



The Wheels
on the Bike Go

ROUND & ROUND



How to Get a Bike Train Rolling at Your School



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We would like to thank the many people whose experience running bike trains assisted in the development of this resource. In particular, we would like to thank Jeff Anderson of the Fairfax Alliance for Better Bicycling for his review and thoughtful feedback. In addition, we are appreciative of the vision, guidance, and constructive feedback provided by Sofia Mercado, Victoria Custodio, and Jeffery Rosenhall of the California Department of Public Health.

This toolkit was developed with support from the California Department of Public Health's Nutrition Education and Obesity Prevention Branch, in consultation with the Safe and Active Communities Branch's Active Transportation Resource Center staff, and was funded by Grant Cooperative Agreement 1NB01OT009078-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, Department of Health and Human Services, or California Department of Public Health.

Published March 2018.

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INTRODUCTION

A bike train is a fun and easy way for kids to safely get physical activity on the way to or from school. With a bike train, a group of students bike to school together, accompanied by adults who make sure students stay safe and have fun. As more and more people are bicycling in the United States, a bike train can be a strong part of a larger Safe Routes to School program, initiatives that thousands of communities across the nation are establishing. Bike trains and Safe Routes to School programs can help kids get to school on time, improve safety, reduce air pollution and traffic near schools, and increase the number of kids walking and biking... all while giving kids and adults an opportunity to have fun.

The purpose of this guide is to provide a simple description of how to plan and organize a bike train. This guide outlines how to put together and run a bike train program at your school, including initial planning considerations, logistics, promotion, training, and evaluation. The guide has tried-and-true methods, resources, and templates to get you off to a quick start. Whether you are familiar with Safe Routes to School or it is brand new to you, this guide will get you on your way, pedaling toward a successful bike train program.



What Is a Bike Train?

A bike train, sometimes called a *bike bus* or *cycle train*, is **an organized group of children and adults who ride their bikes together to or from school along an established route**. Bike trains are a great way for students who live too far for easy walking to participate in Safe Routes to School. Like walking school buses, bike trains are often organized and implemented using volunteers. But bike trains can require a bit more planning, training, and skills for both students and adults than walking school buses. This toolkit will help you with everything you need for a safe and fun bike train.

Bike Trains versus Walking School Buses

Walking school buses and bike trains are often discussed and planned together as ways to improve safety, health, timeliness, and fun for students and families as they walk or bike to and from school. While there are many similarities in planning, promoting and implementing these programs, bike trains can be a bit more complicated than walking school buses to implement.

In contrast to walking school buses, bike trains require:

- **Equipment** – a bicycle, helmet, and lock (and front and rear lights increase safety, and may be essential if biking will occur in darkness or heavy fog or rain)
- **More effort for route planning**
- **Leaders with a slightly higher level of skills** – strong bicycling and bicycling traffic safety skills, and ideally even some knowledge of bike mechanics

Additionally, bike trains may involve:

- **An equipment & skills test**
- **Training on traffic safety for students and adults**

Bike trains require students to have acquired basic bicycling skills, and need leaders who can pass on to students a solid understanding of road safety. Depending on community infrastructure, there may be more challenges to planning safe routes than with walking programs.

Communities often start with a walking school bus program because it can be simpler and more students may already walk. However, some communities start with bike trains, and they can be an important addition to a walking school bus program for kids who live further from school.

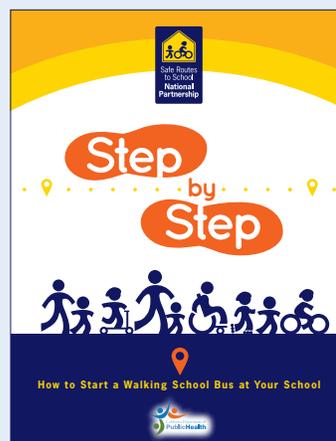
What Is a Walking School Bus?

A walking school bus is a safe and fun way for children to get physical activity as they travel to and from school with adult supervision. Students in a walking school bus walk along a set route to school with one or more adult leaders, and additional children may be picked up along the way.

Walking school buses are similar to bike trains in purpose and implementation. Like bike trains, they often use volunteers and travel similar routes. Walking school buses and bike trains can be planned together to provide a cohesive student active transportation system.

To learn more about starting a walking school bus, download our companion toolkit [Step By Step: How to Start a Walking School Bus at Your School](#), which outlines

how to plan and implement a walking school bus, including tools, tips and resources for a fast, easy start.



Why Bike Trains?

Walking and bicycling to school are good for kids, and provide a range of additional benefits for the whole community. And while any kind of physical activity on the way to school brings benefits, bicycling is particularly good for you. Bike trains help students achieve those benefits and provide a foundation for students to ride independently as they mature, with lessons that apply not only to riding a bicycle to school, but also to going to a friend's house, heading to soccer practice, or just exploring the neighborhood. The skills developed also help students learn to be a safe and responsible driver and gain a better understanding of community transportation options, serving students well throughout life.

Benefits

Why promote biking to school?

- **Biking to school is good for students (and adults).**

Biking is more intense than walking, providing more vigorous exercise and greater health benefits.¹

Bike trains have been shown to increase physical activity among low income students.¹

Bicycling to school is associated with better heart health compared with other means of getting to school.²

Students who began bicycling were fitter, had better cholesterol, better glucose metabolism, and a lower composite cardiovascular risk factor score.³

A study of Danish students found that bicycling to school was associated with lower BMI and lower odds of being overweight or obese, compared to being driven.⁴

- **Bike trains work.**

Research shows that bike trains are a successful way to increase bicycle commute trips to school.¹

- **Many Americans are bicycling, and bike trains help them learn to do so safely.**

34% of Americans rode a bike in the past year, and 53% would like to ride more often.²

Studies show that substantially more Americans are bicycling than previously realized.²

Children and youth ride bicycles more than adults.²

- **Biking supports long-term health.**

Adolescents who bicycle are 48% less likely to be overweight as adults.⁵

Why support Safe Routes to School in your community?

Safe Routes to School:

- **Improves health** by increasing daily physical activity and creating lifelong healthy habits, enabling kids to build strong bones, muscles and joints, and decreasing the risk of chronic disease and obesity.
- **Helps students arrive at school ready to learn**, awake and alert, with better focus and concentration, which can improve academic performance.
- **Increases family and community engagement**, providing social opportunities for students, families, school staff, and community stakeholders, boosting a sense of community and improving neighborhood connections.
- **Solves transportation issues** such as reduced school bus service, dangerous traffic congestion at pick up/drop off times, and student absences and tardiness due to transportation challenges.
- **Ensures a cleaner environment** and fewer student asthma attacks by reducing air pollution from car emissions.
- **Educates pre-drivers** on traffic safety and vehicular protocol, helping them to understand their job as a road user and preparing them for larger road responsibilities as vehicle drivers.
- **Increases traffic safety skills** and confidence for students, through opportunities to learn about road safety and a safer environment to practice and improve abilities.

How to Get Started

Follow these Steps to Get your Bike Train on the Road!

Getting your bike train on the road isn't hard, but may require a bit more planning than a walking program does. This guide will walk you through how to plan your bike train, address specific bike train issues and needs, and provide resources and ideas to tailor your program to your school, community, and students.

