

RESOURCES

CO DEPARTMENT OF TRANSPORTATION

Safe Routes to School
303-757-9088
www.dot.state.co.us/bikeped/

CO DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT

Physical Activity & Nutrition Program
303-692-2441
www.cdph.state.co.us/pp/copan/copan.html

CO GOVERNOR'S COUNCIL FOR PHYSICAL FITNESS

303-215-0608
www.shapeupchallenge.org

CO DEPARTMENT OF EDUCATION

www.cde.state.co.us

WALK TO SCHOOL DAY/Month

www.walktoschool-usa.org

KIDS WALK TO SCHOOL

www.cdc.gov/nccdphp/dnpa/kidswalk/

SAFE ROUTES TO SCHOOLS

www.saferoutesinfo.org

WALK TO SCHOOL COLORADO PARTNERS



Colorado Department
of Public Health
and Environment



WHAT IS WALK TO SCHOOL COLORADO?

Do you remember walking or bicycling to school? Wouldn't it be great if all children in Colorado could have those same happy memories? Walk to School Colorado can help you and your school make it happen by initiating Walk to School Day, Walk to School Wednesdays, and a Safe Routes to School program.

The idea is simple; parents, teachers, and neighbors walk to school with their children on Walk to School Day. It's fun and energizing - reminding everyone of the simple joy of walking to school, plus you get the day off to a healthy start and renew your community spirit with friends and family.

But for most communities, one day isn't enough. What they really want is for children to be able to walk to school every day, not just as a special event. And that can lead to permanent changes like better sidewalks, safer street crossings, and improved driver and pedestrian behavior, benefiting everyone. So take the leap to launch a walk to school event. You can't imagine what you might be starting!

SUCCESS STORIES

Slavens Elementary in Denver hosted its first walk in 2002 with nearly 100 percent student/parent participation!

Boulder Valley School District has participated in Walk to School Day since its inception in 1997.

WHY WALK TO SCHOOL?

- Kids need to move!
- Children need a variety of physical activities each day, and walking or bicycling to school is an ideal way to get moving.
- Active kids get better grades and have fewer discipline problems.
- Children learn how to be safe in traffic as pedestrians and bicyclists.
- We breathe cleaner air due to fewer trips by car.
- There is less traffic in neighborhoods and near schools.
- It increases community spirit.
- It's FUN!



WHO SHOULD BE INVOLVED?

Anyone! Participants include kids, parents, grandparents, neighbors, caregivers, teachers, principals, superintendents, mayors, city council members, police officers, fire departments, local celebrities, community organizations and more!

WHAT IF IT'S TOO FAR TO WALK?

Improvise and customize your walk to fit your community. Even rural communities can set up a walk to school program. Participants can meet at a designated location about a mile from school and everyone can walk from there. Host a lunchtime walk around the school track. Be creative - the idea is to get walking!

HOW MUCH DOES IT COST?

Nothing! Walking is free. All you need is a little planning. If you want to provide snacks or prizes, talk to local businesses and ask them to sponsor your event.

HOW DO I GET STARTED?

Register your school on the Walk to School web site (www.walktoschool-usa.org) and host a Walk to School Day/Month event at your school in October.

For more information contact:

CDOT Safe Routes to School Program
303-757-9088

bicycleinfo@dot.state.co.us

or

CDPHE Physical Activity &
Nutrition Program - 303-692-2441
cdphe.pscopan@state.co.us