



Newsletter No. 22, March 2009

Hello Safe Routes to School coordinators and friends! Here is what's new with Michigan's Safe Routes to School program this month:

Bicycle Rodeo Train-the-Trainers

The League of Michigan Bicyclists will offer a handful of bicycle rodeo-train-the-trainers at several locations across the state this spring and summer. These train-the-trainers are for adults only and will teach participants how to conduct effective bicycle rodeos in their community.

The first bicycle rodeo train-the-trainer is scheduled for Saturday, May 9, 2009, from 9:30 am to 2:00 pm at Barbour Magnet Middle School in Detroit. **Registration for this and all trainings is required.** To register, please contact Andrea Cawthray at (517) 908-3830 or by e-mail at acawthray@michiganfitness.org. Please visit our website at www.saferoutesmichigan.org as other bicycle rodeo train-the-trainers will be scheduled soon.

Safe Routes to School National Conference Scholarships

The 2nd National Safe Routes to School Conference is August 19—21, 2009 in Portland, Oregon. Scholarships for both registration and lodging are available on a needed basis. To request an application, email info@saferoutesconference.org. For more details on the conference, visit the conference website at <http://www.saferoutesconference.org/registration.php>.

ACES: All Children Exercising Simultaneously

ACES With-a-Friend is a great opportunity for your school to celebrate the importance of physical activity!

At 10:00 a.m. on May 6, 2009 (but may be celebrated anytime), millions of school children all over the globe will exercise simultaneously in a symbolic gesture of fitness and unity. This non-competitive program has proven to be educational, motivational, and fun. Starting its 20th year, ACES has reached millions of children, parents, and teachers all over the world, including participants from over 50 countries.



Schools that register with the Governor's Council on Physical Fitness for ACES With-a-Friend will receive:

- ACES With-a-Friend stickers for every child
- Newsletter for families
- Certificate of participation signed by Governor Jennifer M. Granholm
- Press release to personalize for your school

An ACES With-a-Friend Idea Kit is also available on the Governor's Council on Physical Fitness website. To register your school for ACES, visit www.michiganfitness.org or call 1-800-434-8642.



New Safe Routes to School Resources

San Francisco Bay Area musician Blane Lyon recently produced two Safe Routes to School theme songs titled "I Want to Walk" and "Ride My Bike". Blane has now generously made these songs available for use in schools worldwide through the Safe Routes to School National Partnership's website. As many say, "it takes music to make a movement!" The songs are available to download at <http://www.saferoutespartnership.org/mediacenter/221176>.

Also, the Highway Safety Research Center (HSRC) has developed a guide entitled *A Resident's Guide for Creating Safe and Walkable Communities*. The guide, developed with funding from the Federal Highway Administration, is designed to be used by anyone who is looking for ways to improve the pedestrian safety and walkability of their neighborhood, whether they are just beginning to learn about pedestrian safety or are already part of an established community safety group. The guide and other great information about pedestrian safety can be downloaded at <http://www.walkinginfo.org/library/details.cfm?id=4163>.

Make Trax™ Youth Engagement Module

The highly anticipated **Make Trax™** Youth Engagement Module is in its final stages of construction and will be released soon! For more information or to get involved in **Make Trax™**, contact Andrea Cawthray at (517) 908-3830 or by email at acawthray@michiganfitness.org.

Thanks, and please remember to call our office if you have any questions, comments, or suggestions!

Best wishes,

Andrea