Step 1. Roll Up to the Starting Line: Initial Considerations

Step 2. Get Ready: Recruit and Train Students and Volunteers

Step 3. Get Set: Identify Your Bike Train Route

Step 4. Ride! Start, Run, and Promote Your Program

Step 5. Cool Down: Evaluate and Adjust

You may adjust how you plan and carry out the steps, depending on your program. Just keep in mind that your goal is to develop and implement a consistent, safe, and fun bike train that will help kids and their families get to and from school.

As you work through the steps, the **Bike Train Planning Worksheet** and **Timeline** will help you organize your program so it will start in a timely fashion. Each section of the worksheet identifies the **resources** that you may need and helps you figure out who is responsible for each task, when things need to start, and the deadlines for completion. These simple planning documents will help you organize ideas, people, and time commitments in order to implement your bike train as easily as possible. In addition, suggested resources are linked at the end of this document.



Want To See Bike Trains In Action?

Here are a few videos about bike trains!

- [Colorado Safe Routes to School: Bike Safety: What is a Bike Train?](#)
- [Bike Train Movie](#)
- [Beach School Bike Train 2011](#)
- [Biking in Numbers: Bike Trains in Los Angeles - Adult bike train informational video](#)
- [Virginia Bike Train Video from Nickelodeon](#)

Bike Train in Beaverton

In Beaverton, Oregon, walking school buses and bicycle trains are being used in conjunction with remote drop offs, where families drop kids off a little ways from school. The walking school buses and bike trains are aimed at getting more students arriving to school on time and ready to learn. At one school, six to ten students join a daily bicycle train and ride over a freeway overpass and through a neighborhood park to get to school. Some students join the train from their street while others are dropped off by their parents.

STEP 1

Roll Up to the Starting Line: Initial Considerations

Start Today!

To begin planning, you will need to find people to help, ensure you have buy-in, work with your team to make basic decisions about how your program is structured, and consider some initial tips.



Who Will Help?

You will want some partners to help you accomplish the steps necessary for a strong bike train program. This can be an official bike train/Safe Routes to School team... or it might just be a group of committed friends. Either way, it will help you be successful if your team includes or has easy access to school decisionmakers, who can generate support from the school community and create awareness and connections for your bike train program.

In addition, someone will need to take on the formal or informal role of **bike train coordinator**. Bike train coordinator is what we call the person who takes the lead for organizing and implementing your bike train program. This person is often a parent or family member, but can be another type of volunteer, a staff member, or a paid Safe Routes to School staffperson. Many bike train programs are run entirely by volunteers.

You will want **school support** to launch a formal bike train program, particularly the support of your school principal. The school principal can be a valuable advocate with district administration. Principals can encourage key staff or your school's Parent Teacher Association (PTA) or Parent Teacher Organization (PTO) to assist with Safe Routes to School, and can encourage students and families to participate. A supportive principal can build enthusiasm for the program, provide leverage, and open doors for program implementation.

Reach out to other **key school stakeholders** as well: your school's transportation or facilities director, and student groups such as the student council or safety patrol. School districts and school boards can play a key role in institutionalizing bike train efforts, helping to promote, recognize, evaluate, expand, and sustain bike train efforts. If your school or school district has not embraced Safe Routes to School to date, you may want to reach out to nearby school districts that have. More than likely there are families and school staff eager to help increase bicycling to school in your region.

You may also want to approach other people or organizations interested in helping children bike safely, stay healthy, and be active, such as after school programs, youth organizations, and community neighborhood groups. Other good partners include city and county law enforcement, transportation or traffic departments, health departments, and bicycle clubs and organizations, especially if they have existing safety programs and resources.

My Bike Train Team:

Bike Train Coordinator: _____

School Staff Representative: _____

PTO/PTA Representative: _____

Student Representative: _____

Community/Enforcement Representative: _____

Cycling Organization Representative: _____

Other: _____

As you plan your bike train program with your team, you may identify additional people who can help with specific parts of the program – bring them on board! This will lighten the load for everyone and get more people involved.



What If Our Principal or District Is Unsupportive?

Although an unsupportive district or principal may not be able to prevent you from organizing families to bike to school together, it will be much more challenging to organize and promote a bike train without the support of school administration. Work to encourage or convince your administration:

- **Share resources and information** about the benefits of bike trains for students, the school and the community.
- **Work with influential people in your community**, including parents and others, to educate decisionmakers about bike trains, and to solicit their support for your program.
- **Address problematic policies:** Some schools have anti biking policies, which may be cited as the reason biking is discouraged. **“Backing Off Bike Bans,”** a Changelab Solutions fact sheet, can assist with starting dialogue to change these policies.

Basic Decisions

As a team, you will have some initial questions to answer. You will need to determine what kind of bike train you envision, whether you want a more formal or informal program, how frequent the bike trains will likely be, and how much effort your team can put into them as you start your program. Will you start with a pilot program for a week or month, or commit to a yearlong program? Will you begin with just one bike train, or start several at the same time? Answering the next few questions in Step 1 of your **Bike Train Planning Worksheet** will help put your program into perspective.

- **How formal will your bike train be?** Your bike train can be as simple as planning a route and promoting it to students and their families with times and locations (basically just a group ride with adult supervision). Or, your bike train may include student registration, student lists for bike train leaders to take attendance, and a formal route with stop times for pickup and dropoff by the bike train.
- **When will the bike train start?** This is the date you will work back from on your timeline to get everything needed in place by the big day. You may also already know when you will have the bike train end, and be able to share that information from the beginning.
- **How often will it operate?** Will the bike train operate once a month, once a week, multiple times a week, or every day? Deciding how often your bike train will operate will help determine how many adult leaders are called for, the supplies required, and the level of coordination needed to run a successful program.



- **What times will the bike train will be available?** Will it operate before school, after school, or both? If the bike train only operates in the morning, will students have a way to get their bicycles home? Does an afternoon bike train feel feasible in light of students' different afterschool activities and adult availability?
- **How many routes do you anticipate?** Knowing how many routes you want to start with will help identify student participants and determine the number of leaders and quantity of supplies and equipment you will need. Starting with one route, establishing success, then expanding the program is a great way to introduce the bike train concept, gain attention and support, and work out kinks in a manageable way. **NOTE:** In Step 3, you will define the initial route or routes.
- **What limits, permissions, and supplies are needed?** There may be school or district protocol and rules to be followed. What safety equipment or supplies are required? **NOTE:** Registration, liability, and background checks will be discussed in Step 2.
- **Will you have an age restriction, or will you allow students of any age to participate?** Unlike walking school buses, the audience for bike trains is often older students (fourth grade and up), who may be seen as more prepared due to their cycling experience, greater responsibility, and developmental stage. However, bike trains can be successful with any age student, with proper planning, safety considerations and training. Particularly if younger children are already biking, it is well to remember that biking with a group is certainly going to be safer than biking alone.
- **Will you allow other kinds of wheels to join?** Families may ask if students can join on scooters or with training wheels. If you feel that these students won't be able to keep up students on bikes or will have competing needs, it is fine to restrict participation to students on bicycles. Or, you may choose to assess such situations on a case by case.
- **Traffic safety instruction:** Will traffic safety instruction be offered to students and adults? Will passing an assessment be mandatory to participate in the bike train? **NOTE:** This issue is discussed further in Step 2.

Planning Tips

Assess your basic situation: Who is already biking to school? How many additional students could or want to bike to school? If access to bicycles is a problem for some students, is there a way to obtain bicycles for them through donations or a program? Do students have the skill needed to navigate the roads safely? What is the street infrastructure like? Are there adequate bike racks/storage at the school?

Plan for your community and be prepared for changes.

