Key Issues--A Briefing Book for Transportation Decisionmakers, Officials, and Staff* is available at: <http://www.planning.dot.gov/documents/briefingbook/bbook.htm>. Like any transportation project, selected SRTS projects in MPO areas must go through the MPO process to be incorporated into their Transportation Improvement Program (TIP), which in turn becomes part of the State Transportation Improvement Program (STIP).

Institute of Transportation Engineers Website Contains Resources for Building Accessible Intersections: All SRTS projects must be ADA accessible. This ITE website has many resources to help in this process: <http://www.ite.org/accessible/>

New Research: Active and Passive Commuting to School: Influences on Affect in Primary School Children: see: http://www.aahperd.org/aahperd/pdf_files/rqes/RQES_Dec08.pdf. As reported in the *Research Quarterly for Exercise and Sport*, December 2008:

The aim of this study was to test the hypothesis that children who walk further to school experience increased arousal and affective valence compared with children who walk a short distance.

While more research is needed, early indications are that children who walked further reported a greater increase in both their self-reported feeling and felt arousal scales.

NCHRP Report 622: Effectiveness of Behavioral Highway Safety Countermeasures: Among proven Voluntary Actions (Educational programs) discussed in this report are school pedestrian training for children (estimated 12% reduction in child pedestrian injuries) and child bicycle helmet promotions (no calculations given). Included in Voluntary programs where not enough research has been done, but where program effectiveness is likely, are bicycle education for children and bike fairs and rodeos. Many Florida SRTS programs are implementing these types of programs. Among proven Laws, Regulations and Policies are bike helmet laws for children, which Florida has had for over 10 years. Bike helmet laws for children result in an estimated 15% reduction in child bicyclist fatalities. Read or order this research document at: http://www.trb.org/news/blurb_detail.asp?id=9727

Traffic Calmer e-Newsletter Covers Many Aspects of Traffic Calming: Traffic calming is an eligible activity for SRTS funding, if it can be demonstrated that this is the best way to slow traffic near a school so children will have a safer walking or biking trip to school. This newsletter, published by Traffic Logix, explores many aspects of traffic calming. Please note: any traffic calming products used in Florida must be approved by FDOT. Read the January edition or subscribe at: http://enews.trafficlogix.com/m/823QdUvv0SpWI9UVP8BYJjR_i1QnQC1Xkb8vXvLrftiF3hZnGg

Shape Up America! Newsletter article Motivating Teens to Get Moving: One of the goals of the SRTS program is to help children enjoy being active, which can help prevent or cure overweight or obesity problems. Read the January

2009 edition or sign up for the electronic newsletter at: http://www.shapeup.org/about/news_arch.php. The newsletter article states in part:

The greatest weapon in battling the obesity epidemic is education... Daily physical activity is simply a health requirement. Teens learn healthful practices from parents and teachers who value and role-model these behaviors. It is not unlike teaching children to buckle their seat belts, brush their teeth, or avoid tobacco; it is a lifestyle choice that must be taught by people who practice these behaviors... The human body is like a high-performance race car: If you fill it with low-quality fuel and park it, it will deteriorate. If it receives racing fuel and driving time on the track, it thrives. The human body also needs good fuel (proper nutrition) and movement (daily physical activity) to achieve and maintain optimal health and wellness throughout the lifespan. By learning these lessons, teens will be more likely to achieve and maintain optimal health and wellness throughout their lifespan.

Obama Appointed a Cyclist to His Cabinet: As we teach more children the lifelong joys of walking and bicycling, they could grow into leaders who walk and bike. As reported in the American Bicyclist Update, James L. Jones, Obama's appointed National Security Adviser and retired marine general, was quoted in the magazine [Stars and Stripes](#) stating his favored choice of work transport:

(Commuting by bicycle) is an absolutely essential part of my day. It's mind-clearing, invigorating. I get to go out and pedal through the countryside in the early morning hours, and see life come back and rejuvenate every day as the sun is coming out.

New Worker Visibility Rule Adopted: On November 24, 2008 the Federal Highway Administration (FHWA) published the final rule on worker visibility, requiring the use of high-visibility safety apparel by workers who are working within the rights-of-way of federal-aid highways. This rule is of interest to SRTS advocates, since it applies to School Crossing Guards, who are required to wear Class 2 vests. For more details on the new rule, see: <http://www.ops.fhwa.dot.gov/wz/resources/policy.htm>. If you missed the September 4 webinar on Complying with the New FHWA Regulation on High Visibility Garments, you can view the 1-hour webinar at: http://www.workzonesafety.org/training/webinar/2008_wz_webinar_high_visibility_clothing. The webinar explains that proposed changes to the MUTCD (expected to be adopted late this year) would expand the federal rule to include all roadways, not just federal-aid highways. After the new MUTCD is adopted, agencies would have two years to comply with the new requirements.

Florida & National Calendar of Events & Training Opportunities

Items repeated in future updates until events are held

❖ Indicates new or revised items

January-March, 2009:

- ❖ **January 22-24: 8th Annual New Partners for Smart Growth Conference: Albuquerque, New Mexico.** Visit www.NewPartners.org to get more conference details and to register for the conference. **Early registration closes January 9.** This conference is packed with topics of interest to SRTS partners; see the list in previous Updates.
- **January 27, 2 pm EST, SRTS Pedestrian and Bicycle Safety Education Webinar:** America Walks and the National Center for Safe Routes to School present this as the next topic in the Safe Routes Coaching Action Network. The presenter will be Somilia Smith, Project Coordinator, Mayor Daley's Ambassadors. To reserve your free webinar seat, go to <https://www1.gotomeeting.com/register/470361295>.
- ❖ **January 27-29 (Note corrected dates) FHWA Planning and Designing for Pedestrian Safety Workshop: FDOT District 3 in Chipley.** The workshop will run from 8:00 am to 4:30 pm each day. Contact Zena Riley, (zena.riley@dot.state.fl.us), 850.415.9656 to register.
- **February 2: Deadline for SRTS Conference Call for Proposals:** The 2nd Safe Routes to School Conference is taking place August 19-21, 2009 at the Hilton Portland in Portland, Oregon. A call for proposals is currently open with a February 2, 2009 deadline. To submit your presentation or poster proposal, please visit: <http://tinyurl.com/4s2cvz>
- **February 5-6, Building Healthy Lifestyles Conference, Mesa, AZ.** Info: Barbara Mattingly at (480) 727-1959, or visit: <http://tinyurl.com/7jo2zq>
- ❖ **February 14:** deadline for proposals for Weight of the Nation Conference. See: <http://www.weightofthenation.org/>

- **February 18-20, Active Living Research Annual Conference, San Diego, CA.:** Info: <http://tinyurl.com/5qh4jc>
- **February 24, 2 p.m. EST, Webinar, *Turning Walk to School Day into a Year-Round Pedestrian Program:*** This is another in the free America Walks/NCSRTS series. The presenter will be Sonja Atkins, Coordinator, Safe Kids Greater Sacramento. Register at: <https://www1.gotomeeting.com/register/259123751>. For more information on these FREE webinars, please visit http://ww.saferoutesinfo.org/training/can_webinars.cfm.
- ❖ **February 27: deadline for Abstracts for the 10th Annual Walk21 Conference, to be held October 7-9, 2009 in New York City NY.** Info: <http://tinyurl.com/67kk4m>. **The Plan now to attend the Walk21 Conference—“More Footprints, Less Carbon”**—in New York from Wednesday, October 7 to Friday, October 9. The Association of Pedestrian/Bicycle Professionals (APBP) will hold its 2009 Professional Development Seminar in conjunction with Walk21; stay tuned for details, or see <http://www.walk21.com/conferences/newyork.asp>
- **March 1-4, National Main Street Conference, Chicago, IL.** Info:<http://tinyurl.com/8da44p>
- **March 25-28, Health and Fitness Summit and Exposition, Atlanta GA.** Info: American College of Sports Medicine: <http://tinyurl.com/5unah6>
- **March 31-April 4, American Association of Health, Physical Education, Recreation and Dance (AAHPERD) National Convention and Exposition, Tampa, FL.** Info: <http://www.aahperd.org/convention/>. Dan Connaughton and I will be giving a presentation on how SRTS helps meet the goals of physical education teachers, and how the Florida Traffic and Bicycle Safety Education Program is the ideal program for PE teachers to implement to meet those goals.

April-June, 2009:

- **April 2nd & 3rd, Streets as Places Training Course, New York, NY.** Info: Craig Raphael, Project for Public Spaces, <craphael@pps.org> or: <http://tinyurl.com/3cgdja>
- **April 16th & 17th, How to Turn a Place Around training course, New York, NY.** Info: Craig Raphael, Project for Public Spaces, <craphael@pps.org> or: <http://tinyurl.com/57bfkg>

July-September, 2009:

- ❖ **July 27-29, Weight of the Nation Conference:** The CDC's Division of Nutrition, Physical Activity, and Obesity, will host its inaugural conference on obesity prevention and control, *Weight of the Nation*, in Washington, D.C. Weight of the Nation will provide a forum to highlight progress in the prevention and control of obesity through policy and environmental strategies and is framed around four intervention settings: community, medical care, school, and workplace. Conference proposals can be submitted online between January 12 and February 14, 2009. For more information: <http://www.weightofthenation.org/>
- **August 19-21, Second Safe Routes to School National Conference, Portland, Oregon:** Deadline for Call for Proposals: February 2, 2009. More Info: http://www.bta4bikes.org/at_work/saferoutes_conference.html

Ongoing:

