

Eugene SRTS E-News Mid-December 2010 Keeping Fit, Active, Attentive, & Educated this Winter.

Join us for the December Kidical Mass: The Pie to Pie Winter Lights Ride!

We'll meet at **Mezza Luna Pizzeria** (933 Pearl St.) at **5 pm on Saturday, Dec. 18th**, have a slice of pizza pie (first pie is on us) then ride out to admire the holiday lights as we pedal over to Sweet Life Patisserie for a sweet slice of pie (again, first pie is on us!). As we stop to admire the lights we'll have some treats to give out to the houses that get the most oohs and aahs.

The ride length will depend on the weather. If it's really nasty we'll just make it a one-stop event and count our ride to Mezza Luna as our "Mass" but if it's really nice we might even make it over to the cool new lights over at the Delta Ponds Bridge.

Also, we're still planning for next year so if you have any ideas on themes, spots you want to ride to or from, special activities to mix in with the Mass, or a ride you liked from this year, be sure to fill out [our survey!](#)

A special thanks to Emily for helping to organize this month's ride. Check out her great "mama rides a bike" blog Mamafiets for some sweet moments of joy (and struggle) and wonderful inspiration!

See you next Saturday for the Pie to Pie Winter Lights Ride!!

Your Kids' New Workout Partner: Old Man Winter

Winter is in full swing, and along with this chilly season comes a plethora of excuses to ignore physical fitness in lieu of vegging out on the couch. But don't fall for the season's trap! Here are a handful of exciting ways to get the activity that your body craves.

Skate it! Have the kids seek refuge from the elements at an indoor skating rink. And you may want to consider tagging along with them for the adventure. A recent story published by Health.com listed rollerblading as the No. 1 fat blaster. In fact, 30 minutes of inline skating can burn 425 calories!

If you want the best of both worlds—exercise and winter weather—find an area to go ice-skating. Some communities have public areas that are annually transformed into a perfect place to ice-skate, while others offer the ice indoors. Locally we have [Skate World](#) and the [Lane Event Ice Center](#). Rentals are usually available at both of these venues.

Rake it! Before man made the leaf blower (ugh), there was the rake. Remember your mom or dad telling you that raking the yard was good for you and that it builds muscles. Well, it turns out that your parents were right.

If children and adults rake properly—by pulling with the arms and lifting the (now wet) piles with legs to put minimal strain on the back—it can be quite the workout! When you're done, you'll feel it in your core and throughout your arms and legs.

Raking doesn't have to be a ho-hum activity. Bundle up with the kiddos, split the yard in half, and have a competitive race. The winners will have their side done the quickest and it will look the cleanest. If the kids still have energy to burn, head over to the neighbor's house and rake some more. Besides providing a great workout and a break from cabin fever, the true beauty of raking is that you can make leaf piles, jump in them and then start again. Once you have the leaves piled up you can either put them out in the street on the week of your leaf pick-up or better yet, use them as mulch in your garden!





Snow Play! Head to the mountains and enjoy the frozen version of all this wet stuff! Bring a shovel up with you, build some snow piles and work together as a family to build a super-sized snowman or a cool snow fort. These activities work your arms and legs because they require you to pack—and sometimes lift—a respectable amount of snow to achieve your goal. The payoff comes from having your creation on display until it loses the battle with the sun and melts away.

When the conditions are right, let your inner child rule for the day and let loose with an old-fashioned snowball fight! You can keep this adventure low-key and limit it to a few people, or you can wage war with a huge group.

Start by taking the proper safety precautions and using only loosely packed fluffy snow. (This type of snow will ensure that no one is throwing any ice balls.) Also stress the importance of safety by prohibiting participants from aiming above the shoulders. With everyone bundled up sufficiently and ground rules in place before the mayhem begins, this fun-filled seasonal activity will be talked about long after Old Man Winter has left the scene.

How about a fast trip down the hill and a hike back up? Sledding is a great muscle builder and calorie burner, not to mention a great adrenaline rush!

