

## Locking Your Bike

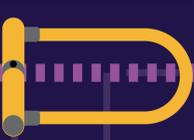
Lock to bike racks or street sign posts. **Don't lock to trees, handrails or stop light poles.**

### Correct way to lock a Bike:

Lock frame and one wheel to rack



### U-Lock: Best protection against thieves



### Cable Lock: Better than nothing, but can be cut through in seconds



## Crossing Busy Streets

### Yellow Flasher Light

2. Lights will begin flashing immediately

1. Press Button  
3. Wait for cars to stop in all lanes before crossing

### Regular Traffic Light

2. Wait for [red hand icon] to change to [green hand icon]  
3. Watch for turning cars and make eye contact with these drivers as you cross the street

## Get involved: Start a walk or bike effort



Loring School, Bus Stop and Walk, North Minneapolis

### How to Start a "Walking School Bus"

A walking school bus is a group of children walking to school together with one or more adults. It's like a carpool—without the car—with the added benefits of exercise and visits with friends and neighbors.

**Start simple** Start simple Invite nearby families to walk; pick a route and take a test walk; decide how often the group will walk together and rotate leaders if necessary;

**Find Partners** Administrators, P.E. teachers, family liaisons, health office staff and School Resource Officers are good places to find support at the school. MPS Safe Routes staff can also provide assistance.

More info can be found at [walkingschoolbus.org](http://walkingschoolbus.org) and [sss.mpls.k12.mn.us/sr2s](http://sss.mpls.k12.mn.us/sr2s)



Lyndale School, Walking School Bus, South Minneapolis

### Live too far to walk?

**Organize a "Bike Train"** 2 miles = 12 min bike ride!  
A bike train is a group of children and adult leaders biking together to school. Bike Trains should stick to calmer neighborhood streets or off-street trails. For directions on how to conduct a bicycle train, see Guidelines for Bike Trains from Metro Atlanta Safe Routes to School Project <http://is.gd/ox41tj>.

**Bus Stop and Walk** This innovative strategy allows many more children to experience the joys and reap the benefits of walking to school. Quite simply, in a Bus Stop & Walk, school buses unload the children away from school and the children walk along a designated route to school with classmates, staff and volunteers Contact Minneapolis Public Schools Safe Routes to School for help organizing a Bus Stop and Walk at your school.

**Remote Drop Off** If your only option is to drive your student to school, consider dropping them off several blocks away and walking the final leg with them. You'll reduce traffic congestion around the school and enjoy some quality time with your child.

**Walk to Other Destinations** You may also use this map to walk to your local park, library or community center. Fifty percent of daily trips are 3 miles or less, providing plenty of opportunities to incorporate active transportation into the day.

## Walk Together

Children learn through experience. Walking with parents or other caregivers is an important way for children to practice crossing real streets and picking safe places to walk. There is no magic age when children are old enough to walk without an adult. Parents should decide when their child has the skill and experience to deal with traffic safely without them.

When children are ready to walk on their own, it is best to walk with a friend or a group of friends. The National Center for Safe Routes to School provides pedestrian and bicycling safety tip sheets and more on its website, [saferoutesinfo.org](http://saferoutesinfo.org).

## Walk Tips

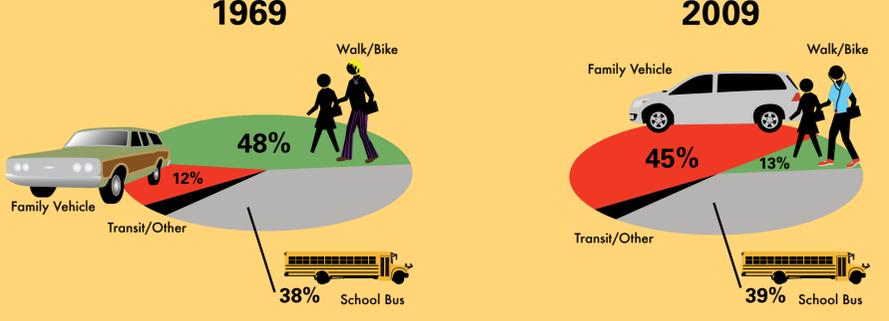
## Walk Benefits

### Vibrant Neighborhoods for Everyone

Everyone benefits when children walk or bike to school. Neighbors get to know each other and look out for one another. Drivers expect to see children walking and biking, and drive more carefully. There is less congestion around schools making the air fresher, the streets quieter, and the neighborhood more suitable for play. Children in the neighborhood can become more independent and responsible at an earlier age.

## Be Part of a Re-emerging Trend

Over the past 45 years our reliance on the automobile has had a dramatic impact on the way children get to school. The same trend can be seen in levels of inactivity and declining health in US children. Fortunately many districts are putting a renewed focus on smaller community-based schools and supporting Safe Routes to School programs. These changes are making it easier to walk and bike to school again, especially in historically built cities like Minneapolis.



## Drivers: Mind the Sign!

Drive cautiously and allow children to cross

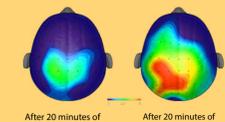


## 5 More Benefits of Walking & Biking

- To increase academic achievement:** A Danish study of nearly 20,000 school children found those that walked or biked to school performed better on concentration-related tasks (1).
- Lower Your Carbon Footprint:** One child walking or biking to school rather than driving can save 1 LB of CO2 emissions per mile (2).
- To increase health and happiness:** The Center for Disease Control recommends that children get 60 minutes of physical activity every day. Walking or biking to school can provide a portion of this activity. Physical activity has been linked to better mood, health, and overall quality of life by numerous studies (3).
- To improve safety conditions around school:** Walking and biking to school reduces traffic congestion at arrival & dismissal times, which in turn increases safety for those that walk or bike to school.
- To increase independence in children:** An Australian study found greater independence in children who walked or biked to school frequently (4).

## The effects of Walking on Brain Activity:

(Hillman et al. Study)



After 20 minutes of Sitting Quietly vs After 20 minutes of Walking

## Minneapolis Walking Routes for Youth Map



Published for the City of Minneapolis by Hedberg Maps, Inc

©2014 Hedberg Maps, Inc. All rights Reserved. Published in collaboration with the City of Minneapolis, Bicycle and Pedestrian Section. This map may not be reproduced in part or in whole, or transmitted by any electronic means, without permission from the publisher.

Map side: cartography & design by Nat Case and Nate Sievers at Hedberg Maps Incorporated and by Forrest Hardy, City of Minneapolis.

Safe Routes info side: design & illustration by Forrest Hardy, City of Minneapolis and Nate Sievers, Hedberg Maps Inc.

We welcome updates and corrections. To leave feedback, visit [hedbergmaps.com](http://hedbergmaps.com). For comments on the route network or to find out more information about Safe Routes to School programs in Minneapolis, email: [Forrest.Hardy@MinneapolisMN.gov](mailto:Forrest.Hardy@MinneapolisMN.gov)

1 <http://hastebc.org/blog/omar/link-between-kids-who-walk-or-bike-school-and-concentration-pt-2>  
 2 <http://www.epa.gov/climatestudents/calc/index.html>  
 3 [http://journals.lww.com/co-psychiatry/Abstract/2005/03000/Exercise\\_and\\_well\\_being\\_\\_a\\_review\\_of\\_mental\\_and\\_13.aspx](http://journals.lww.com/co-psychiatry/Abstract/2005/03000/Exercise_and_well_being__a_review_of_mental_and_13.aspx)  
 4 Merom et al. (2006), Health Place, 12(4), 678-87.