- ❖ **The National Highway Institute (NHI) Offers Free Web-Based Training:** Courses of interest to SRTS include *Introducing Highway Federal-Aid* and *Introduction to NEPA and Transportation Decision-making*, as well as a variety of courses on planning and engineering topics. See the course listings at: http://www.nhi.fhwa.dot.gov/training/list_catalog.aspx?cat=&key=&num=&loc=&tit=&sta=%25&typ=3&lev=%25&ava=1&str=&end=&drl
- **National Pro Walk/Pro Bike Presentations Now Available On-Line:** Some of the presentations from the Pro Walk/Pro Bike National Conference in Portland, Oregon are now posted at: <http://www.bikewalk.org/2008conference/vconference/schedulefull.html>; look for live links in red.
- **America Walks/NCSRTS Webinar series:** If you missed any of these webinars, please go to http://ww.saferoutesinfo.org/training/can_webinars.cfm to download and view the webinar.
- ❖ **The Association Of Metropolitan Planning Organizations' 2008 National Conference, held in October 2008,**

included three presentations on SRTS: View them at the links below:

- **Safe Routes to School Washington State Planning and Funding Assistance**, Charlotte Claybrooke, Washington DOT, SRTS Coordinator: http://www.ampo.org/assets/719_claybrook.pdf
- **Safe Routes to School – Practical Solutions on a Small Budget**: Andy Hume, Las Cruces Metropolitan Planning Organization (MPO): http://www.ampo.org/assets/725_hume.pdf
- **Safe Routes 2 School**, Lee Kokinakas, Michigan Fitness Foundation: http://www.ampo.org/assets/726_kokinakas.pdf

You might also be interested in glancing at some of the other presentations, including the 3 Bicycle and Pedestrian Planning presentations from Anchorage, Atlanta and Omaha at: <http://www.ampo.org/content/index.php?pid=197>

- **Pedestrian Focus States Webinar on Pedestrian/Bicycle Law Enforcement:** This December 17 webinar has been archived and can be viewed at: <http://fhwa.na3.acrobat.com/pedfocus/>. Sign in as a guest (first name and last name). In the bottom right hand corner, click on the two *Enforcement Workshop for Webinar* files and select "Save to My Computer".
- **T-Square's 2009 Professional Training Portfolio:** The Florida Transportation Technology Transfer Center (T-Square), based at University of Florida, has published its *2009 Professional Training Portfolio*, available at: <http://t2.ce.ufl.edu/nl/2008-11-catalog.pdf>. This catalog is packed with training of interest to SRTS proponents (see the December 19 Update for the list).
- **Additional FHWA Pedestrian Safety Design/Planning workshops:** Contact Florida's Bicycle/Pedestrian Coordinator Dennis Scott (dennis.scott@dot.state.fl.us, 850-245-1527) or Hussein Sharifpour, (Hussein.Sharifpour@fhwa.dot.gov), 850-942-9650 x 3024 if you are interested in sponsoring a workshop in 2009. This is an excellent way to start your local SRTS planning. You will be taught what to look for, who to work with, and many solutions to pedestrian problems, which translate easily to the school and neighborhood environment for SRTS programs.



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Florida Updates: State

Florida's Standards on Curb Ramp Truncated Dome Colors: Because of a discussion of this topic on the state SRTS Coordinators' list serve, I asked Dean Perkins, Florida's ADA Coordinator, for a clarification on this topic. He replied:

The 'color' requirement for detectable warnings is primarily to provide a 'contrast' of the DWs with the surrounding surfaces – either dark on light or light on dark – a 70% contrast ratio is recommended. The truncated domes are there to provide a warning of the roadway for folks who are blind; the color/contrast is there for folks who have low vision.

The Department has not standardized on any one color, but specify (in Spec 527) that one of 3 colors may be used: brick red, black or 'safety' yellow. These are the colors that most of the DW industry has standardized around, too.

The Access Board, a couple of years ago, conducted some research into DW colors. Their recommendations are the basis of our color selections in Spec 527. The 'gist' of their research is as follows:

For DWs on concrete sidewalks use:

- *Black – be careful as black can sometimes be confused with holes or shadows*
- *Brick Red/Dark Red – may be useful in 'historic' areas*
- *Safety/Federal Yellow – must have enough 'yellow' color to discriminated from surrounding surface. Yellow is also easily seen by people who have low vision.*

- *DO NOT use light gray or white as these don't provide the required contrast.*

For DWs on asphalt use:

- *Safety/Federal Yellow – high contrast*
- *White – very high contrast*
- *Light Gray – high contrast*

- *DO NOT use black, brick/dark red or dark gray as these do not provide the required contrast.*

If the DWs are used on sidewalk/curb ramps made up of pavers/bricks, make sure that they provide the required contrast.

Blue is not used as this may not be seen by many folks with low vision. Other colors may be available (green, brown, dark gray, etc.) and may be acceptable if they provide the recommended 70% contrast ratio with the surrounding materials.

For more details on Florida's detectable warnings specifications (Specification 527), see:
<http://www.dot.state.fl.us/specificationoffice/Implemented/CurrentBK/CurrentSpecs/527.pdf>

For a list of detectable warning products on the Approved Products List, see:
<http://www2.dot.state.fl.us/SpecificationsEstimates/ProductEvaluation/QPL/QPLItems.aspx?QPLTitle=Specification%200527%20Detectable%20Warnings%20on%20Walking%20Surfaces&QPLDesc=Detectable%20Warnings%20on%20Walking%20Surfaces&QPLNum=S527>

If you have further questions on this topic, you can reach Dean at dean.perkins@dot.state.fl.us or 850-414-4359.

Link to Changes to Plans Preparation Manual: Over the last year, Mary Anne Koos in our Roadway Design Office

has been leading the ongoing process of getting updates made to bicycle and pedestrian standards in the FDOT Plans Preparation Manual, and the FDOT Design Standards. The purpose for these updates is to clarify the design criteria for bicycle and pedestrian facilities, the planning and design standards to which all bicycle and pedestrian projects, including SRTS Infrastructure projects, must conform. Mary Anne says:

... I'm sending you the web link to where [the Plans Preparation Manual is] posted on the Roadway Design Office's web site. Please read through with an emphasis on the Implementation Letter, Introduction and Chapters 8, 10 and 25 of Volume 1. Let me know what you think or if you have questions:

<http://www.dot.state.fl.us/rddesign/PPMManual/2009/PPM2009.shtm>

There are also changes underway to the 2010 Design Standards, especially how crosswalks should be marked. Those changes will be posted later. Please consider registering in FDOT's Contact Database. The Contact Database is a "self service" area where FDOT, consultants and others can register for information pertinent to their jobs, such as notices when the new 2010 Design Standards are available or training is offered.

<http://www.dot.state.fl.us/projectmanagementoffice/ContactDatabase.shtm>

Florida Updates: Local

District One Offers Several Bicycle and Pedestrian Education Training Programs: Sarita Taylor, District One Bicycle/Pedestrian Coordinator, has been busy arranging several free helmet fitting training courses. (Remember that FDOT Districts, recipients of local Florida SRTS funds (if approved in budget) and others wanting to order good quality bicycle helmets are eligible to order low cost helmets through the FDOT bicycle helmet contract with Bell Helmet. Contact your District SRTS Contact for more information.) Flyers are available by contacting the person listed:

- January 23, 9:00-10:30, Florida Department of Transportation, 801 N. Broadway Avenue, Bartow. Co-sponsored by Safe Kids Polk Council. Training provided by Lou Jordan, Safe Kids Polk Council and Polk County Health Department. Call (863) 686-1221 x 247 to register.
- February 6, 1:00-2:30 pm, Hardee County Health Department, 115 K.D. Revell Road, Wauchula. Co-sponsored by Safe Kids Polk Council. Training provided by: Lou Jordan, Polk County Health Department. Call Leslie Bond, (863) 773-4161 ext 169 to register.
- February 9, 2009, 10:00 AM – 11:30 AM, Punta Gorda Middle School, 1001 Education Ave, Punta Gorda. Co-sponsored by Punta Gorda Police Department. Training provided by Sarita Taylor, District One Bicycle/Pedestrian Coordinator. Contact Sgt Joe King at the Punta Gorda Police Department, (941) 639-4111 or jking@ci.punta-gorda.fl.us to register.
- February 25, 2009, 1:00-2:30 pm, All Children's Specialty Care of Pasco, 4443 Rowan Road, New Port Richey. Co-sponsored by Safe Kids Polk Council; Training provided by: Lou Jordan, Polk County Health Department. Call Amy Heinzen: (800) 756-7233 ext 2 (or) (813) 436-5911 to register.

In addition, several Florida Traffic and Bicycle Safety Education Programs are being scheduled:

- February 26, in Collier County. Call Nancy Frye, Engineering Technician, Collier County Traffic Operations, 239.252-8677 ext. 5136, or Fax: 239.252.5868 to register.
- More trainings being scheduled for Hardee, Charlotte and Polk Counties. Contact Sarita Taylor, (863) 519-2216 or sarita.taylor@dot.state.fl.us if you want more details as they develop.

Safe Routes to School Studies: Over the last few years, many Florida cities, counties and Metropolitan Planning Organizations have been working with consultants on studies of elementary and middle schools, to determine what the existing conditions are and to make recommendations for improvements which would make it safer and more convenient for children to walk or bike to and from school. There are many good examples of this type of study. If you haven't seen one of these before, here is a link to the *Safe Walk to School Study for Thompson Magnet Elementary School in Indian River County*: http://www.irmpo.com/MPO_Documents/ThompsonElementary_Report_110608.pdf.

This type of study does not replace a school-based SRTS Committee, but makes great strides toward completing the Engineering E. Schools which have already been studied in this way should find it easier to form their committees, review the study, get any other local input on Engineering needs, and then proceed to defining problems and solutions for the other SRTS E's: Education, Encouragement, Enforcement and Evaluation.