Walk & Bike! Of course there's always the simple act of getting out and going for a walk or a bike ride. Whether for a trip to school, work, the store, or just for the fun of getting out of the house, a simple walk can be just what the doctor ordered to get the blood flowing and the body moving. Play a little "neighborhood bingo" and see who can spot a barking dog, a pink flamingo, a chickadee, a pre-1960's car, a certain kind of tree, or other fun finds while your out and about.

Perception of Traffic Speed: Why Young Children Are at Risk

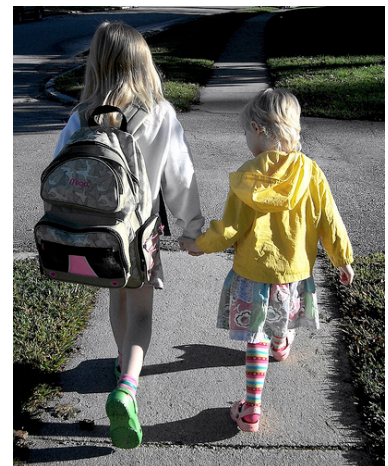
Posted by: Amanda on [BTA Blog](#). photo: D Sharon Pruitt via Flickr

A [new study](#) from researchers at the University of London finds that adult pedestrians can accurately estimate the speed of an approaching car traveling up to 50 miles per hour, but elementary-aged children can only judge the speed of an automobile traveling 20 miles per hour or less.

"This is not a matter of children not paying attention," says John Wann, University of London researcher, "but a problem related to low-level visual detection mechanisms." This might be a mouthful, but the implications are clear: Young children are not able to accurately estimate the speed of a fast-moving car and may make risky judgments when trying to cross streets where vehicles are traveling above 20 mph.

Residential neighborhoods in Oregon have a standard speed limit of 25 miles per hour. Even when this law is obeyed, children are at risk of being struck by a car when crossing their neighborhood street or playing outside. Children, including those paying full attention while crossing the street, are more likely to step out in front of a fast-moving vehicle because they cannot accurately estimate the speed at which the vehicle is approaching.

By slowing down and watching for kids, all drivers can help lower the number of road user deaths to an acceptable number: zero. Read more about the concept of [Vision Zero](#) on the BTA blog and watch for new information on "Neighborhood Greenways" and work being done this legislative session to set some neighborhood street speeds to 20 mph.



"Bicycle Safety Education" Teacher Training

The Bicycle Transportation Alliance's ten-hour comprehensive curriculum teaches traffic safety to young bicyclists using classroom and on-bike training. Children learn and apply such concepts as turn signals, road positioning, right-of-way rules, turning through intersections, defensive cycling, and health and fitness.

Currently BTA staff teach the national award-winning Bike Safety Education curriculum to 4th-7th graders each year in more than 70 schools statewide including several Eugene schools. 4J is working to implement a more comprehensive Bicycle and Pedestrian safety education program that reaches more students each year.

We will hold a special training for teachers on Monday, January 3rd as part of a Carol M. White PEP grant. We will present the BTA curriculum by introducing core concepts and sharing resources and methods for teaching students bicycle safety. Teachers will practice key skills and brainstorm ways to teach the curriculum using the unique resources available at their school. Registration is open at <http://www.eugenesrts.org/bseclass>

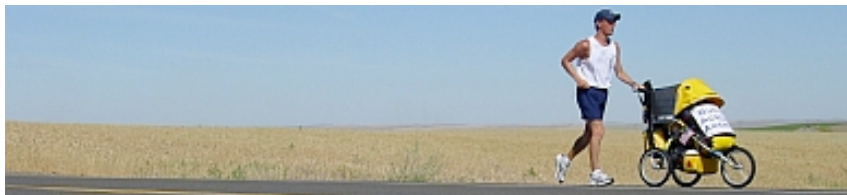
Walk With Paul

SRTS kids are invited to follow ultra-endurance athlete Paul Staso as he runs across the Mojave Desert completely alone (an endeavor not attempted before by a solo runner). Students can actually follow him with their trip to school by walking and/or biking to school between April 14-30, 2011 in teams and keep pace with Paul. All of the details are at <http://www.pacetrekk.com/srts.htm>.

