

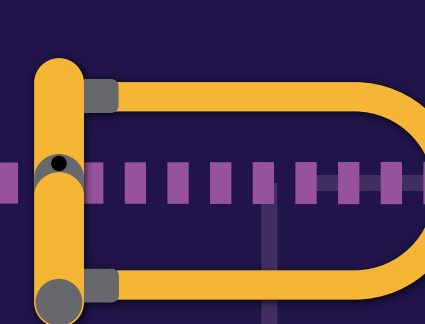
Locking Your Bike

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

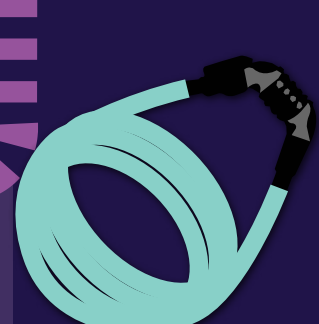
Correct way to lock a bike:
Lock frame and one wheel to rack



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 to change to

1. Press button

3. Watch for turning cars and make eye contact with drivers as you cross the street



Loring School, Bus Stop and Walk, North Minneapolis

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. When beginning a walking school bus, remember that the program can always grow. Begin by picking a route and taking a test walk. Then invite nearby families to walk along. Decide how often the group will walk together and rotate leaders, if necessary. Administrators, physical education teachers, family liaisons, health office staff, school patrol organizers, and school resource officers are good places to find support at the school. MPS Safe Routes to School staff can also provide assistance.

More info can be found at walkingschoolbus.org and sss.mpls.k12.mn.us/sr2s



Lyndale School, Walking School Bus, South Minneapolis

Live Too Far to Walk?

Start a 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 & walk at your school.

Organize a bike train Two miles is about a twelve minute 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 more information on bike trains, see "Bike Trains, Fire Up Your Feet," <http://fireupyourfeet.org/resources/bike-trains>.

Park and walk If your only option is to drive your student, consider parking away from the school and walking the final leg together. 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 find the best route to your local park, library or community center. Fifty percent of daily trips are three 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, walking with a friend or a group of friends is fun a way to start the school day. The National Center for Safe Routes to School provides pedestrian and bicycling safety tip sheets and more on its website, saferoutesinfo.org.

Walk Tips

Walk Benefits



Vibrant Neighborhoods for Everyone

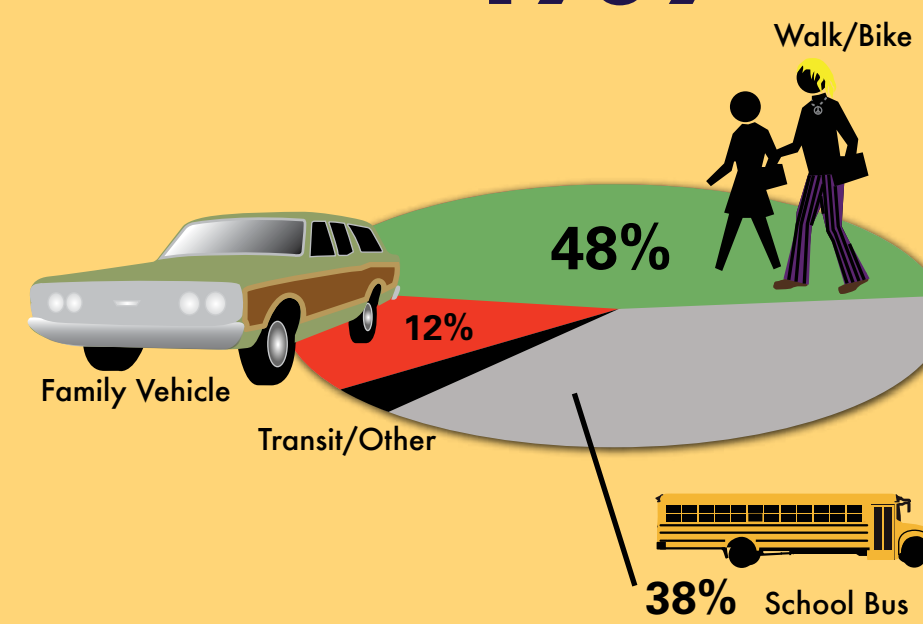
Everyone benefits when children walk or bike to school. Neighbors get to know each other and look out for one another. Drivers expect to see children walking and biking, and drive more carefully. There is less congestion around schools making the air fresher and the streets quieter. Children and families walking and biking to school helps create a vibrant, connected, happy and healthy community.