Miami Striving To Become More Bicycle Friendly: Last year, Bicycling magazine named Miami one of the nation's three worst cities for cyclists. In an effort to combat that title, Miami is taking several steps toward becoming more bicycle friendly:

- Last Saturday, Miami-Dade County inaugurated new dedicated bike lanes along the full length of the Rickenbacker Causeway by closing half the roadway for the morning and letting cyclists, roller bladers and pedestrians have the run of it.
- A bicycle network has been proposed and approved by the Miami-Dade County Commission; see: http://media.miamiherald.com/smedia/2009/01/09/15/Proposed_Bicycle_Network_Map_9-24-08_source.prod_affiliate.56.pdf
- A new ordinance is being proposed to require bike racks in all new public and private commercial developments in unincorporated areas, and to encourage installation of showers and lockers for bike commuters.
- A new monthly, family-friendly bike festival named Bike Miami Days will be launched downtown on January 18. This is the third in a series of events to promote urban fun and safe cycling by closing off streets in downtown and the Brickell area in emulation of the famed Ciclovía in Bogotá, Colombia.

All these efforts should help to make bicycling a more normal part of the urban transportation mix in Miami-Dade County. Steps like these will help to make it easier for children to bike and walk for their transportation to and from school. Read more at: <http://www.miamiherald.com/news/breaking-news/story/845736.html>

St. Petersburg Installs Another Rapid Rectangular Flashing Beacon (RRFB): Since this is a fairly new traffic engineering treatment which you may not be familiar with, I will include a photo of the new installation at 38th Avenue N and Kiwanis Park in St. Petersburg. The RRFB's are the flashing beacons between the pedestrian crossing sign and the arrow, which light up when a pedestrian pushes the button to cross the street. We are awaiting guidance on where these traffic engineering devices can be used in Florida, but if the guidance allows, I see great potential for their use with SRTS. St. Petersburg has installed several of these RRFB's, and has had excellent success. Michael Frederick reports on the success of previous RRFB's: *We are still averaging 83% motorist yielding after 2-years and the numbers are increasing.*



News from Other States and Countries

New York Elementary Students Draw and Comment on Pedestrian, Bicyclist and Driver Interactions: Livable Streets Education (<http://streetseducation.org/about>) has been working in New York City schools, encouraging students to explore and question the environments around their school and in their neighborhoods, and to voice the changes they want to see on their streets. View the 1-minute videos for two of their recent efforts:

- illustrations and advice given by first graders in P.S. 87, on how to improve pedestrian, bicyclist & driver safety: <http://www.streetfilms.org/archives/ps-87-first-graders-give-peds-cyclists-drivers-advice/>.
- illustrations and words of wisdom by kindergartners on what they would do if there were no cars on the streets: <http://www.streetfilms.org/archives/ps-87-kindergartners-draw-car-free-streets/>

British Research: *Child–Parent Interaction in Relation to Road Safety Education Shows Importance of Educating Children on this Topic:* The main aim of this study was to explore the way parents and other adults influence children and young people aged 0–16 years to be safer road users. Among the finding were:

- adults rarely make use of road-crossing events to give oral instructions
- few parents and children are consistent in their road-crossing behavior
- roadside training by volunteer parents for groups of children can lead to significant improvements in children's road safety behavior

It is important for parents and other adults to orally explain to children the steps they are going through to decide it is safe to cross the street, so children can begin to understand how traffic works and start making their own safe street-crossing decisions as they mature.

Years ago, I attempted to reinforce the training which a co-worker had been giving his 4 year old daughter, on the steps required to cross a street safely. She was in my car, and when I came to a stop sign. I said "*I'm stopping and looking left, right, left.*" She replied in astonishment "*Even in a car you have to do it?*" This experience made me realize that we can't just assume that children understand what we are trying to teach. We need to ask them what they have learned, as well as observe their actions, to determine where they are on the learning curve. This process might take longer than it did years ago, since children are so used to being driven everywhere.

Read the full research report at: <http://www.dft.gov.uk/pgr/roadsafety/research/rsrr/theme1/no102safetyresearch.pdf>

National News

Hillsborough County, Florida SRTS Research Presented at Transportation Research Board Meeting: This week Dr. Ruth Steiner from the University of Florida presented a research paper which she collaborated on, entitled *Understanding and Mapping Institutional Impediments to Walk and Bicycling to School: A Case Study of Hillsborough County, Florida*. This research paper will probably be available later at the TRB website, and it is also attached to the e-mail accompanying this week's Update.

The research uses GIS mapping to examine the characteristics which contribute to or interfere with children walking to elementary schools in Hillsborough County. While Florida uses 3.2 km (2 miles) as the official Walk Zone (or parent responsibility zone), few school attendance areas fall neatly and completely within that radius. So in addition to the Walk Zone, the School Attendance Zone and Connected (Street) Network Zone must also be examined. Looking at the overlap of these three zones begins to give us a more realistic view of which children could realistically walk to school.

This research divided the Hillsborough County elementary schools into Small Zones within a 1.6 km (1 mile) radius; Midsized Zones between 1.6 km and 3.2 km (1-2 mile) radius; and Large Zones which had a 3.2 km (2 mile) radius around the school. As may be expected, for the most part, the Small Zones are located in urban areas, Midsized Zones in suburban areas, and Large Zones in rural areas. The average percent of area located within the walk zone was 99% for Small Zones and 77.1% for Midsized Zones, but dropped off to 23.6% for Large Zones. This means that almost all children in Small Zones (urban areas) could walk to school, but only about $\frac{3}{4}$ of children in Midsized Zones (suburban areas) and only $\frac{1}{4}$ of children in Large Zones (rural areas) could walk to school.

Follow-up research will look at schools in three other Florida counties. Additional physical and planning barriers to walking will be examined, and the walk zone will be adjusted to the more realistic .8 km to 1.6 km (1/2 mile to 1 mile). This and the follow-up research, funded by the Robert Wood Johnson Foundation Active Living Research Program, will be very helpful both in Florida and around the U.S., to advance the knowledge of the challenges facing SRTS programs and help us all to focus our limited funds and efforts where we can be most successful.

Next Surgeon General Sanjay Gupta Discusses Livable Cities: Dr. Gupta wants to encourage cities to be built in more walkable ways, which would help encourage everyone, including children, to walk or bike more. Read more at: <http://www.planetizen.com/node/36818>. In the December 10, 2008 edition of *WorldChanging*, Dr. Gupta said, in part:

Too many of our cities are built with an eye toward commerce, instead of health. As a result, we have parking structures instead of parks and roads instead of walkways. There are plenty of examples where you can do both. Healthier cities are successful cities. I would focus on increasing the amount of green space, because it is good for the earth and for our own bodies. I might buy thousands of bikes, paint them a really ugly color (so people wouldn't steal them...) and simply distribute them around a city. I would paint quarter mile markers on every walkway, so citizens could always have feedback on how far they are walking.

Environmental Protection Agency to Work on School Siting Guidelines: In 2009, EPA will be issuing voluntary

school siting guidelines, in response to December 2007 legislation. School siting is a very important policy issue in the SRTS movement, as the number one reason parents give for why their children don't walk or bicycle to school is distance. The purpose of this effort is to provide state and local planning agencies, which are directly responsible for the location of schools, with guidance in respect to environmental issues when making siting decisions. EPA's Office of Children's Health Protection and Environmental Education is designated as the lead office to manage this agency-wide effort. As a first step in assisting states and other organizations, this November, EPA launched an information clearing house that can be found at: <http://www.epa.gov/schools/siting.html>. EPA also has a number of tools and resources in place to help provide a safe and healthy learning environment for our nation's school children. To view these resources visit: <http://www.epa.gov/schools/> and <http://cfpub.epa.gov/schools/index.cfm>. One of the topics these guidelines will include is *modes of transportation available to students and staff*.

2009 National Roadway Safety Awards Launched: These biennial awards, co-sponsored by the Federal Highway Administration and Roadway Safety Foundation, are designed to provide national recognition for exemplary roadway safety efforts and to publicize award-winning "best practices". Federal, State, regional, and local organizations are eligible to apply, as are companies and associations. Awards are given for infrastructure, operational and program-related improvements and programs that address safety needs. Applications must be received by June 1, 2009. The 2009 nomination application materials provide more detailed information. These documents can be downloaded from the program website, www.roadwaysafetyawards.org. Questions can be directed to Ms. Janet Ewing, FHWA Office of Safety Communications & Outreach Program Manager at (202) 366-8029, via e-mail janet.ewing@dot.gov. If you have a SRTS project worthy of recognition, please submit it for consideration.

New 3M Sign Grant Program Helps Meet New FHWA Retroreflectivity Standards: The Federal Highway Administration's Minimum Levels of Retroreflectivity standard requires state and local governments to assess their road signs and develop a replacement plan for non-compliant road signs that are not bright enough for the dangerous task of night driving...To help government agencies meet the recent standard, 3M Traffic Safety Systems has launched the 3M Sign Grant Program to significantly reduce road sign replacement costs for state and local agencies to meet the standard. This program will run through November 30, 2009. Read more at: www.3MSignGrants.com

Florida & National Calendar of Events & Training Opportunities

❖ Indicates new items Calendar items repeated in future updates until events are held

January-March, 2009:

- **January 22-24: 8th Annual New Partners for Smart Growth Conference: Albuquerque, New Mexico.** Visit www.NewPartners.org to get more conference details and to register for the conference. **Early registration closes January 9.** This conference is packed with topics of interest to SRTS partners; see the list in previous Updates.
- **January 27, 2 pm EST, SRTS Pedestrian and Bicycle Safety Education Webinar:** America Walks and the National Center for Safe Routes to School present this as the next topic in the Safe Routes Coaching Action Network. The presenter will be Somilia Smith, Project Coordinator, Mayor Daley's Ambassadors. To reserve your webinar seat, go to <https://www1.gotomeeting.com/register/470361295>.
- **January 27-29 (Note corrected dates) FHWA Planning and Designing for Pedestrian Safety Workshop: FDOT D-3 in Chipley.** The workshop will run from 8:00 am to 4:30 pm each day. Contact Zena Riley, (zena.riley@dot.state.fl.us), 850.415.9656 to register.
- **February 2: Deadline for SRTS Conference Call for Proposals:** The 2nd Safe Routes to School Conference is taking place August 19-21, 2009 at the Hilton Portland in Portland, Oregon. A call for proposals is currently open with a February 2, 2009 deadline. To submit your presentation or poster proposal, please visit: <http://tinyurl.com/4s2cvz>
- **February 5-6, Building Healthy Lifestyles Conference, Mesa, AZ.** Info: Barbara Mattingly at (480) 727-1959, or visit: <http://tinyurl.com/7jo2zq>
- **February 14:** deadline for proposals for Weight of the Nation Conference. See: <http://www.weightofthenation.org/>
- **February 18-20, Active Living Research Annual Conference, San Diego, CA.:** Info: <http://tinyurl.com/5qh4jc>