As you get started, you will need to decide how to set up your program. Each program is different, based on the biking environment, student interest, school and family involvement, and the bike train team's capacity to plan, implement and evaluate the program. You may find your program changes over time.

Safety is a priority. Bike trains require students and leaders to develop a higher level of skill than walking programs. Bicycles go faster than walking and are more likely to be in the street, in closer proximity to cars. As a result, bike trains experience a more intense level of traffic interaction and require a greater knowledge of traffic laws. Training and education are key to developing safer programs, requiring time and effort from leaders and students.

Starting small is often wise. Be careful not to overextend your resources and volunteers. Success with a single bike train or a program operating once a week can lead to more volunteer support and student interest. Experience running the program will give you confidence and ability to expand the program as needed.

Resources:

- [Bike Train Planning Worksheet](#)
- [Bike Train Planning Timeline](#)
- [Bike Train Resources Packet](#)

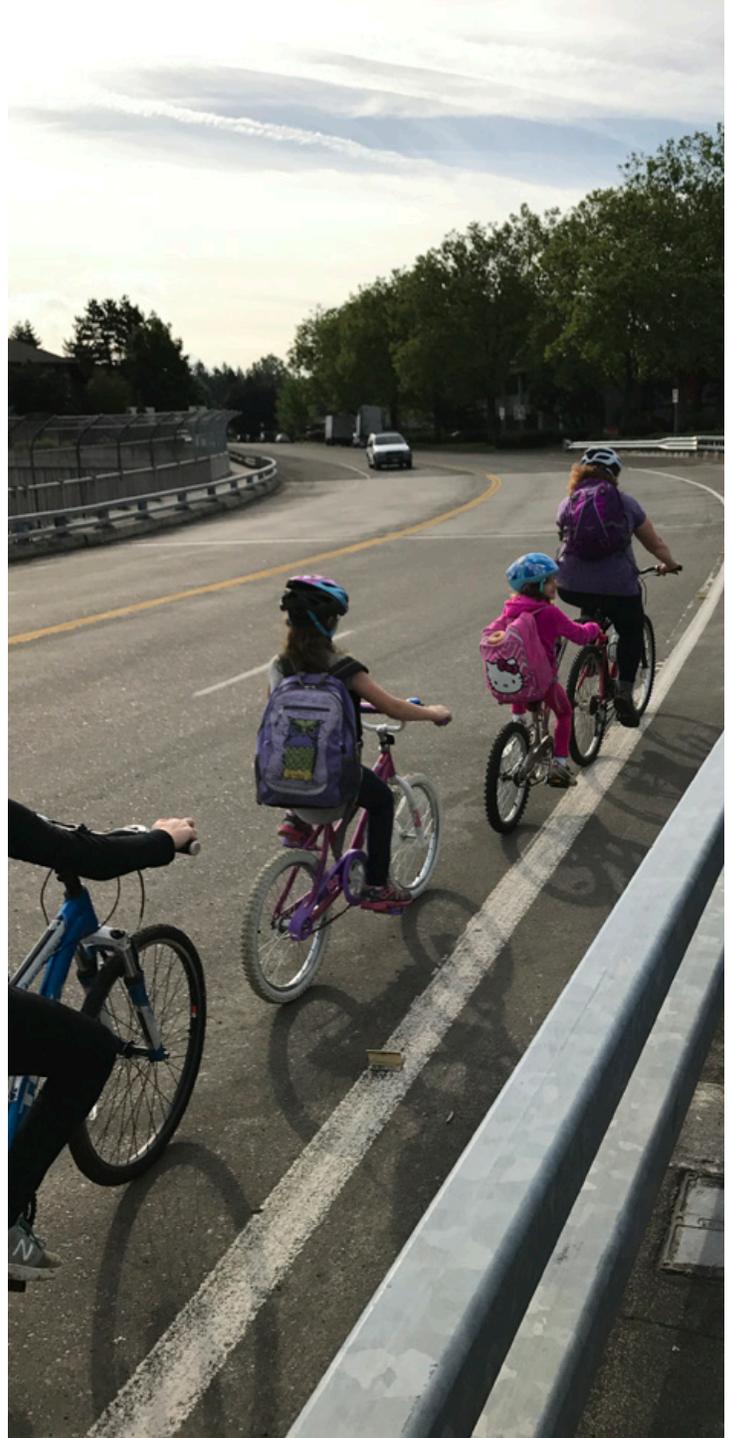


Photo courtesy of Ridgewood Elementary, Beaverton, Oregon

STEP 2

Get Ready: Recruit and Train Students and Volunteers

Begin a few months before your start date

It is important to identify and recruit interested students as well as willing volunteers as soon as possible to help ensure success of your program.



Student and volunteer recruitment is like “which came first, the chicken or the egg?” It can be good to start with student recruitment, as this can create a compelling case for volunteer recruitment. Strong student turnout can help convince more adult leaders to sign up, particularly parents and other family members. However, if you anticipate a limited pool of leaders, it may be more practical to start with leader recruitment, basing the number of routes and student spots you offer on the number of adults available.

Will Rogers Middle School Fair Oaks, California

It is an unusual and charming sight: dozens of students dressed in matching uniforms riding red bikes along the streets of Fair Oaks. As part of the Power Bike program at Will Rogers Middle School, students learn about bike safety and the health benefits of cycling, and then venture out into the community. Will Rogers is also home to a bike shop where students learn to repair and maintain bikes. Handlebars, brakes, pedals and valves are all part of a day's work for these students.

STUDENTS: Recruitment, Assessment, and Training

Recruiting Students

Student recruitment can simply involve promoting times and locations of bike train stops to the student and families. However, you may want to formalize this program by setting up a student registration process. Please read the “*Should You Require Student Registration?*” box and discuss the option during planning.

The **Bike Train Student Recruitment Checklist** will help you identify steps to reach students and their families with the bike train opportunity, get them signed up (if needed), and share important information.

- **Where to find students:** If you have a proximity map showing where students live (described further in Step 3), start here to find students who live near or feed into the designated route. Also, work with your principal or counselors to discuss how the bike train program can support students who may have attendance or tardiness problems – targeted outreach can ensure that the bike train is helping address these important issues.

Should You Require Student Registration?

The decision whether to only allow students to participate in your bike trains if they register ahead of time can be a tricky one. Requiring registration allows for a more formal, organized system, but also limits your flexibility and adds additional steps. There are benefits to requiring registration: a better sense of how many students will participate, and the ability to provide information to families and students and to get contact information and acknowledgements from families. The negatives to registration include the logistical challenges of managing registration, lower turnout if it poses an obstacle to joining for interested families or students, and the downside of turning away eager students who try to join a bike train on its route. In addition, if you are going to require registration, you have to make sure everyone really does it – having rules that people don’t follow can increase liability risk. Your school administration may have a strong feeling about whether you should require registration and what it should include.

- **How to reach students:** School communication methods such as morning announcements, flyers, emails, robocalls from principals, and in-class presentations can reach students and their families. Consider using social media channels as well. Visit a PTO/PTA meeting and ask to have information included on their website or newsletter. You can also promote the need for bike train leaders at the same time.

