



Walk Bike or Roll to school



Join the fun now!

- Walk or bike with your kids to check the route to school. When they are ready give them the freedom & independence to do it on their own or in a group.
- If you live far away, park at a nearby park or lot to reduce congestion at school.
- **Walk+Bike to School Day is October 5th!** Start practicing now and register your school at walknbike.org
- Use our EugeneSRTS.org site to:
 - Register for our Confident Cycling for Families Class on Sept. 18th
 - Join our Eugene Safe Routes E-News and Like us on Facebook.
 - Find the walking route map for your school
 - Sign up for SchoolPool to start a walk/bike/carpool group
 - Contact us about traffic safety concerns

Why Walk, Bike, or Roll to School?

Walking, bicycling, or rolling to school with your child is a great way to help improve your family's overall health and well-being. But there's more! It can also:

- Improve your child's academic achievement and focus during school
- Provide daily physical activity that helps keep your child and family healthy
- Teach your child responsibility and independence
- Provide quality time with you and your child every day
- Reduce traffic congestion and the stress of school drop-offs and pick-ups
- Provide social connections and networks for you and your child



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