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SOUTH CAROLINA Resource Center Newsletter



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Resource Center News: SRTS Action Plan Assistance Application

The SC Safe Routes to School Resource Center is calling for self-nominations from schools requesting assistance to develop a Safe Routes to School (SRTS) Action Plan. Only three schools will be selected from across the state to receive this free resource. Your SRTS Action Plan will help establish a long and short-term comprehensive SRTS Plan for the school and surrounding community. Your school will be chosen based upon its interest, its ongoing work with SRTS, and the current condition of its surroundings.

The Action Plan will include recommendations, strategies and activities and will outline the 5 E's of



Rodney Oldham, CHES, CPT

From our State Coordinator

While the spring semester is full of school activities and academic performance testing, I encourage all of our partner schools to continue with your Safe Routes to School efforts. We have a number of opportunities for you to take advantage of:

- **SC Walk to School Day:** If you missed the event on March 6th, don't worry. We're accepting **event registrations throughout the entire**

SRTS (Engineering, Evaluation, Education, Encouragement, and Enforcement).

Click here to complete the [Action Plan application](#). Applications are due by **March 29th**.

For information regarding the Action Plan process, roles and responsibilities, please contact your [School Outreach Coordinator](#). You may also view other schools' [SRTS Travel Plans](#), which are similar to Action Plans, to get an idea about the finished product.

Upcoming Event: 5th Grade Saris Bicycle Poster Contest

The Resource Center is partnering with Saris Cycling Group (SCG), a manufacturer of bicycle racks and cycling training products, to provide a poster contest that encourages fifth graders to think about the benefits of bicycling. To enter, fifth grade students should create a poster around the theme "**Bicycling makes life better.**" The contest promotes youth riding bicycles as a way to lead a healthy lifestyle.

One winner will be selected to receive a **FREE bike, bike light, and helmet**. And there are prizes for 2nd and 3rd place too!

Entries are due by **April 1, 2013**. Download the [Contest Rules](#) and make sure your school's entrant completes the [Permission Slip](#). For more information, and to submit your school's poster, contact your [School Outreach Coordinator](#).

Spotlight on a Partner: School Walk Audit and Travel Plan Successes

Over the past 2 years, the Resource Center has helped to facilitate over 20 Walk Audits and draft

month of March! Plan your event now!

- **SRTS Action Plan:** We've had so many successes with schools that have conducted Walk Audits/Safety Assessments and created Travel Plans that we've decided to offer another round of FREE technical assistance with our [2013 Action Plan application](#). Make sure you submit your application by **March 29th**.
- **Bicycle Poster Contest:** Our state winner will receive a bicycle, helmet and light! Submit your entry by **April 1st**!
- **Bike to School Day:** Plan a bike to school event or a bike safety event in the month of May in honor of National Bike Month! The second annual National Bike to School Day is May 8th. Contact your [School Outreach Coordinator](#) to help plan your event!

**Grant Opportunity:
ING Run for
Something**

13 SRTS Travel Plans statewide.

Walk Audits bring community stakeholders to the school to observe the dismissal process and assess the walkability and bikeability of the school campus. The group identifies infrastructure and safety improvements that will help increase the safety of student walkers and bicyclists and hopefully allow for more students to walk or bicycle to school. Engineering strategies are then written in a plan and prioritized by the team.

Drafting a SRTS Travel Plan or Action Plan takes the Walk Audit process one step further by identifying recommendations and strategies to address the other 4 Es of SRTS: Education, Encouragement, Enforcement and Evaluation. Schools have used these Walk Audits and Travel Plans to achieve many successes, including:

- \$25,000 grants
- Establishing safety patrols
- Initiating ongoing walking programs
- Repairing sidewalks
- Reducing speed limits
- Creating safe walking route maps
- Obtaining crossing guards
- Moving bicycle racks
- Added school/pedestrian signage
- And more!

Contact your [School Outreach Coordinator](#) to set up a Walk Audit at your school or to learn more about the Travel/Action Plan process!

Not a Silver Level Partner Yet?

Due to the success of so many schools participating in Walk to School Day events in South Carolina each year, the Resource Center will only be able to provide unique incentives such as the glow in the dark silicone bracelets to [Silver and Gold Level Partners starting Fall 2013!](#) Bronze level schools will no longer receive these types of incentives, but

Better Grant

Schools can receive up to \$2,500 to start or expand a running program through ING Run for Something Better. The program, which is in partnership with the National Association for Sport and Physical Education (NASPE), seeks to increase physical activity in students and help fight childhood obesity.

Running is one of the simplest, most effective, and enjoyable forms of physical activity. This grant can help students build and maintain a healthy and active lifestyle.

For more information, visit [NASPE's ING Grant Page](#). The **application deadline is May 15, 2013.**

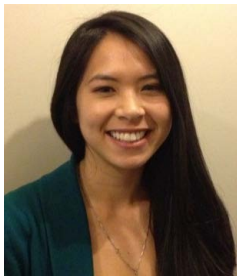
Spotlight on a Friend: Palmetto Conservation Foundation's Palmetto Trail Challenge

The Palmetto Trail Challenge is a 15 week walking/biking contest designed to get people active and healthy. Partners team up and log as many miles as they can during the 15 week period. The challenge starts at the beginning of March and ends June 16th.

they will receive other incentives for participating in Walk and Bike to School Day events.

Click [here](#) to see the requirements to become at least a Silver Level Partner! There is still plenty of time to achieve Silver status before International Walk to School Day on October 9, 2013. Please contact your [School Outreach Coordinator](#) for assistance.

Meet the New Midlands School Outreach Coordinator: Doris Ford



Doris Ford is the newest member of the SC SRTS Resource Center Team and will provide outreach and support to the Midlands Region.

Doris graduated from Furman with a Bachelor's degree in Health and Exercise Science and recently earned a Master's in Public Health from the Arnold School of Public Health at the University of South Carolina. Doris has a passion for health education. In her spare time, she works with Palmetto Health Baptist in the Columbia area to provide diabetes prevention education in the community.

Doris is a life-long South Carolinian currently living in Cayce. She enjoys exercising and is training for a half marathon.

Click [here](#) to find out more information, register your team, and to start logging miles today!

Like us on


Keep up with the Resource Center this school year by liking us on [Facebook](#)!

"[Like](#)" us to stay updated on interesting news articles, upcoming events and different funding and learning opportunities!



The SC Safe Routes to School Resource Center is a program of the South Carolina DOT

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