- **February 24, 2 p.m. EST, *Turning Walk to School Day into a Year-Round Pedestrian Program Webinar:*** This is another in the America Walks/NCSRTS series. The presenter will be Sonja Atkins, Coordinator, Safe Kids Greater Sacramento. Register at: <https://www1.gotomeeting.com/register/259123751>. For more information on these FREE webinars, please visit http://www.saferoutesinfo.org/training/can_webinars.cfm.
- **February 27: deadline for Abstracts for the 10th Annual Walk21 Conference, to be held October 7-9, 2009 in New York City NY.** Info: <http://tinyurl.com/67kk4m>. The Plan now to attend the Walk21 Conference—"More Footprints, Less Carbon"—in New York from Wednesday, October 7 to Friday, October 9. The Association of Pedestrian/Bicycle Professionals (APBP) will hold its 2009 Professional Development Seminar in conjunction with Walk21; stay tuned for details, or see <http://www.walk21.com/conferences/newyork.asp>
- **March 1-4, National Main Street Conference, Chicago, IL.** Info: <http://tinyurl.com/8da44p>
- **March 25-28, Health and Fitness Summit and Exposition, Atlanta GA.** Info: American College of Sports Medicine: <http://tinyurl.com/5unah6>
- **March 31-April 4, American Association of Health, Physical Education, Recreation and Dance (AAHPERD) National Convention and Exposition, Tampa, FL.** Info: <http://www.aahperd.org/convention/>. Dan Connaughton and I are scheduled to give a presentation on how SRTS helps meet the goals of physical education teachers, and how the FTBSEP is the ideal program for PE teachers to implement to meet those goals.

April-June, 2009:

- **April 2nd & 3rd, Streets as Places Training Course, New York, NY.** Info: Craig Raphael, Project for Public Spaces, <craphael@pps.org> or: <http://tinyurl.com/3cqdja>
- **April 16th & 17th, How to Turn a Place Around training course, New York, NY.** Info: Craig Raphael, Project for Public Spaces, <craphael@pps.org> or: <http://tinyurl.com/57bfkg>

July-September, 2009:

- **July 27-29, Weight of the Nation Conference:** The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity, will host its inaugural conference on obesity prevention and control, Weight of the Nation, at the Omni Shoreham Hotel, Washington, D.C. Weight of the Nation will provide a forum to highlight progress in the prevention and control of obesity through policy and environmental strategies and is framed around four intervention settings: community, medical care, school, and workplace. Conference proposals can be submitted online between January 12 and February 14, 2009. For more information: <http://www.weightofthenation.org/>
- **August 19-21, Second Safe Routes to School National Conference, Portland, Oregon:** Deadline for Call for Proposals: February 2, 2009. More Info: http://www.bta4bikes.org/at_work/saferoutes_conference.html

Ongoing:

- **The National Highway Institute (NHI) Offers Free Web-Based Training:** Courses of interest to SRTS partners include:
 - *Introducing Highway Federal-Aid*
 - *Introduction to NEPA and Transportation Decision-making*

as well as a variety of courses on planning and engineering topics. See the course listings at:

http://www.nhi.fhwa.dot.gov/training/list_catalog.aspx?cat=&key=&num=&loc=&tit=&sta=%25&typ=3&lev=%25&ava=1&str=&end=&dr1

- **National Pro Walk/Pro Bike Presentations Now Available On-Line:** Some of the presentations from the Pro Walk/Pro Bike National Conference in Portland, Oregon are now posted at: <http://www.bikewalk.org/2008conference/vconference/schedulefull.html>; look for live links in red.
- **America Walks/NCSRTS Webinar series:** If you missed any of these webinars, please go to http://www.saferoutesinfo.org/training/can_webinars.cfm to download and view the webinar.

- **The Association Of Metropolitan Planning Organizations' 2008 National Conference, held in October 2008, included three presentations on SRTS:** View them at the links below:
 - **Safe Routes to School Washington State Planning and Funding Assistance**, Charlotte Claybrooke, Washington DOT, SRTS Coordinator: http://www.ampo.org/assets/719_claybrook.pdf
 - **Safe Routes to School – Practical Solutions on a Small Budget**: Andy Hume, Las Cruces Metropolitan Planning Organization (MPO): http://www.ampo.org/assets/725_hume.pdf
 - **Safe Routes 2 School**, Lee Kokinakas, Michigan Fitness Foundation: http://www.ampo.org/assets/726_kokinakas.pdf

You might also be interested in glancing at some of the other presentations, including the 3 Bicycle and Pedestrian Planning presentations from Anchorage, Atlanta and Omaha at: <http://www.ampo.org/content/index.php?pid=197>

- **Pedestrian Focus States Webinar on Pedestrian/Bicycle Law Enforcement:** This December 17 webinar has been archived and can be viewed at: <http://fhwa.na3.acrobat.com/pedfocus/>. Sign in as a guest (first name and last name). In the bottom right hand corner, click on the two *Enforcement Workshop for Webinar* files and select "Save to My Computer".
- **T-Square's 2009 Professional Training Portfolio:** The Florida Transportation Technology Transfer Center (T-Square), based at University of Florida, has published its *2009 Professional Training Portfolio*, available at: <http://t2.ce.ufl.edu/nl/2008-11-catalog.pdf>. This catalog is packed with training of interest to SRTS proponents (see the December 19 Update for the list).
- **Additional FHWA Pedestrian Safety Design/Planning workshops:** Contact Florida's Bicycle/Pedestrian Coordinator Dennis Scott (dennis.scott@dot.state.fl.us, 850-245-1527) or Hussein Sharifpour, (Hussein.Sharifpour@fhwa.dot.gov), 850-942-9650 x 3024 if you are interested in sponsoring a workshop in 2009. This is an excellent way to start your local SRTS planning. You will be taught what to look for, who to work with, and many solutions to pedestrian problems, which translate easily to SRTS programs.



Florida SRTS Updates

By Pat Pieratte

Florida SRTS Coordinator

(pat.pieratte@dot.state.fl.us, 850-245-1529)

January 23, 2009

SafeRoutes
Florida Safe Routes to School



www.srtsfl.org

Florida Updates: State

Florida SRTS Data Requirements: I have been getting questions about the purpose and uses of the student in-class travel tallies and parents' surveys, so I want to clarify some issues in this article, in the form of Frequently Asked Questions.

Q: Where are the data collection forms, and how and why are they to be used?

A: The data collection forms and instructions can be found on the National Center for SRTS's (NCSRTS's) website under Evaluation: <http://www.saferoutesinfo.org/resources/index.cfm>. Data collection is very important for SRTS programs, and these forms allow comparisons of the numbers of children walking and bicycling before and after SRTS projects are implemented, as well as changes to parental attitudes before and after. Congress will be looking at the success of SRTS programs around the US as they decide how to handle and fund the SRTS program in the successor to the current Transportation Act, SAFETEA-LU. From everything we have heard, evaluation of all programs will be stressed much more in the next Transportation Act than in the past.

Q: What are the options for reporting the data after it is collected?

A: There are two options. The data can also be sent to the NCSRTS for them to enter, but be sure to allow 4-6 weeks for them to enter the data. Or the data can be entered into the data base of the NCSRTS by a local volunteer or SRTS coordinator. The data input will be done at: <http://www.saferoutesinfo.org/tracking/>. If you are collecting data from a number of schools, you may need to appoint or hire someone to coordinate the data collection and reporting. Remember that an FDOT District can contract with a University or other consultant to do this data collection and reporting, with the approval of their District Secretary.

Q: Is there a Requirement to Conduct the Parents' Surveys before submitting an Infrastructure Application? How would you suggest we collect this information?

A: No. Currently there is no requirement to do a parents' survey before the Infrastructure application is submitted, although we encourage applicants to do this as part of the work of their school-based SRTS Committee. Some ideas for gathering this information are:

- Asking parents to fill in the survey while waiting for a parent teacher conference, or while waiting for their child at a sporting event, bicycle rodeo, safety fair or other event.
- Using it as a homework assignment, by having the child interview his or her parent and write down their responses.
- Sending it home in the child's backpack.

Q: Why was collection of the student in-class travel tallies added as a requirement to be done before submitting applications for the Third Call for Infrastructure projects?

A: Except for a few locations in Florida, this data has not been collected and reported as quickly as we had hoped, on a voluntary basis. We added this requirement since the tallies are fairly easy to conduct, and we need more student travel data for Florida, to determine a baseline and document the success of Florida's SRTS programs. Also, since we are now dealing with just one year's worth of anticipated funding, instead of four or five years' worth for the first two Calls for Applications, competition for limited funds will be much higher beginning this year. This new requirement will help the Districts and me to separate applicants who just want free sidewalks, from those who are serious about doing a comprehensive 5E SRTS program. This data will give the applying school a starting benchmark, so they will be able to watch the progress of their SRTS program as elements of all the 5E's are implemented.

Q: The Infrastructure Application also requests 1) the number of children currently biking or walking along the route proposed for improvements, and 2) how many could walk or bike after improvements are made. How can we get this

information?

