## SAFE ROUTES TO SCHOOL TUCSON WALK. BIKE. EXPLORE. LEARN.

Safe Routes to School (SRTS) is a national movement that makes it easier, safer and more fun to walk and bike to school. As a program of Living Streets Alliance, we believe that children and their families deserve to have safe streets to walk, bike, and play. Let us help you make biking and walking a part of your daily routine.

**Tucson's SRTS program** works closely with selected focus schools and provides resources and events for schools throughout the region.

#### **WE OFFER THE FOLLOWING**

bike education and family friendly bike rides

bicycle repair to teach kids basic maintenance and keep them rolling

walking and biking challenges and incentives

curriculum support and educational resources

additional assistance to schools to increase walking and biking

" I have great memories of walking and riding my bike to school as a child, and I want my children and all the kids at their school to experience that same sense of independence and joy. "

RACHAEL BLACKKETTER Tucson parent



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Safe Routes to School is a program of Living Streets Alliance in partnership with the City of Tucson.







LIVING STREETS ALLIANCE is a Tucson-based non-profit organization whose mission is to promote healthy communities by empowering people to transform our streets into vibrant places for walking, biking, socializing, and play. Remember walking to school? Safe Routes to School is supporting families so our kids don't miss out on that experience.



Join the movement. Walk or bike to school with your kids.

# Walking and Biking to School Makes a Difference...

#### **FOR YOU**

Walking is FREE! You spend less money on gas, and wear and tear on your car. You also save yourself the stress of being stuck in traffic. Walking/Biking together is a **great** way to spend quality time and connect with your kids.





#### FOR YOUR KIDS Kids who start their day being active get exercise and arrive at school more alert, energized, and ready to learn. Plus it's just more FUN and your kids will LOVE it!

I would love my child to walk or bike to school but...

l don't feel comfortable sending my child alone...

l live too far from school...

# How can I make walking/biking work for me?

### WALK OR BIKE ONE DAY A WEEK

Walking/biking just once a week helps your child build healthy habits for a lifetime. **Get started:** Schedule time for one morning or afternoon walk a week. Check with your school to see if they have walking/biking encouragement programs.

#### START A WALKING SCHOOL BUS OR A BIKE TRAIN

A "walking school bus" is a group of children and grown-ups who walk to school together. *Get started:* Invite other parents and take a practice walk to plan a walking school bus route. Or get on your bikes to start a "bike train" and roll your way to school.

### **WALK TO THE SCHOOL BUS**

A short walk to the bus is a great way to start the day.

**Get started:** Walk on a weekend and test how long it takes to walk to the bus stop with your child so you can set your departure time.

#### **PARK & WALK**

If you drive, parking away from school lets you save time, enjoy a short walk with your child, and avoid the stress of the school drop-off and pick-up area.

**Get started:** Find a parking space a block or more away from school and walk with your child from there.

#### FOR YOUR COMMUNITY

Fewer cars near your child's school means **safer streets to cross and cleaner air to breathe for your kids.** When people walk and bike, communities become stronger. We meet neighbors, make new discoveries, and connect to things we value like history and nature.