***TIP:** Conducting classroom presentations shortly before your bike train kicks off is a perfect way to present the program, review the **Bike Train Student Expectations**, and attract additional students interested in biking. Make sure you have plenty of information forms for them to take home!*

- **Register students** using the **Bike Train Student Consent and Registration Form**, if you have decided to use one. If you will not have a formal registration process, you may still want to collect lists of interested students for planning and reminder purposes. Traditional school buses do not have a check-off list, but they do have an initial sign up, so you can take the same approach with your bike train. An online sign up process may be valuable to streamline this process, if accessible to families.
- **Confirm route location and running times with students and families:** Once students have expressed interest and you’ve developed your routes (see Step 3), distribute a packet to the families that confirms where the route is and the times it will run. Include the final route map, Student Consent and Registration Forms if needed, as well as the **Bike Train Information Flyer, Bike Train Introductory/Confirmation Letter, Bike Train Student Expectations, Bike Train Family Expectations, and Bike Train Student and Leader Safety Card.**
- **Be inclusive:** Consider the needs of students with different kinds of disabilities and how best they can be accommodated in your bike train program. Read [*Involving Students with Disabilities in SRTS*](#) from the National Center for Safe Routes to School.

Student Assessment and Training

You will want to make sure students have the skills, equipment, and knowledge to participate safely in your bike train. We recommend conducting some type of training and assessment that includes:

- **a brief bicycling skills test** to ensure that students have basic proficiency on a bicycle
- **an equipment check** to confirm that the bike is tuned up and safe to ride and the student has a properly fitted helmet (local bike shops are often willing to provide free safety checks of students' bikes)
- **a traffic safety talk** or activities (see box on next page for some resources on bicycle safety education)

The assessment and training can be as simple as an informal conversation and equipment check by bike train leaders on the first day of the bike train. Or, the assessment can take the form of a formal training for students, such as a two to three hour class the weekend before the bike train begins. Some communities pair the kickoff of their bike trains with a community education event such as a bike rodeo. A bike rodeo is a fun community bicycling educational event that features traffic safety games, skits, helmet fittings, and more.



Photo courtesy of Elk Meadow Elementary, Bend, Oregon

Dana Middle School, San Diego, California

In San Diego, kids wanted to ride to school as a group. That desire inspired a local parent to create a bicycle train to Dana Middle School. The parent volunteered to lead the train with her own children and their friends, starting at their local beach neighborhood and heading to the school. The bike train slowly grew. Even once her children left the school, the bicycle train has continued to thrive.

Resources:

- [Bike Train Student Recruitment Checklist](#)
- [Sample Bike Train Student Expectations](#)
- [Sample Bike Train Student Consent and Registration Form](#)
- Bike Train Confirmation packet to Families, including:
 - [Sample Bike Train Information Flyer](#)
 - [Sample Bike Train Introductory/Confirmation Letter](#)
 - [Sample Bike Train Route Map](#)
 - [Sample Bike Train Stop Schedule](#)
 - [Sample Bike Train Student Expectations](#)
 - [Sample Bike Train Family Expectations](#)
 - [Sample Bike Train Student Consent and Registration Form](#)
 - [Sample Bike Train Student Safety Cards](#)

Conducting a Bike Rodeo

A bike rodeo is an organized bike education training for kids that allows them to learn about bike safety and road safety, and develop and practice their bicycling skills. Bike rodeos are a great way to elevate interest in your bike train program, teach students important safety practices, and assess their skills.

A bike rodeo can be held as a public event open to all children, as part of a school physical education class, as an afterschool event, or as a specific training held for students who register for the bike train. The training can be held all in one day, as a series of workshops, or during school as a combination of classroom and skill activities in PE. A bike rodeo will help address safety issues. It can engage the community, school staff, students and families, and provide a time to communicate expectations and information about participating in the bike train.

There may be resources to help you plan and run a bike rodeo in your community. For example, the California Department of Public Health has a bike rodeo toolkit that covers how to plan and implement a bike rodeo in your community. In many communities, bike rodeos are regularly provided at schools by law enforcement or community partners.

Bike Rodeo Resources:

- [California Department of Public Health Bike Rodeo Kit Quick Guide](#)
- [An Organizer's Guide to Bicycle Rodeos – Bike Cornell](#)
- [The League of American Bicyclists maintains a list](#) of certified cycling instructors (LCIs) who have gone through a thorough training in how to teach bicycle skills and safety to children and adults – they may be able to assist with your bike rodeo.
- [Action for Healthy Kids Bike Rodeo/Bike Skills Clinic Guide](#)

Bicycling Education Resources:

There are many bicycling education resources available at no cost through state, regional and local safety programs, bicycling organizations, and Safe Routes to School programs – below are just a few. Check with your state or local Safe Routes to School program, injury prevention or traffic safety programs, or search “bicycle safety education” and your state name.

- **Let's Go NC! Pedestrian and Bicycle Safety Skills program** has age-appropriate lesson plans and videos to teach good bicycling behavior. [Let's Go Biking](#) has education lesson plans and videos for grades K-5.
- [The California Active Transportation Resource Center \(ATRC\)](#) provides educational resources, infographics and other resources to Safe Routes to School and active transportation programs in California.
- [Safe Kids Coalition programs](#) provide proven and practical ways to keep kids safe. Every state has one!
- [League of American Bicyclists' website](#) includes videos, smart bicycling tips and resources and education materials for adults, rule books and other education materials, and a list of certified cycling instructors in your state that may be able to help with education and skills assessments at bike rodeos.



VOLUNTEERS: Recruiting & Training

Recruiting Bike Train Leaders

Bike train leaders are the adults (or high school students) that volunteer to lead the bike trains. Volunteers often play a vital role in implementation and promotion of the program, continued student and volunteer recruitment, and program evaluation. The **Bike Train Leader Recruitment Checklist** will help you identify steps to reach your bike train leader recruitment goals.

- **How many bike train leaders are needed?** You will need a minimum number of bike train leaders per bike train (see student/adult ratio box). Many bike train programs are organized so that at least two adults are always with a group of kids, one that leads the bike train, and one that rides “sweep” at the end. This ensures that students follow the correct route, obey traffic laws, and do not fall behind. The sweep also watches for performance, traffic, equipment, or clothing issues that may require a student to stop cycling. Because leaders will periodically drop out of the program, and will also have sick days, it is wise to have a reserve list of adult volunteers.
- **Leader qualifications:** Bike train leaders must have some bicycling skill, understand traffic law, feel comfortable riding on the road, and be authoritative but have patience with kids. They must have access to proper working bicycles and required safety equipment such as helmets, and would benefit from basic bicycle mechanics knowledge. These areas, and your program protocols and procedures, should be addressed and assessed in the leader training.
- **Who can be a bike train leader?** Most programs start with families and staff at their school. Some programs work with high school students through a high school cycling club or volunteer program. This can be a great approach, but requires additional management and other considerations. Other possibilities include reaching out to community service organizations, cycling clubs, bike shops, cycling programs with YMCAs or fitness groups, or retirees.

Tip:

Cross promote student and adult recruitment using the registration/interest forms to create awareness of the opportunities and to make it easier to sign up both!

- **How to reach bike train leaders:** Reach out via email, flyers, and social media. You can inform potential volunteers during PTO/PTA meetings, parent teacher conferences, school registration, open houses, school events, and sports events. Visit bike shops and co-ops to ask if they will promote the program.
- Use the **Bike Train Leader Information and Signup Form**, or set up a volunteer registration site (Survey Monkey, Eventbrite, or other web sign-up) to gather information from potential leaders. You may also develop a **Bike Train Leader Agreement and Code of Conduct** form to formalize your leader’s commitment to the program, and outline expectations.
- **Promote volunteer opportunities regularly.** Additional volunteers will be needed if any bike train leaders leave, if the program is expanded, and as “subs” to fill in temporarily when there are illnesses or scheduling conflicts. It is great to have a roster to rotate through so volunteers do not feel overwhelmed. If you are planning a year-long program, recruit leaders throughout the school year.

