

# Keep the Momentum Going



Was your walk or bike to school event successful? Here are some ideas to keep the momentum going!

## ✓ Distribute Parent Surveys

Get immediate feedback by conducting a SRTS Parent Survey. The surveys are available in paper or online format from the National Center for Safe Routes to School. Go to [www.saferoutesinfo.org/data](http://www.saferoutesinfo.org/data) for more information.

## ✓ Schedule Weekly or Monthly Events

Why not do walk and bike events more often! Weekly events go by names like Bike on Wednesday/Walk on Wednesday (BOW WOW) or Footloose Friday. Themes add interest to monthly events. Some ideas:

January	Polar Bear Walk
February	Heart Healthy Hike
March	Georgia Walk to School Day
April	Earth Day Walk
May	Bike to School Day
June	Safety Day Walk
August	Back to School Walk
September	Safety Day Walk
October	International Walk to school Day
November	Winter Walk or Holiday Walk
December	Winter Walk or Holiday Walk



Students and families at Crabapple Crossing Elementary School in Milton, GA enjoyed their monthly celebration of walking and biking despite a dark, chilly morning. The event was called the "Snowman Stride."

## ✓ Set Up a Frequent Walker/Biker Program

Frequent walker/biker programs motivate kids by rewarding them for regular walking and bicycling. All you need is a simple system for recording how often kids walk. Punch cards work great! Just distribute them to students and ask staff members or parent volunteers to punch them as walkers and bikers arrive. Students may compete individually or in classes for prizes as simple as bragging rights, no-uniform passes, or homework passes.



Download punchcards here:  
[www.saferoutesga.org/Resources/Downloads](http://www.saferoutesga.org/Resources/Downloads)

## ✓ Encourage Walking School Buses and Bike Trains

Did quite a few students come from one area on your Walk/Bike to School Day? Encourage parents to organize Walking School Buses or Bike Trains. For more, see [http://www.saferoutesinfo.org/guide/walking\\_school\\_bus/index.cfm](http://www.saferoutesinfo.org/guide/walking_school_bus/index.cfm) or our Walking School Bus How To [link?]

## ✓ Incorporate Ped/Bike Themes into the Curriculum

The themes emphasized during walk or bike to school events needn't end at the school's front door. There are lots of ways to continue them in classrooms and clubs. Teach the health benefits in physical education class. Create posters in art class. Learn about environmental impacts in science class. Put on a skit about pedestrian safety in drama club. Use your imagination!

Got questions? Your School Outreach Coordinator is here to help.



Find flyer templates, banners, and other downloads at:  
<http://saferoutesga.org/resources/downloads> Learn more at [www.walktoschool.org](http://www.walktoschool.org) and [www.saferoutesga.org](http://www.saferoutesga.org)