A: The school may already know the answer to these questions or be able to at least get a good estimate from data they already have. 1) Often schools have a record of the number of students traveling in a school bus, by private vehicle and under their own power. If the school doesn't already have this information, a visual survey could be done to see how many children are currently walking or biking along the proposed route. Members of the SRTS Committee, PTA, CTST or other community group could do this as volunteers. High school and college service groups may be looking for service projects and may be able to help collect this data. 2) Schools also often have a map of where their students live, and should be able to determine how many students live on or within ¼ mile of the route, and within two miles of the school.

Q: What are the data requirements after a SRTS project or program is funded?

A: Once a project is funded, we are requiring all Infrastructure projects and Non-Infrastructure programs to use both the parents' survey and the student travel tally before and after the project is built or the program is conducted. This will help us to build a record of the success of our SRTS programs. The SRTS Contacts in your FDOT District will let you know when you need to do this data collection, based on the timing of your Infrastructure project or Non-Infrastructure Program.

Q: How and when should are the Student In-Class Travel Tallies be conducted?

A: It should only take a few minutes at the beginning of the day to ask the children to raise their hands as the questions are asked about how they got to school that day, and record their responses. To simplify things even more, the principal could read the questions over the intercom, and the teacher or volunteer would just have to record the responses. The student in-class travel tally is set up to be done on two days midweek. The reason for gathering two days' worth of data is to allow for weather abnormalities, special events or other occurrences which could skew the data. Ideally the travel tally should be done near the beginning and end of the year, to measure the effect of the SRTS programs and/or projects implemented during that school year. For more information on the recommended timing of the data collection overview, see the Data Collection Overview:

http://www.saferoutesinfo.org/resources/collateral/Brief_SRTS_Data_Collection_Description_Nov2007.pdf and Instructions: http://www.saferoutesinfo.org/resources/collateral/Specific%20Form%20Instructions_2007Scanrev.pdf.

If you are only dealing with one school, it should be pretty easy for the school-based SRTS Committee to coordinate with the principal, who can arrange for the classroom teachers or committee volunteers to be trained and to conduct the survey. Collecting data from a number of schools requires someone to coordinate the data collection and retrieval (and data entry unless you want the NCSRTS to do it). You may want to follow the lead of FDOT District Seven, who contracted with a nearby University (University of South Florida, Center for Urban Transportation Research) to contact all the schools, deliver the data collection forms, collect them after the surveys, give teachers a reward for helping with the data collection, and input and analyze the data. This process was much appreciated by the teachers, who were pleased that their cooperation was valued and rewarded, and they loved the SRTS coffee mugs they received.

July 2009 Modifications to the FDOT Design Standards now posted: As a follow-up to the announcement in last week's SRTS Update, the modifications to the FDOT Design Standards are now posted on the Florida Department of Transportation's Roadway Design website: <http://www.dot.state.fl.us/rddesign/DesignStandards/Standards.shtm>.

Changes include:

- Bicycle markings moved to new Index 17347: <http://www.dot.state.fl.us/rddesign/rd/2008Interims/17347.pdf>
- Index 17346, "Special Marking Areas", was completely revised. Crosswalk markings and treatments, including new (for FDOT) ladder marking, are shown in this index. Audible and vibratory (edge line) markings were added: <http://www.dot.state.fl.us/rddesign/rd/2008Interims/17346B.pdf>
- Index 17344, "School signs and markings" shows revised signs; added notes and revised spacing of signs: <http://www.dot.state.fl.us/rddesign/rd/2008Interims/17344.pdf>

A Pocket Guide to Florida Transportation Trends and Conditions: The 2008 version of this guide is now available at: <http://www.dot.state.fl.us/planning/trends/pg08.pdf>. If Florida's children are following the commuting patterns of their parents, we have a long ways to go to get more children travelling under their own power. The chart on page 6 shows that only 1.6% of Floridians commute to work by walking, compared to 2.8% in the US. One bright spot is that more Floridians commute by "other" means (which must include bicycling) than the US average (2.1% Florida compared to 1.7% US). See also page 21 for *Pedestrian and Bicycle Services*.

K-5 Benchmarks for Pedestrian and Bicycle Safety: Dan Connaughton with the Florida Traffic and Bicycle Safety Education Program (FTBSEP) has been working with Nichole Wilder with the Florida Department of Education, to

establish physical education benchmarks for Kindergarten through fifth grade students, pertaining to walking and bicycling. These are vital skills for all children to learn, but not all of Florida's children will get an opportunity to go through the full FTBSEP. So the benchmarks are written so that all children should be able to achieve them without the full course. These benchmarks will be a great support to SRTS programs throughout Florida, and may help schools to apply for the Carol M. White PE Grant Program (see *Carol M. White Physical Education Grant Program Now Open*, under National News). These benchmarks will go into effect in the 2009-2010 school year:

- KINDERGARTEN (PE.K.L.1.6): Verbally state the search used (look left, look right, look left again) before crossing a roadway.
- FIRST (PE.1.L.1.6): Identify edges, pedestrians, vehicles, and traffic.
- SECOND (PE.2.L.1.6): Identify the proper crossing sequence.
- THIRD (PE.3.L.1.6): Differentiate between the correct and incorrect way to fit a bicycle helmet.
- FOURTH (PE.4.L.1.6): Discuss the importance of wearing a bicycle helmet.
- FIFTH (PE.5.L.1.6): Discuss the importance of being visible, being predictable, and communicating when cycling.

Highway Safety Grant Application Cycle Now Open: January-March is the time to submit a "concept paper" for a proposed Highway Safety (Section 402) education or enforcement project. Information about this program and the application process is at <http://www.dot.state.fl.us/safety/HighwaySafetyGrantProgram/hsgp/hsgpschedule.shtm>. This is another potential funding source for educational programs, or for local enforcement projects which benefit schools. Enforcement projects are not funded through Florida's SRTS Non-Infrastructure funds.

Bike Florida 2009 Spring Event to Include Many Historic and Beautiful North Florida Locations: Those interested in cycling through beautiful north Florida locales including Madison, Monticello, Wakulla Springs and Tallahassee, should consider joining this spring's Bike Florida ride. The tour is described as leisurely paced, and could be an opportunity for middle school SRTS students to increase their cycling experience. Read more at: <http://www.bikeflorida.org/BF2009/BF2009event.html> and http://www.active.com/page/Event_Details.htm?event_id=1659598&assetId=fc8f85fc-cd7f-4080-8027-cf58a1919d0c.

Florida Updates: Local

District One Plans More Florida Traffic and Bicycle Safety Education Program (FTBSEP) Trainings: District One Bicycle/Pedestrian Coordinator Sarita Taylor has arranged for the following training courses, which are in addition to the courses announced in last week's Update. These courses are being taught so physical education teachers and others can learn how to run bicycle rodeos and implement the in-school, on-foot and on-bike lessons. Contact the person listed for more information. Most courses will charge a small fee for snacks and/or lunch.

- **February 13, 2009**, 9:00 am – 5:30 pm, Charlotte County Public Schools Transportation Facility, 1026 Carmalita Ave, Punta Gorda. Contact Richard Duckworth, Charlotte County Schools, (941) 575-5432 / richard_duckworth@ccps.k12.fl.us.
- **February 26, 2009**, 9:00 am – 5:30 pm, Collier County Transportation, Vineyards Community Park, 6231 Arbor Blvd West, Naples. Contact Nancy Frye, 239-252-8260/ NancyFrye@colliergov.net.
- **March 12, 2009**, 9:00 am – 5:30 pm, Hardee Health Department, 115 K D Revell Road Wauchula. Contact Leslie Bond, (863)773-4161 ext 169 or 179/ Leslie_Bond@doh.state.fl.us.
- **March 13, 2009**, 9:00 am – 5:30 pm, Mike Rippe Auditorium, Florida Department of Transportation, 801 North Broadway Avenue, Bartow. Contact Sarita Taylor, (863) 519-2216 / Sarita.taylor@dot.state.fl.us
- **April 16, 2009**, 9:00 am – 5:30 pm, DeSoto County Schools, Contact Robert Hrtska, (863) 494-4222 / robert.hrstka@desoto.k12.fl.us

Suwannee County SRTS Sidewalk Project Nears Completion: This project provides sidewalks and traffic engineering support for several schools in Suwannee County, was funded by a \$408,185.43 grant from FDOT's District Two, and is one of Florida's first SRTS projects to be completed. An article in the Suwannee Democrat says:

Students who live within a 2-mile radius of Suwannee County Schools will have one more reason to walk to school. Workers are finalizing the first phase of a project to expand and connect sidewalks in the area of the schools. The project is scheduled for completion next week.

Read the full story at: http://www.suwanneedemocrat.com/local/local_story_018093646.html

News from Other States and Countries

New Jersey Safe Routes Scoop Newsletter: The most recent issue of this newsletter contains articles several articles of interest to Florida SRTS advocates. I would recommend reading *Welcome; Safe and Simple Ways to Stroll to School*; and *Shrinking Budgets Bring Busing Blues*. The article *Crossing Guards Rule the Road* is also interesting, although it must be noted that crossing guard programs in New Jersey bear little resemblance to the Florida School Crossing Guard Training Program. Among the New Jersey News Briefs, I found the article *Girl Scouts Go Green* to be especially interesting. Girl Scout troops in New Jersey are working to change and enforce “no idling” rules to cut down at air pollution near their school. I’d like to see similar efforts done for Florida schools. Read more at: http://policy.rutgers.edu/VTC/bikeped/Safe_Routes_Scoop/Vol2_Issue2/index.html

View a School Roundabout Online: The City of Lacey, Washington has a single-lane roundabout adjacent to an elementary school with pedestrian-actuated crossing beacons. Photos of this roundabout, which is located at the intersection of 67th Avenue SE and Rainier Road SE, can be seen in Google Street View (click the “look left” button several times to go around the roundabout virtually): http://maps.google.com/maps?f=q&source=s_q&hl=en&q=Mt+Rainier+St+SE,+Lacey,+Thurston,+Washington+98503&sl=46.997482,-122.810106&sspn=0.011079,0.019226&q=Mt+Rainier+St+SE,+Lacey,+Thurston,+Washington+98503&ie=UTF8&cd=1&geocode=FdcccQldAxGuA&split=0&ll=46.987041,-122.822154&spn=0.001387,0.004807&t=h&z=18&layer=c&cbll=46.986864,-122.822262&panoid=WdTyr7BmBVeA2561uaQjIA&cbp=11,154.2532907087333,.02.9910714285714346

National News

National Center for Bicycling and Walking (NCBW) Ready to Face New Challenges under New Administration: Sharon Roerty, Executive Director of NCBW is says in the January 21 edition of the e-newsletter *Centerlines*:

At the National Center for Bicycling & Walking we have a very humble dream: a country with a transportation system that provides choices and mobility for the very and the least mobile, for short and long trips in urban and rural America and everywhere in-between; where transportation and land use and the environment and public health are all equal parts of the solution to the puzzle; where bicyclists and pedestrians are priorities, not alternatives.