Student/Adult Ratios:

How many students should be in the bike train for each adult? Common sense should dictate this, based on age, abilities, distance and bicycling environment, and may change depending on the popularity of the program. Note that adults with less cycling or less child management experience may want to start with smaller groups.

Resources:

- [Request for Bike Train Leaders](#)
- [Bike Train Leader Recruitment Checklist](#)
- [Bike Train Leader Information and Signup Form](#)
- [Sample Bike Train Leader Agreement and Code of Conduct](#)



What About Liability?

Liability issues can be complicated, and sometimes can scare people away from volunteering. The good news is that the risk of liability for volunteers is small. Federal law provides considerable protection for volunteers in almost every state. Although there is some risk of liability in everything we do, if you anticipate potential dangers and hazards in your bike train program and put reasonable precautions in place to avoid them, you will minimize risks. Your school's administration or risk management department may have recommendations as well. The resources listed below provide additional information and suggestions.

Additional Resources:

- [Change Lab Solutions: Safe Routes to School: Minimizing Your Liability Risk](#)
- [Change Lab Solutions: Volunteers and Liability](#)

Bike Train Leader Training

Bike train leader trainings should focus on safety for students and leaders. It is best to hold your initial bike train leader training sometime during the month before the bike train program starts, so that leaders feel comfortable and are ready for their responsibilities. The timing allows for the assembly of needed supplies and equipment. In addition, questions may arise during training that may take some time to address.

Have a plan to ensure that training content is available to bike train leaders who join midway or who cannot make the initial training. Will you videotape it? What written materials can be shared? Will you provide additional, shorter, one-on-one trainings?

A **Bike Train Training Checklist** is included in the resources section to help you remember the basics of what each bike train leader should know to feel comfortable in their role as leader. The **Bike Train Training Agenda** template will help you plan your training. Additional web-based resources are included in the box below to help you plan as well.

Planning Your Bike Train Leader Training: Figure out when, where, the length, and who will lead your training. Local law enforcement, city traffic professionals, school administration, and bicycling advocacy organizations may be able to help with parts of your training. The length of your training will depend on the material you will cover, if you will ride the routes as part of the training, and how many people will be attending. One hour may be enough for basic instruction, but you will need more time if you ride the routes.

Bike Train Leader Training Resources:

- [League of American Bicyclists](#)
- [Cycling Savvy](#)
- [Ride Smart Videos](#)
- [Webinar: Organizing Successful Bike Trains](#)

Things to Include in Your Bike Train Leader Training

- **Traffic Safety Information:** Review traffic safety recommendations and bicycling laws, making sure that leaders remember the basics and are ready to educate students. Use the **Traffic Laws Template** resource to document what to review with leaders.
- **Basic Expectations & Bike Train Best Practices:** Bike train leaders need to know what their responsibilities are, as well as what expectations are for student behavior. Review how a typical day will go, how to use the leader comment form, how to use the sign in/sign out sheet, and what to wear. Explain what should occur when students get to school property, including how to lock bikes. Provide recommendations for how the bike train should run to key tips for preventing injuries while running a bike train, as set out in the **Bike Train Leader Instruction Card** and other resources.

Resources to use include **Bike Train Student Expectations, Bike Train Student Safety Cards, Bike Train Leader Instruction Card, Bike Train Leader Sign in/Sign Out Sheet, Bike Train Leader Checklist**

- **Protocols:** In addition to providing an overview of the basic expectations for the bike train, be sure to review how to deal with unusual circumstances, such as how to handle bike train cancellations, what to do if a leader cannot bike on a particular day, what to do in case of equipment malfunction or if a student must stop riding, and so on. *See Step 4 for further discussion on how to handle these issues.*

Resources to use include **Bike Train Leader Emergency Protocol and Contact List, Bike Train Student List** (if needed).

- **Logistics:** Review the routes with your leaders, the equipment and supplies they should have, the timing for routes and stops, and other significant reference points or areas of interest. Emphasize areas needing special safety attention, such as intersections or train tracks. Leaders will need to ride the route to gain familiarity and identify any issues not already addressed. Resources to use include route maps, **Bike Train Equipment/Supplies List, Sample Bike Train Stop Schedule, Bike Train Student List, Bike Train Leader Comment Form**, and any final route maps you have prepared.

Top Bike Train Tips to Prevent Injuries:

- Wear a helmet & make sure it is snug
- Always ride in the same direction as traffic
- Stay to the right, but not too close to parked cars or to the curb
- Make eye contact with drivers
- Use hand signals to show when you plan to turn
- Ride so you would be safe even if you were invisible – never assume a car has seen you
- Keep an eye out for signs that a parked car might start up or open a door
- Try to ride in a smooth and consistent line
- Check over your shoulder before changing lanes or moving around on the road
- Remember that sidewalks can be dangerous, especially near driveways & ramps
- Make it your job to be careful of people walking & slower bikes

Bike Train Leader Tips:

- Check that all students have their helmets on before you start
- Make sure students know to stay behind the lead adult
- Don't let students get out of adult view
- Regularly regroup so the whole group is together
- Make sure students are not riding so close to each other that stopping quickly leads to collisions

Bike Train Training Resources:

- [Sample Bike Train Training Checklist](#)
- [Sample Bike Train Training Agenda](#)
- [Traffic Laws Template](#)
- [Sample Bike Train Route Map](#)
- [Sample Bike Train Stop Schedule](#)
- [Sample Bike Train Student Expectations](#)
- [Sample Bike Train Student Safety Cards](#)
- [Sample Bike Train Leader Sign in/Sign Out Sheet](#)
- [Sample Bike Train Leader Checklist](#)
- [Sample Bike Train Emergency Protocol](#)
- [Sample Bike Train Emergency Contact List](#)
- [Bike Train Student List](#) (if needed)
- [Sample Bike Train Leader Comment Form](#)
- [Sample Bike Train Equipment/Supplies List](#)
- [Sample Bike Train Leader Instruction Card](#)



Bike Safety Resources:

- [Bike Safety Tips from National Highway Traffic Safety Administration \(NHTSA\)](#)
- [From a Child's Perspective: Principles Behind Child Pedestrian Injury](#)
- [Basic Riding Safety: Tips to Teach Road Safety to Kids](#)

What Traffic Laws to Follow

Leaders should understand local traffic and cycling law in their community, including helmet laws, sidewalk restrictions and general vehicular protocol. Bicycle traffic laws may be regulated by both state law and local law. You may be able to get a summary from state or local bike clubs or from your local enforcement agency or city government.

For example, in California, the California Vehicle Code states where and how bikes must operate. Most often bicyclists have the same rights and responsibilities as motorists.

For more information:

- [California Bicycle Coalition: Bicycle Laws](#)
- [Traffic Safe Communities Network \(TSCN\) brochure](#)
- [GoHuman, Southern California Association of Governments](#)

STEP 3

Get Set: Identify Your Bike Train Route

Begin a month or two before your start date

Planning your bike train routes can be a straightforward process, but requires some structured elements to be successful.

There is a give and take between planning your routes and recruiting your participants. Sometimes you have a sense of your likely route – you have a volunteer leader who is willing to lead students on a certain route, or most students at your school come from the same neighborhood. If that's the case, it may make sense to start on the route planning while recruiting students in the area to participate. Other times, you will want to see which students are interested and where they are coming from before it makes sense to plan a route.

