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Resource Center News:
SC Walk to School Day a Success!

Congratulations to the 147 schools statewide who participated in the first annual SC Walk and Roll to School Day on March 7th! Events may be going on all month, so let us know if we should add your school’s name to the list of registered school events.

Many schools have participated in both International Walk to School Day last October and SC Walk to School Day, thus moving them closer to Silver Level Partnership with the SC SRTS Resource Center. Please contact your local School Outreach Coordinator to learn how you can build your program and achieve the next partnership level.

Future SC SRTS Resource Center events for your calendar:

National Bike to School Day- May 9, 2012
International Walk to School Day- October 3, 2012
SC Walk to School Day- March 6, 2013

Upcoming Event: National Bike to School Day

National Bike to School Day will fall on Wednesday, May 9, 2012. This event is the first of its kind and is scheduled to coincide with

From our State Coordinator

The first SC Walk to School Day was a big success! It was our spring version of the widely popular International Walk to School Day held each October. We had 147 schools from across the state register and participate in SC Walk to School Day. Walk to School events can help to:

- Promote safer routes for walking and biking
- Emphasize the importance of increasing physical activity for children
- Teach pedestrian safety
- Create opportunities for schools to initiate conversations about how walking and biking can improve air quality by reducing automobile emissions in school zones
- Make streets safer by relieving traffic
National Bike Month, Bike to Work Week and Bike to Work Day. Registration for the event will open in April and will also include a "Win a Bike Rack" contest sponsored by the National Center for Safe Routes to School.

We encourage you to start planning your event now! There are plenty of ways to participate, even if it is unsafe or too far for your students to ride their bicycles to school.

- Plan a Cycling Skills Clinic for your students. This event can take place after school of over the weekend. Get your PTO/PTA involved and make it a family-friendly event! Click here to download a Cycling Skills Clinic guide book.
- Have your students bring their helmets to school. Watch a video on helmet safety and then have the students properly fit their helmets.
- Invite your local bike shop to present bicycle safety lessons in the classroom. Downloadable classroom activities can be found here.
- Ask the Bike Patrol Unit, within your local law enforcement department, to speak with your students about South Carolina's bicycle laws. Use these PSAs, developed by the Palmetto Cycling Coalition, to initiate discussion with older students.

Get creative and have fun! Let's make the first National Bike to School Day successful in South Carolina!

For questions or to receive additional assistance, please contact your local School Outreach Coordinator.

Spotlight on a Friend: Southside Unity in the Community

One of Southside Unity in the Community's first events in Spartanburg was to help galvanize support for a crosswalk on Church Street in front of the entrances to Mary H. Wright Elementary and Carver Middle Schools in 2001. More than ten years later, that crosswalk is still used by students and community members every day, and SSUITC is a strong advocate for healthy and active living.

SSUITC's mission is to increase the awareness among residents about the need for safe, healthy, and drug-free parks and playgrounds while promoting community participation. Activities include organizing Spartanburg Park It Days, where local volunteers improve or build playground space; National Celebrations of Play; and Fun Fridays - all events aimed to improve the health and quality of life.

Executive Director Wanda Cheeks says that Safe Routes to School programs complement her organization's goals. "Students who walk to school benefit from getting that exercise in the morning, and we all need to support that and help make it safe for them."

SSUITC was recognized in 2007 as a KaBOOM Community Partner, and expanded its focus to include all city parks. Guided by SSUITC, Spartanburg has been recognized by KaBOOM as a Playful City.

I would like to thank the staff at the SC SRTS Resource Center and all of the schools that participated in SC Walk to School Day. Special thanks goes out to all of the principals, school administrators and school champions that helped to make this a special day throughout South Carolina.

Spotlight on a Partner: Moultrie Middle, Mount Pleasant

Moultrie Middle School in Mount Pleasant began the month of March kicking off SC Walk to School Day. The school held a great event with two park and walk locations and hundreds of participants and community support. Mayor Billy Swails of Mt Pleasant, the Boeing Center for Children's Wellness team, and the Berkeley-Charleston-Dorchester Council of Governments walked with the students to school, some even dressed up as fruits and vegetables! Snacks and water were donated for the event, and East Cooper Regional Medical Center assisted with the no uniform passes for participating students. Many local media outlets covered the event. Nurse Nancy Baker, who organized the event and acts as school champion, was interviewed.

Moultrie Middle School's month of wellness also included hosting a community walk audit training and a fun 5K walk/run that took place on St. Patrick's Day for the students and their families. Moultrie's "March to Wellness" will be utilizing the safe routes map that their wellness committee worked on with the Town of Mt Pleasant and Charleston Co Parks and Recreation.

The school has also planned a bike safety assembly for the
Giordano Velodrome in Rock Hill Supports Active Lifestyles

Active living in Rock Hill is getting a major boost this month with the opening of the Giordana Velodrome, a 250-meter, 42-degree banked track for biking. Open year-round, the Velodrome will offer programs for cyclists of all ages and cycling abilities. Check out their website for more information.

What’s the connection with Safe Routes to School? The Velodrome is part of Riverwalk, a planned mixed-use community along the Catawba River in Rock Hill that includes 250 acres devoted to public recreation amenities, including river access, trails, parks, gardens, and cycling venues.

Public health interventions that change environmental context have a greater impact on health outcomes than clinical disease prevention or public education, according to a recent study by Dr. Thomas Frieden of the US Centers for Disease Control, published in the American Journal of Public Health and reported by Walk Boston. Frieden observes that broad health gains are made when the built environment makes it easier for people to choose a healthy action. Public health policy should support "designing communities to promote increased physical activity and enacting public policies that encourage public transit, bicycling and walking instead of driving."

These findings underscore the need for more communities like Riverwalk, planned around active living. Eventually, the Velodrome will be part of a 250-acre Rock Hill Outdoor Center, which will have a very positive impact on the health of Rock Hill residents.