NCBW is an important partner in SRTS and all things concerning bicycling and walking. If you do not currently subscribe to *Centerlines*, you can subscribe at: <http://www.bikewalk.org/newslettersubscribe.php>. You can also send your SRTS success stories to editor John Williams at: john@bikewalk.org.

American Association of State Highway and Transportation Officials (AASHTO) Supports More Bicycling and Walking: AASHTO recently presented a Briefing Paper to Congress, entitled *Metropolitan Mobility and Congestion Reduction*. One of the paper’s three main points, *Encourage Travel and Land Use Patterns that Use the System in Better Ways*, states:

AASHTO supports policies and investments which encourage more trips to be taken by transit, by bike, or on foot, rather than by car. AASHTO also wants to see better coordination of transportation and land use policies between state DOTs and local governments. To do so AASHTO supports transforming the current Transportation, Community, and System Preservation Program (TCSP) into a Transportation and Land Use Program, and funding it at \$100 million per year to provide land use technical assistance to counties and cities.

Read more at: <http://www.transportation1.org/tif12mobility/Mobility.pdf>

Tell President Obama Your Recommendations for SRTS and Other Transportation Issues: AASHTO has also established a website where citizens can express their views and recommendations on transportation issues. This could be your opportunity to recommend expanded funding for SRTS in the next Transportation Act, or make other recommendations on SRTS. Many of the opinions already posted are requesting more support for walking, bicycling and transit. Add your voice to the mix at: <http://www.itoldthepresident.org/Listing.aspx>.

Check out the New Walkable Communities Website: As you probably know, Florida’s first Bicycle/Pedestrian Coordinator’s Dan Burden left FDOT in 1996 to form his nonprofit *Walkable Communities*. He later joined Glattig Jackson Kercher Anglin, Inc, based in Orlando, which has increased his visibility and support network even more. People all over the US and beyond are yearning for ways to make their communities more walkable and rebuild a sense of community, so Dan has been extremely busy ever since leaving FDOT, touring cities throughout the US and beyond as the “Johnny Appleseed” of walkability. While Dan was at FDOT, he began much of the nation’s pioneering work in child transportation, including hosting a *Let Kids Live* conference in south Florida and overseeing the *Florida Home to School* research project. Check out the new Walkable Communities website at: <http://www.walkable.org/>.

Carol M. White Physical Education Grant Program Now Open: This grant program, also known as the Physical Education Progress or PEP grant (CFDA number 84.215F) is offered by the US Department of Education (ED), Office

of Safe and Drug-Free Schools (OSDFS). The purpose is to initiate, expand, and improve physical education programs for K-12 students in order to help them make progress toward meeting state standards for physical education. These funds may be used to provide equipment and support to enable students to participate actively in physical education activities. Funds may also support staff and teacher training and education. Supported equipment includes lifetime fitness equipment (including bicycles). Local School Districts and community-based organizations are eligible to apply. The deadline is March 6, 2009, and interested parties should begin looking at the requirements and working on their applications. This grant program is a potential funding source for local training and implementations of the Florida Traffic and Bicycle Safety Education Program. See: www.ed.gov/programs/whitephysed/index.html, or contact Carlette Huntley (carlette.huntley@ed.gov; (202) 245-7871), for more information. The new Florida PE benchmarks may help schools to apply for this grant (see *K-5 Benchmarks for Pedestrian and Bicycle Safety* under State News).

Website to Locate Education Grants: If you often look for educational grants, this website may help you find grants that will supplement what you are doing with your SRTS projects: <http://www.grantsalert.com/>.

Federal Highway Administration's Safety Compass Seeks Articles On Successful Safety Initiatives: This FHWA publication would be a great place to share information on your successful SRTS projects and programs. The deadline for the March issue is February 16, 2009. See previous issues of Safety Compass, and guidelines for authors at: <http://safety.fhwa.dot.gov/newsletter/safetycompass/index.htm>, and send your comments, questions, and submissions for review to Janet Ewing (janet.ewing@dot.gov). In Janet's words:

Safety Compass is a publication of the FHWA Office of Safety, and it is an excellent place for you to share what you and your State and local partners are doing to improve safety. Use it to let the entire nationwide highway safety community know about:

- *Safety successes particularly in the areas of the Strategic Highway Safety Plan, Roadway Departure Safety, Intersection Safety, Pedestrian Safety and Speeding.*
- *New Initiatives*
- *Events (Recent and Future)*
- *Publications*
- *International Safety News*
- *Policy and Legislative Developments*
- *Courses and Workshops*
- *Resources, Tools and Technology*

Florida & National Calendar of Events & Training Opportunities

❖ Indicates new items. Calendar Items repeated in future updates until events are held

January-March, 2009:

- **January 27, 2 pm EST, SRTS Pedestrian and Bicycle Safety Education Webinar:** America Walks and the National Center for Safe Routes to School present this as the next topic in the Safe Routes Coaching Action Network. The presenter will be Somilia Smith, Project Coordinator, Mayor Daley's Ambassadors. To reserve your webinar seat, go to <https://www1.gotomeeting.com/register/470361295>.
- **January 27-29 (Note corrected dates) FHWA Planning and Designing for Pedestrian Safety Workshop: FDOT D-3 in Chipley.** The workshop will run from 8:00 am to 4:30 pm each day. Contact Zena Riley, (zena.riley@dot.state.fl.us), 850.415.9656 to register.
- **February 2: Deadline for SRTS Conference Call for Proposals:** The 2nd Safe Routes to School Conference is taking place August 19-21, 2009 at the Hilton Portland in Portland, Oregon. A call for proposals is currently open with a February 2, 2009 deadline. To submit your presentation or poster proposal, please visit: <http://tinyurl.com/4s2cvz>
- **February 5-6, Building Healthy Lifestyles Conference, Mesa, AZ.** Info: Barbara Mattingly at (480) 727-1959, or visit: <http://tinyurl.com/7jo2zq>
- **February 14:** deadline for proposals for Weight of the Nation Conference. See: <http://www.weightofthenation.org/>
- ❖ **February 18, 3:00-4:00 pm Eastern time; Pedsafe/Bikesafe Program Webinar:** Charlie Zegeer of the

Pedestrian and Bicycle Information Center (PBIC) will be the next presenter in the Association of Pedestrian and Bicycle Professionals' (APBP's) webinar series. The Pedsafe and Bikesafe Programs present countermeasure selection systems for solving various types of pedestrian and bicycle crash problems. Learn more about these resources at: <http://www.walkinginfo.org/pedsafe/about.cfm> and <http://www.bicyclinginfo.org/bikesafe/about.cfm>. The webinar charge for each location is \$50 for APBP members, and \$60 for non-APBP members. Note that you can have more than one person at a given webinar site, but you can have only one computer link and phone line for audio under the fee structure above. For more about the Professional Development webinar series, see <http://www.bikewalk.org/webinars.php>. Register at: <http://tinyurl.com/86h4vm>

- **February 18-20, Active Living Research Annual Conference, San Diego, CA.:** Info: <http://tinyurl.com/5qh4jc>
- **February 24, 2 p.m. EST, Turning Walk to School Day into a Year-Round Pedestrian Program Webinar:** This is another in the America Walks/NCSRTS series. The presenter will be Sonja Atkins, Coordinator, Safe Kids Greater Sacramento. Register at: <https://www1.gotomeeting.com/register/259123751>. For more information on these FREE webinars, please visit http://www.saferoutesinfo.org/training/can_webinars.cfm.
- **February 27: deadline for Abstracts for the 10th Annual Walk21 Conference, to be held October 7-9, 2009 in New York City NY.** Info: <http://tinyurl.com/67kk4m>. The Plan now to attend the Walk21 Conference—"More Footprints, Less Carbon"—in New York from Wednesday, October 7 to Friday, October 9. The Association of Pedestrian/Bicycle Professionals (APBP) will hold its 2009 Professional Development Seminar in conjunction with Walk21; stay tuned for details, or see <http://www.walk21.com/conferences/newyork.asp>
- **March 1-4, National Main Street Conference, Chicago, IL.** Info: <http://tinyurl.com/8da44p>
- **March 25-28, Health and Fitness Summit and Exposition, Atlanta GA.** Info: American College of Sports Medicine: <http://tinyurl.com/5unah6>
- **March 31-April 4, American Association of Health, Physical Education, Recreation and Dance (AAHPERD) National Convention and Exposition, Tampa, FL.** Info: <http://www.aahperd.org/convention/>. Dan Connaughton and I are scheduled to give a presentation on how SRTS helps meet the goals of physical education teachers, and how the FTBSEP is the ideal program for PE teachers to implement to meet those goals.