Planning your route is important for safety, accessibility and timing your trip. Your best option will be a route that has good infrastructure, no significant hazards, low traffic volume, and few major intersections. Planning your route has a few steps. The bike train coordinator may plan routes, or perhaps the bike train leaders will assist in some of the route riding and final decisions. You may also get input from families, law enforcement, or other community members.



Who Can Help with Selecting Routes?

State, regional, city or school, transportation professionals often have access to mapping tools, and are familiar with conducting walkability assessments, which assess infrastructure, environment, safety, and other issues along walking corridors. Planners in your community may have developed a bicycle or multimodal plan, which contains information about current bicycling networks. See if any of these people are knowledgeable about bicycling and can assist with your bikeability assessment and route selection.

1. Where do students live? You may need to make a rough guess about where students live based on information from the principal, teachers, or families. Even better, if you can get it, is a **proximity map**, a visual representation of where students live in relation to the school. Student addresses are uploaded into a mapping tool, such as ArcGIS or Google Maps, and dots are created on the map for each student address. Identifying where the most students live within biking distance of the school (usually 2 miles for older elementary school kids) is a great place to start planning where you want to offer a bike train.

2. How long should your ride be? Looking at your age group, common weather conditions during the time of your bike train operation, and expectations in your community, how far do you anticipate students will be willing to ride? Bicycling is faster than walking, but consider the age and endurance of your students – can a first grader maintain a speed of a fifth grader? Have you allowed enough travel time for all riders to make it to school on time?

3. Test ride potential routes. Riding the route you have identified during school commute hours is important. You will want to make sure that traffic is not too heavy, ensure that the ride seems manageable for children, see how long it takes to cross busier streets or navigate lights, and so on. Bringing a few kids along on your test ride (perhaps your own kids, if you are a parent) will provide invaluable information. Make safety a priority for your route selection. For bicycling with children and less experienced riders, it is generally wise to select a slightly longer route on quiet streets or dedicated bicycle paths, rather than one that is more direct but includes more danger zones. Make note of hazards that can't be easily avoided, so that you can prepare riders beforehand and train them to successfully navigate these dangers.

4. Identify stops if you will have them and document them on a **Stop Schedule**. Stops must be planned so that the bike train moves at a reasonable rate and students get to school on time. Stops are similar to bus stops – students gather at a designated area and wait for the bike train to come to them. Adult leaders may have a **Student List** and check the students off as they “get on” the bike train. Another model uses a pre-determined route to school with no stops, where students join the bike train at the beginning or as it passes by. Which model you prefer will depend upon considerations such as where students live and where it will be practical for them to join the bike train.

5. Time your route so you know the bike train can make it to school in a reasonable amount of time, with whatever additional time before school begins that students need. You may want to build in a little extra time in the event that inclement weather causes slow traffic conditions, or in case of an equipment malfunction. During Bike Train Leader Training (covered in Step 2), your leaders will be assigned a route. Bike train leaders can also help to develop their route. Bike train leaders will need to become familiar with their route before the bike train begins. They should ride it during the hours they would be riding with students, ideally in different weather conditions, to get a feel for the route and be able to make educated adjustments once the bike train begins.

6. Create a map that shows the route, the stop locations, and the pick up/drop off times for each stop. This map can also include the **Student Expectations** for students, contact information, and a brief description of the bike train program for promotional and informational purposes. Post the map on the school website and distribute copies to participants. Only post publicly if your program does not require registration.



Creating a Map

The Safe Routes to School National Partnership's [Guide to Creating Walking Route Maps for Safe Routes to School](#) leads you step by step through how to use a free online tool that generates easy to use route maps.



Bikeability Audit:

You may choose to do a bikeability audit – a formal assessment of biking conditions along a given route – which allows you to methodically look at things like road conditions, bicycling infrastructure, lighting, traffic and speed, and perceived or real safety issues. Share any safety concerns with the appropriate authority (e.g. your city's public works, transportation, or law enforcement departments). Two resources are:

- [The Pedestrian and Bicycle Information Center Bikeability Checklist](#)
- [Greenfield Tool Box, Calgary Regional Partnership: Bikeability Audit](#)

Resources:

- Student Proximity Map (if available)
- [Guide to Creating Walking Route Maps for Safe Routes to School](#)
- [Bikeability Checklist: Pedestrian and Bicycle Information Center](#)
- [Bikeability Audit: Greenfield Tool Box, Calgary Regional Partnership](#)
- [Sample Bike Train Stop Schedule](#)
- [Sample Bike Train Student List](#)
- [Sample Bike Train Route Map](#)
- [Sample Bike Train Student Expectations](#)

Bicycling on the Sidewalk Versus in the Road

There is strong agreement in the biking community that it is safer and more appropriate for bicycles to ride on the road than on the sidewalk. The League of American Bicyclists (LAB) explains, "Riding on the sidewalk is a significant cause of bicyclist-motorist crashes and creates unnecessary conflicts with pedestrians." Studies support this, showing higher collision rates for bicyclists on sidewalks than on streets. LAB: "However, there may be appropriate times to ride on a sidewalk or crosswalk, such as when crossing an unsafe high speed roadway or when the skill or ability level of the rider is not suited for the adjacent roadway, as can be the case with children."

Separated bike paths and low traffic streets are generally the best places for children to ride. If legal, it may make sense to have children briefly ride on a sidewalk to stay away from a short hazardous portion of a ride that cannot be easily avoided. However, if so, it is essential to be very careful of driveways and the place where students will rejoin the road, since these are particularly dangerous locations, where drivers often have limited ability to see and may not respond to bicycles in a timely fashion.

Different states and local jurisdictions have different laws governing bicycling on the sidewalk. For example, in California, state law explicitly allows riding on sidewalks and through crosswalks, unless prohibited by local ordinance. [California Vehicle Code Section 21650\(g\)](#). However, under California Vehicle Code Section 21206, local governments can regulate operation of bicycles on pedestrian facilities, so there may be local restrictions that a bike train leader would need to know about.

Check your state and local bicycle laws when planning your program. The League of American Bicyclists provides [Bike Law University](#), a resource for legal information about bicycling, as well as a [webpage that summarizes state bike laws](#).

STEP 4

Ride!

Kick Off, Run, and Promote Your Program

Kickoff Day!

The first day of your bike train is the culmination of all your planning, promotion, and training efforts! By this point: you've recruited and trained adult leaders and students; students and families are aware of the bike train protocol, rules, and student and family responsibilities; and school administration is well informed about the program.

Host a Bike Train or Bike to School Day event to start the program.

- Any day is a good day to start, but it can be great to attach your kickoff to a national event such as Walk to School Day in October or Bike to School Day in May. For Bike to School Day ideas and support, register your event on the Bike to School Day website, www.walkbiketoschool.org. May is Bicycle Safety Month, and is a great time to reinforce education and provide encouragement events such as bike rodeos, recreational cycling rides, historic bike rides and other events that promote safe cycling.
- Promote the day and your program using school communication methods (school district website, flyers, email, Facebook, etc.). See **Bike to School Day Flyer**, **Bike Train Press Release** and **Social Media/Facebook language**.
- Distribute **Bike Train Student Consent and Registration Forms**, **Bike Train Leader Interest/Signup Forms** and/or route maps to distribute to interested families, students and kids it on and after Bike to School Day to educate and recruit leader volunteers and students.