Paul has already run solo across the United States, Germany, Alaska and Montana and has had over 52,000 school children from 10 countries virtually join him on his adventures. All of his running endeavors (and "online classroom") can be seen via <http://www.pacetrekk.com>. As founder and president of The P.A.C.E. Fitness Foundation (PACE standing for "Promoting Active Children Everywhere), Paul has decided that it is time for SRTS kids to have an opportunity to pace along with him. This is 100% FREE... there is NO fundraising involved...and NOTHING to purchase.

THE DETAILS:

Paul Staso, age 45, is a former 5th grade teacher, father of 4 children, and has been married to Vicki for 23 years. Between April 14 - 30, 2011 Paul and his 80-pound companion, "BOB" (his support stroller), will be running across the Mojave Desert solo - averaging 30 miles per day. Paul wants SRTS kids to join him virtually when they walk or bike to and from school each day! They will be able to track his progress at school or home through his online classroom (<http://www.pacetrekk.com/mojave>).



Getting a SRTS team involved in P.A.C.E. Trek Mojave for FREE is easy! Just get a group of kids together from your school who will commit to walking or biking to/from school each day between April 14 and April 30, 2011. You'll have a "SRTS Mojave Adventure Team" and an adult team leader/coordinator will report your team's total distance to Paul when the trek is over. Your adventure team will aim to cover as much of

the distance as you can that Paul will actually run (506 miles) across the Mojave Desert during those 12 school days. The P.A.C.E. Trek Mojave challenge begins in 150 days and team registration is now open at <http://www.pacetrekk.com/register.htm>.

Mark your calendar

December 18- Kidical Mass Pie to Pie Ride
January 12- Ride in the Rain Day (UO)
January 15- Kidical Mass & Traffic Skills for Families (Roosevelt)
April 18–24 – National TV Turnoff Week
April 22 – Earth Day
May 18 – National Walk/Bike to Work Day
June 17-19- Oregon SRTS Training & Meeting (Bend)

A Letter & Request from the SRTS National Partnership

What are your hopes for the Safe Routes to School movement over the next five years?

[The Safe Routes to School National Partnership](#) recently took time to reflect on the first five years of the national Safe Routes to School program, to think about our vision for the future, and to plan for the next five years of advancing the Safe Routes to School national movement.

Many of you helped us shape our [2011-2015 Strategic Plan](#); our shared aspirations include increased funding for Safe Routes to School in the reauthorization of the transportation bill, additional policy changes at national, state and local levels, more best practices and sharing in the field, engaged and inspired parent and youth leaders and enhanced social equity to meet the needs of all children.

Five years is a meaningful milestone and the Safe Routes to School 5 Es have made a powerful impact.

Help us celebrate this success and enable the Safe Routes to School National Partnership to further grow our impact during the next five years with [a contribution to our year-end Five for Five campaign](#). Your donation, when multiplied with hundreds of other gifts, will help us reach our goal. Every contribution – \$5, \$50 or \$500 – helps the National Partnership work with you and our more than 500 partners to increase funding for Safe Routes to School and improve our schools, our communities and the health of children.

Together we can achieve our hopes for Safe Routes to School and our children. Together we will continue to build upon our success and change the habits of entire generation. We thank you so much for what you have already contributed to advancing Safe Routes to School. Please consider a donation, no matter the size, to our [Five for Five year-end giving campaign](#).

Sincerely yours,

Deb Hubsmith, Director
Safe Routes to School National Partnership

PS. Consider giving \$5 or \$10 dollars for each of the 5 Es, every contribution will help us achieve our goal and staff critical programs. [Please mail your contribution today or visit us online to make a donation.](#)