April-June, 2009:

- **April 2nd & 3rd, Streets as Places Training Course, New York, NY.** Info: Craig Raphael, Project for Public Spaces, <craphael@pps.org> or: <http://tinyurl.com/3cgdja>
- **April 16th & 17th, How to Turn a Place Around training course, New York, NY.** Info: Craig Raphael, Project for Public Spaces, <craphael@pps.org> or: <http://tinyurl.com/57bfkg>

July-September, 2009:

- **July 27-29, Weight of the Nation Conference:** The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity, will host its inaugural conference on obesity prevention and control, Weight of the Nation, at the Omni Shoreham Hotel, Washington, D.C. Weight of the Nation will provide a forum to highlight progress in the prevention and control of obesity through policy and environmental strategies and is framed around four intervention settings: community, medical care, school, and workplace. Conference proposals can be submitted online between January 12 and February 14, 2009. For more information: <http://www.weightofthenation.org/>
- **August 19-21, Second Safe Routes to School National Conference, Portland, Oregon:** Deadline for Call for Proposals: February 2, 2009. More Info: http://www.bta4bikes.org/at_work/saferoutes_conference.html

Ongoing:

The National Highway Institute (NHI) Offers Free Web-Based Training: Courses of interest to SRTS partners include *Introducing Highway Federal-Aid* and *Introduction to NEPA and Transportation Decision-making*, as well as a variety of courses on planning and engineering topics. See the course listings at: http://www.nhi.fhwa.dot.gov/training/list_catalog.aspx?cat=&key=&num=&loc=&tit=&sta=%25&typ=3&lev=%25&ava=1&str=&end=&drf

- **National Pro Walk/Pro Bike Presentations Now Available On-Line:** Some of the presentations from the Pro Walk/Pro Bike National Conference in Portland, Oregon are now posted at: <http://www.bikewalk.org/2008conference/vconference/schedulefull.html>; look for live links in red.
- **America Walks/NCSRTS Webinar series:** If you missed any of these webinars, please go to http://www.saferoutesinfo.org/training/can_webinars.cfm to download and view the webinar.
- **The Association Of Metropolitan Planning Organizations' 2008 National Conference, held in October 2008, included three presentations on SRTS:** View them at the links below:
 - **Safe Routes to School Washington State Planning and Funding Assistance**, Charlotte Claybrooke, Washington DOT, SRTS Coordinator: http://www.ampo.org/assets/719_claybrook.pdf
 - **Safe Routes to School – Practical Solutions on a Small Budget:** Andy Hume, Las Cruces Metropolitan Planning Organization (MPO): http://www.ampo.org/assets/725_hume.pdf
 - **Safe Routes 2 School**, Lee Kokinakas, Michigan Fitness Foundation: http://www.ampo.org/assets/726_kokinakas.pdf

You might also be interested in glancing at some of the other presentations, including the 3 Bicycle and Pedestrian Planning presentations from Anchorage, Atlanta and Omaha at: <http://www.ampo.org/content/index.php?pid=197>

- **Pedestrian Focus States Webinar on Pedestrian/Bicycle Law Enforcement:** This December 17 webinar has been archived and can be viewed at: <http://fhwa.na3.acrobat.com/pedfocus/>. Sign in as a guest (first name and last name). In the bottom right hand corner, click on the two *Enforcement Workshop for Webinar* files and select "Save to My Computer".
- **T-Square's 2009 Professional Training Portfolio:** The Florida Transportation Technology Transfer Center (T-Square), based at University of Florida, has published its *2009 Professional Training Portfolio*, available at: <http://t2.ce.ufl.edu/nl/2008-11-catalog.pdf>. This catalog is packed with training of interest to SRTS proponents (see the December 19 Update for the list).
- **Additional FHWA Pedestrian Safety Design/Planning workshops:** Contact Florida's Bicycle/Pedestrian Coordinator Dennis Scott (dennis.scott@dot.state.fl.us, 850-245-1527) or Hussein Sharifpour, (Hussein.Sharifpour@fhwa.dot.gov), 850-942-9650 x 3024 if you are interested in sponsoring a workshop in 2009. This is an excellent way to start your local SRTS planning. You will be taught what to look for, who to work with, and many solutions to pedestrian problems, which translate easily to SRTS programs.



Florida SRTS Updates

By Pat Pieratte

Florida SRTS Coordinator

(pat.pieratte@dot.state.fl.us, 850-245-1529)

January 30, 2009

SafeRoutes
Florida Safe Routes to School



www.srtsfl.org

Florida Updates: State

New SRTS Infrastructure Application Coming Soon: We have received reports that those who are still using Microsoft Office 2003 are having some problems with the Infrastructure Application. In an effort to solve this problem, we are working with FDOT's Forms and Procedures Office to convert the form and place it on the Forms and Procedures website. We are not quite finished with this process, but should be before the next Update. If you have begun the application process using the form which is currently on our website at www.srtsfl.org, don't worry. Because we are switching forms in the middle of a Call for Applications, we will accept applications on either form. A link to the new form will be placed on our website when it is complete.

We also discovered that the link to the Cost Estimates is no longer valid, and that there are currently no cost estimates for sidewalks available online. We are working on that issue too, and will let you know when it has been resolved. If you are requesting a Shared Use Path in your application, the cost estimate breakdowns are located at: <http://www2.dot.state.fl.us/SpecificationsEstimates/costpermile.aspx?PageAddr=lt%3ba+hrefeq%3bqt%3bhttp%3a%2f%2fwww.dot.state.fl.us%2fSpecificationsOfficeqt%3bqt%3bSpecifications+and+Estimateslt%3b%2faq%3b> by selecting Rural; NEWSHR-1-UN January 2009 Update.

Crossing Guard Appreciation Day February 6, 2009: Governor Charlie Crist has issued a proclamation designating next Friday, February 6, 2009, as Crossing Guard Appreciation Day in Florida. Crossing Guards are a vital support to SRTS programs, and this is an opportunity to recognize and thank them for their countless hours of work, assisting children in crossing busy streets on the way to and from school. Many communities in Florida are holding special Crossing Guard Appreciation Day ceremonies or events. From the nominations received this year, the following programs and people associated with Crossing Guard Programs in Florida were selected for recognition:

- School Crossing Guard of the Year – Richard Schweickart, Village of Key Biscayne Police Department
- School Crossing Guard Trainer of the Year – Donna Hoffman, Jacksonville Sheriff's Office
- School Crossing Guard Program of the Year – City of St. Petersburg
- School Crossing Guard Honorary Award-Elizabeth Hawked (deceased), North Port Police Department
- School Crossing Guard Special Achievement Award – Peggy Collier, Polk County Sheriff's Office

Want to Hike the Florida Trail, Virtually or Actually? The Sunshine Expedition is a kayaking and hiking journey around and through the state of Florida. Team members have already kayaked over 1500 miles around Florida, and are now beginning the hiking portion of their trip, 1300 miles of the Florida Trail. This could be an opportunity for students and classrooms in SRTS programs to accompany them virtually, by walking the equivalent of segments of the Trail. Classes can catch up with the team members online at <http://sunshineexpedition.com/>, and study the different areas of Florida as they reach significant milestones. Virtual hikes like this are another way to make walking to school more fun and educational. Another way to do a virtual walk is through Map My Walk: <http://www.mapmywalk.com/>. The Florida Trail hike option is especially pertinent now, as February is Florida Hiking Trails Month, which also includes opportunities to actually hike portions of the Florida Trail. Read more in the Winter 2009 Connections, the newsletter of the Florida Office of Greenways and Trails: <http://www.dep.state.fl.us/gwt/newsletter/pdf/winter09.pdf> and http://www.floridatrail.org/component/option,com_events/task,view_month/Itemid,204/year,2009/month,02/day,28/

Florida Ped/Bike Resource Center Launched: We are thrilled to announce that the Florida Ped/Bike Resource Center at the University of Florida's Technology Transfer (T-Square) Center has received funding as a Traffic Safety (Section 402) Grant. While it will take awhile for the Center to order materials and get up to full speed, this is a huge step forward in making SRTS and general pedestrian and bicycle safety resources available to programs throughout Florida. You can reach the Resource Center at mediacenter@ce.ufl.edu or (352) 392-9537, ext.1544 and tell them what resources you would like them to order. As they get up to speed, there will also be a website which can be reached at <http://t2.ce.ufl.edu/>. You might want to bookmark it now, and check back in a month or so.

T-Squares Celebrate 25 Years of Service: While we are on the topic of Technology Transfer Centers, they are now

celebrating 25 years of service in the U.S. Read more from the November/December Public Roads article, including quotes from Florida T-Square employees at: <http://www.tfsrc.gov/pubrds/08nov/02.htm>. SRTS advocates may be most interested in these sections of this article: *Introduction*; *Focus on Safety*; and *A Successful Recipe*.

National News

Congressman James Oberstar on the Future of Transportation and SRTS: Congressman James Oberstar is the Chairman of the House Committee on Transportation and Infrastructure, and the national champion for SRTS. A January 22 article in MinnPost reports that Congressman Oberstar summarized his hopes for the new transportation law this way: *"It comes down to one word: livability."*

The National Center for SRTS has reported that Congressman Oberstar is very pleased with the progress of SRTS programs around the US, and that he intends to include SRTS in the next Transportation Bill. The MinnPost article continues, in regard to emphasis areas of Congressman Oberstar's career:

Another emphasis has been physical fitness as a way to reduce obesity in children. Oberstar is himself an active cyclist (both in Minnesota and near his home in Potomac, Md.), and has influenced federal policies that include biking and walking as a transportation choice. His "safe routes to school" program encourages communities to build bike paths and sidewalks as healthy options for kids.

Read the whole article at:

http://www.minnpost.com/stories/2009/01/22/5781/oberstar_at_the_pinnacle_minnesota_congressman_expects_to_put_his_imprint_on_the_recovery_%E2%80%94_and_on_americas_livability

Kids and cell phones: A crosswalk hazard? An article by this name at MSN.com reports that more parents are giving their children cell phones so they can stay in touch with them while they walk to school, or so the child can call for help in an emergency. A third of children age 8 to 12 already have cell phones, and the percent is expected to increase to half by the end of next year. However, a recent research study using simulated street crossings shows that preteens talking on cell phones are more likely to step into traffic. The article reported:

...researchers watched as 77 pre-teens individually navigated a virtual reality street crossing...The researchers found that children speaking on a cell were 43 percent more likely to be hit or to have a close call in the simulated street crossings than kids who weren't on the phone. They also kept track of how many times a child would look left and right before stepping into the street and found that number fell by 20 percent when a phone conversation was going on.