Photo courtesy of Elk Meadow Elementary, Bend, Oregon

Your Kickoff Day: Some Ways to Make Your First Day Special

- Create a school celebration and offer prizes or special recognition to students that bike that day.
- Take pictures and use them to promote the bike train program throughout the year. Make sure all students have photo release forms on file at the school or include the photo release statement on your **Student Registration Form and Adult Leader Interest Form**.
- Contact your local media and see if they will cover your event.
- Send press releases or articles to the local paper and school paper. Promote the event on social media.

Running Your Program

As you gear up for kicking off and running your program, you may encounter potential logistical challenges that require additional decisions or policies. We've flagged some of these above; here, we discuss needs and solutions in more detail.

A Few More Decisions and Considerations

- **Addressing leader absences:** Set up a system to address bike train leader illness or unavoidable absences. Your system could include contacting the bike train coordinator, contacting the school, or setting up a phone call chain (this includes email list, text chain, Facebook page and messages) with substitute bike train leaders to call at least an hour before the bike train is to start. You do not want a bike train to be understaffed, so impress upon leaders that their attendance is critical and their role is important, so that they understand the need to contact someone immediately if they cannot lead their bike train on a particular day. It is also important to stress they cannot send a replacement leader who has not been vetted by the school/bike train program.
- **What will you do in inclement weather?** Depending on climate, students' other options for getting to school, and local attitudes, your bike train may take breaks for extreme weather, or may keep chugging along under most conditions. Think about what seems practical and keeps things safe and fun, and decide what conditions will trigger a cancellation and how you'll let people know.
- **School cancellations:** If school is canceled due to a snow day, electrical outage, or other unexpected event, make sure that bike train leaders will be notified.
- **How do you keep the group together?** Some bike trains will have students who keep a similar pace and stay together. Others will have students of very different ages, skill levels, or different quality bicycles. Most bike trains keep the group together by having regular regrouping points, where faster riders wait for slower riders to catch up. Perhaps each bike train will figure out how to manage this on its own, or perhaps you will want some general protocols. For example, many bike trains cross each controlled intersection together, waiting for slower participants to catch up at each stop sign or light. You will want to make sure that you are staying close enough together to make sure that no students are riding without leader accompaniment.
- **What is your protocol for responding to equipment malfunctions and mild to moderate injuries?** The program will need a protocol for what to do if a minor injury or equipment malfunction means a student must stop riding when in the bike train. Do all students stop and walk their bikes the remainder of the way? Will the student's family member need to pick him or her up? Bike train leaders will need a plan to balance the needs of that student and the others in the bike train. The bike train team may want to work with school administration to develop a protocol for this situation. Bike trains are likely to result in more injuries than walking school buses because bikes go faster, do occasionally crash into each other when ridden by kids, and involve a bit more of a fall. If a kid falls off a bike, skins his or her knee, and it hurts too much to keep going, what is your plan?
- **Are there students who are excluded because they cannot afford a bicycle, lock, or helmet?** If so, you will probably want to figure out how to overcome this problem. Can you get a bike shop to assist with donations? Can you solicit donations of bicycles that kids have grown out of?

Once your program is up and running, there may be changes to the students and leaders participating in bike trains, as well as the amount of interest in the program at the school, district, and community levels, which will result in the need to make adjustments to the routes or program logistics.



Tips to Consider

- **Provide small giveaways or prizes for students who participate regularly**, such as recognition from the school or principal in announcements. Invite “guest bikers” such as the mayor, police chief, or other civic leaders, or see if local bike racers would like to join you. Host special theme days, such as Grandparents Day or Earth Day, and have special activities, information, or prizes for that day.
- **Keep in touch with adult leaders** through regular meetings, emails, texts, newsletters, or phone calls. Figure out what works for staying in touch. Try different methods if your first approach is not getting good responses. Keep leaders engaged – ask for their advice, if they know of others that can help, and examples of good things that have happened on your bike train. Consider providing periodic leader trainings to add new leaders, keep leaders informed of changes, and provide a time for all bike train leaders to network.
- **Address issues as needed to maintain and improve the program.** Respond quickly to safety concerns, student and leader behavior issues, and questions from administration and the community. Adjust the program as needed and keep notes about how you addressed the concerns.
- **Keep communication open with your students, families, administration, and bike train leaders.** Remind leaders and students they are doing a good job and thank everyone for their participation.
- **Keep your bike trains fresh and fun!** Reward good behavior, provide encouragement through school announcements, recognize leaders, and even invite local dignitaries to bike on occasion!



Photo courtesy of Tiburon Bike Train

Challenges You Might Encounter

All programs at one point or another will face challenges, or need to be modified to address new or unforeseen circumstances. The bike train coordinator should keep in touch with leaders, students and families to address issues as soon as possible, and ask the bike train team and school administration about policy and protocol as problems arise. Below are some challenges you may encounter – brainstorm how to solve these issues!

- Students regularly fall behind
- Not enough adult leaders
- Students are ignoring one or more safe cycling or bike train rules
- More students than expected show up for the bike train
- Students are complaining
- There are road construction or obstructions along the route

Friday Tiburon Bike Train

The Friday Tiburon Bike Train is going on its fourth year of commuting. This bicycle train began with city funding for one conductor, one day a week, for one school year. The paid conductor was a local parent who was a League Cycling Instructor. When it began, the bike train was exclusively third to fifth grade girl riders. The route they used was visible, and within a few months, other groups of riders began to form, eventually joining the bike train. The train now has riders of all genders from three schools including grades K-8. The train is currently run by parent volunteers, and totals nearly 180 riders.

Keep the Wheels Turning through Promotion!

- **New families moving into your school's service area should be made aware of the program.** Find out if you can provide bike train information in new student registration information. It is best to have information about bike trains shared by school administration in the same way that information about school busing and other transportation information is shared, so work with your school to encourage that approach.
- **Promote your events and success to the community!** Contact your local media about kick-off and special events, present your success at city council and school board meetings, ask your principal to highlight success in the newsletter, report regularly to your PTO/PTA and civic groups interested in the program, and promote your program on social media channels.
- **Use the promotion ideas from the resources below to attract students and leaders to the program.** Continue recruiting students, leaders, and team members in case individuals move or cannot meet their responsibilities. Keep your program in front of students, parents/caregivers and staff, so they are aware of your success, and know how to participate.

Resources:

- [Sample Bike to School Day Flyer](#)
- [Sample Bike Train Student Consent and Registration Form](#)
- [Sample Bike Train Leader Information and Signup Form](#)
- [Sample Bike Train Route Map](#)
- [Sample Bike Train Press Release](#)
- [Sample Bike Train Social Media/Facebook Language](#)



STEP 5

Cool Down: Evaluate and Adjust Your Program

How well is your bike train program working? What can be adjusted to make it more accessible, safe, and fun? Evaluating your program periodically is key to keeping it fresh, focused, and safe. It is important to evaluate a new program at a mid-point during the first year of operations, as well as at the end of every year to make adjustments for the following year.