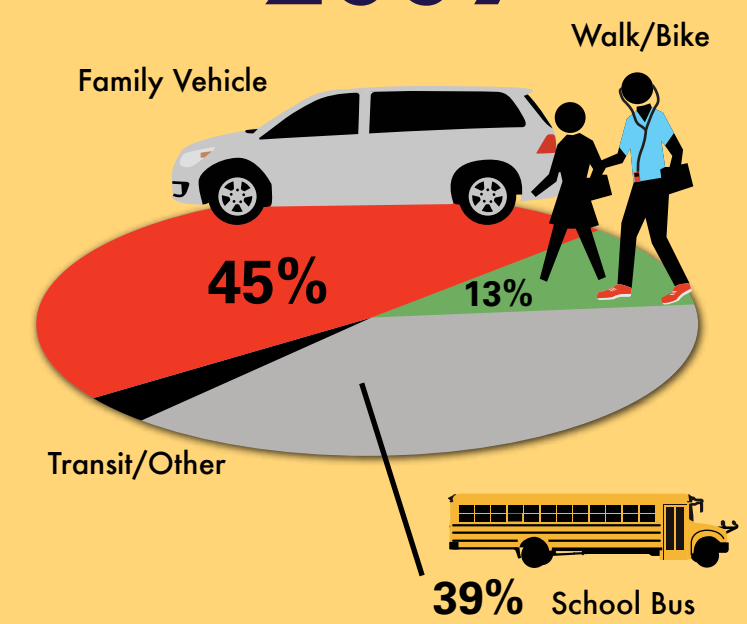
Safe Routes to School

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. Safe Routes to School is a national and international movement that helps reverse the decline in children walking and bicycle to schools by supporting safe, convenient, and fun opportunities for children to actively commute to school. These efforts make it easier to walk and bike to school again, especially in historically built cities like Minneapolis.

1969



2009



Drivers: Mind the Sign!

Drive cautiously & allow children to cross



Why Walk or Bike to School?



To increase academic achievement: Walking or biking to school provides a concentration boost that lasts more than half the school day (1).



To help the environment: One child walking or biking to school rather than driving can save one pound 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. Physical activity has been linked to better mood, health, and overall quality of life by numerous studies (3).



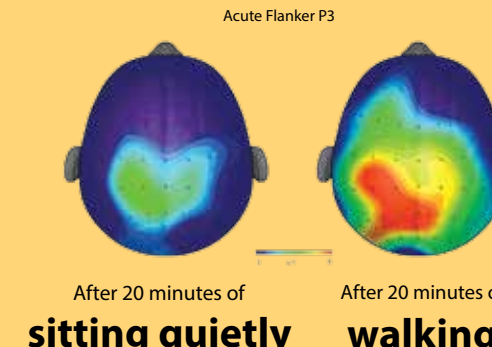
To improve safety conditions around school: Walking and biking to school reduces traffic congestion at arrival & dismissal times, which in turn increases safety for those that walk or bike to school.



To increase independence in children: Children who walk or bike to school are more likely to walk to other neighborhood destinations (4).

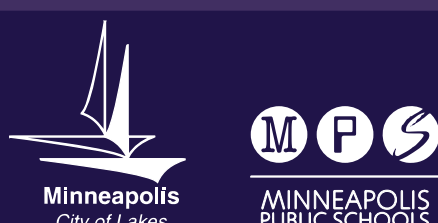
The effects of Walking on Brain Activity:

(Hillman et al. Study)



After 20 minutes of sitting quietly vs. After 20 minutes of walking

Hillman et al. (2009), Neuroscience, 159, 1044-1054.



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We welcome updates and corrections. To leave feedback, visit 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.

1 <http://hastebc.org/blog/omar/link-between-kids-who-walk-or-bike-school-and-concentration-pt-2>
2 <https://www.epa.gov/environmental-topical/greener-living>
3 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

Minneapolis Walking Routes for Youth Map