This research has very serious consequences for SRTS. Parents need to teach their children to end their cell phone conversations before crossing streets. Even better ideas are to walk with their children or arrange for them to walk to school with responsible older children or trusted adults, and to ban the use of cell phones en route, except in the case of an emergency. Read the article at: <http://www.msnbc.msn.com/id/28816271/>

Backover Crash Problem Highlighted: A recent article from USA Today highlights some dangers to children which have not received enough attention in the past. Backover crashes usually happen when a child playing in the driveway, or walking or bicycling across the driveway on the sidewalk, is run over by a large vehicle backing out of the driveway. As safety advocates, we need to spread the word that drivers need to walk around the back of their vehicles to make sure no one is there, before backing out. And we need to stress two messages to children: 1) that a driveway behind a vehicle is not the place to play, and 2) if walking or bicycling on the sidewalk, they need to treat each driveway as an intersection, and look for approaching traffic, instead of assuming they are safe because they have the right of way. Read the article at: http://www.usatoday.com/news/nation/2009-01-27-rollover_N.htm

Promising Strategies for Creating Healthy Eating and Active Living Environments: This research paper is based on a review of research on these topics and offers a comprehensive and cross-cutting review of policy, strategy, and program recommendations to realize the goals in the title. The following three strategies are especially applicable to SRTS:

- Strategy 1: Safe neighborhoods, communities, and buildings support physical activity as part of everyday life
- Strategy 5: Schools promote healthy physical activities and incorporate them throughout the day, including before and after school
- Strategy 8: Government and the private sector support and promote healthy eating and active living environments

Read more at: <http://www.preventioninstitute.org/documents/promisingstrategies.pdf>.

AAA Foundation for Traffic Safety Website Offers Pedestrian and Bicycle Safety Tips: See the article *Walk This Way!* at: <http://www.centersofexcellence.org/safety-culture/articles/walk-way> for updates to what your parents may have taught you about pedestrian and bicycle safety. Another article, *Child Pedestrian Safety*, offers tips for drivers driving near children: <http://www.centersofexcellence.org/safety-culture/articles/child-pedestrian-safety>. Many of AAA Foundation's educational brochures for drivers have recently been updated. Find out more by calling 1-800-305-SAFE.

Florida & National Calendar of Events & Training Opportunities

❖ Indicates new items Calendar items repeated in future updates until events are held

February-March, 2009:

- **February 2: Deadline for SRTS Conference Call for Proposals:** The 2nd Safe Routes to School Conference is taking place August 19-21, 2009 in Portland, Oregon. A call for proposals is currently open with a February 2, 2009 deadline. To submit your presentation or poster proposal, please visit: <http://tinyurl.com/4s2cvz>
- **February 5-6, Building Healthy Lifestyles Conference, Mesa, AZ.** Info: Barbara Mattingly at (480) 727-1959, or visit: <http://tinyurl.com/7jo2zq>
- **February 14:** deadline for proposals for Weight of the Nation Conference. See: <http://www.weightofthenation.org/>
- **February 18, 3:00-4:00 pm Eastern time; Pedsafe/Bikesafe Program Webinar:** Charlie Zegeer of the Pedestrian and Bicycle Information Center (PBIC) will be the next presenter in the Association of Pedestrian and Bicycle Professionals' (APBP's) webinar series: <http://www.bikewalk.org/webinars.php>. The Pedsafe and Bikesafe Programs present countermeasure selection systems for solving various types of pedestrian and bicycle crash problems. Learn more about these resources at: <http://www.walkinginfo.org/pedsafe/about.cfm> and <http://www.bicyclinginfo.org/bikesafe/about.cfm>. The webinar charge per location is \$50 for APBP members; \$60 for non-APBP members. Register at: <http://tinyurl.com/86h4vm>.
- **February 18-20, Active Living Research Annual Conference, San Diego, CA.:** Info: <http://tinyurl.com/5qh4jc>
- **February 24, 2 p.m. EST, Turning Walk to School Day into a Year-Round Pedestrian Program Webinar:** This is another in the America Walks/NCSRTS series. The presenter will be Sonja Atkins, Coordinator, Safe Kids Greater Sacramento. Register at: <https://www1.gotomeeting.com/register/259123751>. For more information on these FREE webinars, please visit http://www.saferoutesinfo.org/training/can_webinars.cfm.
- **February 27: deadline for Abstracts for the 10th Annual Walk21 Conference, to be held October 7-9, 2009 in New York City NY.** Info: <http://tinyurl.com/67kk4m>. The Plan now to attend the Walk21 Conference—"More Footprints, Less Carbon"—in New York from Wednesday, October 7 to Friday, October 9. The Association of Pedestrian/Bicycle Professionals (APBP) will hold its 2009 Professional Development Seminar in conjunction with Walk21; stay tuned for details, or see <http://www.walk21.com/conferences/newyork.asp>
- **March 1-4, National Main Street Conference, Chicago, IL.** Info: <http://tinyurl.com/8da44p>
- **March 25-28, Health and Fitness Summit and Exposition, Atlanta GA.** Info: American College of Sports Medicine: <http://tinyurl.com/5unah6>
- **March 31-April 4, American Association of Health, Physical Education, Recreation and Dance (AAHPERD) National Convention and Exposition, Tampa, FL.** Info: <http://www.aahperd.org/convention/>. Dan Connaughton and I are scheduled to give a presentation on how SRTS helps meet the goals of physical education teachers, and how the FTBSEP is the ideal program for PE teachers to implement to meet those goals.

April-June, 2009:

- **April 2nd & 3rd, Streets as Places Training Course, New York, NY.** Info: Craig Raphael, Project for Public Spaces, <craphael@pps.org> or: <http://tinyurl.com/3cgdja>
- **April 16th & 17th, How to Turn a Place Around training course, New York, NY.** Info: Craig Raphael, Project for Public Spaces, <craphael@pps.org> or: <http://tinyurl.com/57bfkg>

July-September, 2009:

- **July 27-29, Weight of the Nation Conference:** The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity, will host its inaugural conference on obesity prevention and control, Weight of the Nation, at the Omni Shoreham Hotel, Washington, D.C. Weight of the Nation will provide a forum to highlight progress in the prevention and control of obesity through policy and environmental strategies and is framed around four intervention settings: community, medical care, school, and workplace. Conference proposals can be submitted online between January 12 and February 14, 2009. For more information: <http://www.weightofthenation.org/>
- **August 19-21, Second Safe Routes to School National Conference, Portland, Oregon:** Deadline for Call for Proposals: February 2, 2009. More Info: http://www.bta4bikes.org/at_work/saferoutes_conference.html

Ongoing:

The National Highway Institute (NHI) Offers Free Web-Based Training: Courses of interest to SRTS partners include *Introducing Highway Federal-Aid* and *Introduction to NEPA and Transportation Decision-making*, as well as a variety of courses on planning and engineering topics. See the course listings at: http://www.nhi.fhwa.dot.gov/training/list_catalog.aspx?cat=&key=&num=&loc=&tit=&sta=%25&typ=3&lev=%25&ava=1&str=&end=&dl

- **National Pro Walk/Pro Bike Presentations Now Available On-Line:** Some of the presentations from the Pro Walk/Pro Bike National Conference in Portland, Oregon are now posted at: <http://www.bikewalk.org/2008conference/vconference/schedulefull.html>; look for live links in red.
- **America Walks/NCSRTS Webinar series:** If you missed any of these webinars, please go to http://www.saferoutesinfo.org/training/can_webinars.cfm to download and view the webinar.
- **The Association Of Metropolitan Planning Organizations' 2008 National Conference, held in October 2008, included three presentations on SRTS:** View them at the links below:
 - **Safe Routes to School Washington State Planning and Funding Assistance**, Charlotte Claybrooke, Washington DOT, SRTS Coordinator: http://www.ampo.org/assets/719_claybrook.pdf
 - **Safe Routes to School – Practical Solutions on a Small Budget:** Andy Hume, Las Cruces Metropolitan Planning Organization (MPO): http://www.ampo.org/assets/725_hume.pdf
 - **Safe Routes 2 School**, Lee Kokinakas, Michigan Fitness Foundation: http://www.ampo.org/assets/726_kokinakas.pdf

You might also be interested in glancing at some of the other presentations, including the 3 Bicycle and Pedestrian Planning presentations from Anchorage, Atlanta and Omaha at: <http://www.ampo.org/content/index.php?pid=197>

- **Pedestrian Focus States Webinar on Pedestrian/Bicycle Law Enforcement:** This December 17 webinar has been archived and can be viewed at: <http://fhwa.na3.acrobat.com/pedfocus/>. Sign in as a guest (first name and last name). In the bottom right hand corner, click on the two *Enforcement Workshop for Webinar* files and select "Save to My Computer".
- **T-Square's 2009 Professional Training Portfolio:** The Florida Transportation Technology Transfer Center (T-Square), based at University of Florida, has published its *2009 Professional Training Portfolio*, available at: <http://t2.ce.ufl.edu/nl/2008-11-catalog.pdf>. This catalog is packed with training of interest to SRTS proponents (see the December 19 Update for the list).
- **Additional FHWA Pedestrian Safety Design/Planning workshops:** Contact Florida's Bicycle/Pedestrian Coordinator Dennis Scott (dennis.scott@dot.state.fl.us, 850-245-1527) or Hussein Sharifpour, (Hussein.Sharifpour@fhwa.dot.gov), 850-942-9650 x 3024 if you are interested in sponsoring a workshop in 2009. This is an excellent way to start your local SRTS planning. You will be taught what to look for, who to work with, and many solutions to pedestrian problems, which translate easily to SRTS programs.