Steps to Keep Your Bike Train Program Moving in the Right Direction

- Review **Bike Train Leader Comment Form** submissions regularly. These provide both the success stories to promote the program, but also can identify issues that need to be addressed.
- Survey students on their experiences with the bike train program and ask them what would make it safer, more fun, and more accessible. If you have a student representative on your team, ask their advice on how to reach more students. Other options include take-home or online surveys, or even interviews during bike train trips. Use the **Bike Train Student Survey** to get started.
- Survey families on their experience with bike train and ask them what can make it safer, more fun, and more accessible. This can be done through take-home or online surveys, at PTO/PTA meetings, or even by holding a bike train family meeting or event to bring everyone together. Use the **Bike Train Family Survey** to get started.
- Summarize the lessons from these different sources, as well as considerations noted by your bike train team. What is working well, what is not working, what could be tweaked or expanded upon, what could be made safer? See if you can quantify increases in bicycling and potential health or environmental benefits.
- Celebrate and share your successes. Let the principal, superintendent, city council, media, and others know about the important contributions your program is making.
- Adjust your program as needed to make it safer, accessible, and fun. Where changes would address safety concerns and seem fairly feasible, put these into action. Check out some of the websites in the Resources section below for more ideas on bike train programs, promotion, and implementation.
- Set the bike train schedule for next year and get started with planning!

Resources:

- [Sample Bike Train Leader Comment Form](#)
- [Sample Bike Train Student Survey](#)
- [Sample Bike Train Family Survey](#)

Additional Resources

For more ideas on bike train kickoff, promotion, and implementation, check out these websites:

- Bike Trains and Bike Skills Clinic:
<http://www.walkbiketoschool.org/beyond/year-round-biking-and-walking/bicycle-trains-and-bicycle-skills-clinics/>
- Bicycling to School Together: a Bike Train Planning Guide
http://www.walkbiketoschool.org/wp-content/uploads/2017/01/SRTS_BikeTrain_final.pdf
- Get on the Bike Train: Maine Department of Transportation
<http://www.walkbiketoschool.org/wp-content/uploads/2017/01/Maine-Bike-Train-Guide-2012.pdf>
- Action for Healthy Kids Bike Train:
<http://www.actionforhealthykids.org/game-on/find-challenges/safe-route-challenges/1458-bike-train>
- “Organizing Successful Bike Trains” Webinar, Safe Routes to School National Partnership, May 5, 2011 recording and presentation materials, <https://www.saferoutespartnership.org/resourcecenter/SRAM-Bicycling-Webinars/bike-trains>

Adult Cycling Instruction

- League of American Bicyclists, League Certified Instructor (LCI): <http://bikeleague.org/ridesmart>
- Cycling Savvy: <http://cyclingsavvy.org/>

Videos/Stories

- Ride Smart Videos: <http://bikeleague.org/ridesmartvideos>
- Articles: Jeff Anderson: “Family Leads Charge Bringing Biking back Fairfax VA”
<https://mobilitylab.org/2017/10/17/family-leads-charge-bringing-biking-back-fairfax-va/>
- Bicycle Safer Journey <http://www.pedbikeinfo.org/bicyclesaferjourney/>
- Article: “All Aboard the Student Bike train,” Bicycling, Danielle Mueller, September 17, 2015
<https://www.bicycling.com/culture/people/all-aboard-student-bike-train>
- Article: How to Organize a Bike train” Bicycling, David Howard, July 11, 2013
<https://www.bicycling.com/rides/kids-cycling/how-organize-bike-train>

Peer Advice Resource

The Safe Routes to School National Partnership’s Safe Routes to School listserv includes hundreds of people with a wide range of experience with Safe Routes to School, from brand new parent volunteers, to deeply experienced local Safe Routes to School coordinators. Follow this link to learn how to sign up: <https://www.saferoutespartnership.org/resourcecenter/srts-list-serve>

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- ii Breakaway Research Group, U.S. Bicycling Participation Benchmarking Study Report, commissioned by People for Bikes, March 2015 https://b.3cdn.net/bikes/7b69b6010056525bce_ilm6vs5q1.pdf
- iii The study showed that biking provides a better cardiovascular risk factor profile. Cycling to School and Cardiovascular Risk Factors: A Longitudinal Study, <http://journals.humankinetics.com/doi/pdf/10.1123/jpah.8.8.1025>
- iiii Cycling to School and Cardiovascular Risk Factors: A Longitudinal Study, <http://journals.humankinetics.com/doi/pdf/10.1123/jpah.8.8.1025>
- v Cycling to School Is Associated With Lower BMI and Lower Odds of Being Overweight or Obese in a Large Population-Based Study of Danish Adolescents, <http://journals.humankinetics.com/doi/10.1123/jpah.9.5.617>
- vi David Menschik et al., "Adolescent Physical Activity as Predictors of Young Adult Weight." Archives of Pediatrics & Adolescent Medicine 162, no. 1 (January 1, 2008): 29–33, <http://archpedi.jamanetwork.com/article.aspx?articleid=378855#qundefined>

Website Links

- p 5 Colorado Safe Routes to School: Bike Safety: What is a Bike Train? <https://www.youtube.com/watch?v=eW3sAaGs6Gc>
Bike Train Movie: <https://www.youtube.com/watch?v=qjmVlrpVBcl>
Beach School Bike Train 2011: <https://www.youtube.com/watch?v=DJqUHWjfhN8>
Biking in Numbers: Bike Trains in Los Angeles - Adult bike train informational video: <https://www.youtube.com/watch?v=nTJ25lwmfkk>
Virginia Bike Train Video from Nickelodeon: <https://vimeo.com/62428288>
- p 11 Involving Students with Disabilities in SRTS: http://www.pedbikeinfo.org/pdf/Community_SRTSlocal_InvolvingStudentswithDisabilities.pdf
- p 13 California Department of Public Health Bike Rodeo Kit Quick Guide: https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/CDPH%20Document%20Library/PPPDS_BikeRodeoKitOnePager-ADA.pdf
An Organizer's Guide to Bicycle Rodeos – Bike Cornell: http://www.bike.cornell.edu/pdfs/Bike_Rodeo_404.2.pdf
The League of American Bicyclists list of certified cycling instructors (LCIs): <https://www.bikeleague.org/content/bicycling-resources-state>
Action for Healthy Kids Resource: <http://www.actionforhealthykids.org/game-on/find-challenges/safe-route-challenges/1445-bike-rodeobicycle-skills-clinic>
- p 13 Let's Go Biking education lesson plans and videos for grades K-5: <https://www.ncdot.gov/bikeped/safetyeducation/letsگونc/7.html>
The California Active Transportation Program (CATP): <http://caatpresources.org/?pid=1301>
Safe Kids Coalition programs: <https://www.safekids.org/safe-kids-coalitions-united-states>
League of American Bicyclists' website: <http://bikeleague.org/ridesmart>
- p 14 California Bicycle Coalition: Bicycle Laws: http://www.calbike.org/bicycling_in_california_sharing_the_road
Traffic Safe Communities Network (TSCN) brochure: <http://www.ots.ca.gov/pdf/BicyclePedSafetyBrochure.pdf>
Southern California Association of Governments – GoHuman page: <http://gohumansocial.org/Pages/Bike.aspx>
- p 15 Change Lab Solutions: Safe Routes to School: Minimizing Your Liability Risk: <http://www.changelabsolutions.org/publications/SRTS-resources>
Change Lab Solutions: Volunteers and Liability: <http://www.changelabsolutions.org/publications/SRTS-resources>
- p 15 League of American Bicyclists: <https://www.bikeleague.org/content/bicycling-resources-state>
Cycling Savvy: <http://cyclingsavvy.org/>
Ride Smart Videos: <http://bikeleague.org/ridesmartvideos>
"Webinar: Organizing Successful Bike Trains": <https://www.saferoutespartnership.org/resourcecenter/SRAM-Bicycling-Webinars/bike-trains>
- p 17 Guide to Creating Walking Route Maps for Safe Routes to School: <https://www.saferoutespartnership.org/resources/toolkit/creating-walking-route-maps-srts>
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