Biking from Preschool to Parenthood
What should we talk about today?

1. Shelter in Place Biking Guidelines
2. Why ride?
3. Bike safety tips and infrastructure
4. Where to Ride
5. Cargo and Family Biking
6. Preschool Biking
7. Toddler Biking
8. How to get support and advocate for safe cycling for the kiddos
9. Making Greendell more bike friendly
The Family That Walks/Rides Together Thrives Together

HEALTHIER STUDENTS

COMMUNITY CONNECTEDNESS

TRAFFIC SAFETY

ACADEMIC PERFORMANCE

SAFETY

COST SAVINGS

CLIMATE BENEFITS AND CLEANER AIR
Biking in the Time of Covid
Flattening the Bike Learning Curve

I can’t bike!

- I can’t afford it
- It messes up my hair
- What about the rain?
- It’s too dangerous
- I haven’t been on a bike in forever…
- I’m too lazy to bike

Maybe I’ll try it!

What should I ride?

Where should I ride?

How do I stay safe?

Education, Encouragement, Engineering, Enforcement, Evaluation, Equity Fast Track

I can’t imagine driving!

I’m too lazy to drive!
But wait, there are lots of cars out there! isn’t that dangerous?

**ANNUAL CAR ACCIDENT STATISTICS**

**ONE PERSON WAS KILLED ON THE ROAD EVERY 14 MINUTES IN 2017**

- Total Fatalities: 37,133 People

**FIVE PEOPLE WERE INJURED EVERY MINUTE IN MOTOR VEHICLE CRASHES IN 2017**

- Total Injuries: ~2.7M People

**OVER 1,600 CHILDREN UNDER THE AGE OF 15 DIE EACH YEAR**

**EVERY YEAR ROAD CRASHES COST THE US A TOTAL OF $230 BILLION OR AN AVERAGE OF $820 PER PERSON**

**THERE IS AN AVERAGE OF ONE ALCOHOL-IMPARED DRIVING FATality EVERY 48 MINUTES**

**MOST FATAL INJURIES HAPPEN DURING WEEKENDS AND ON HOLIDAYS LIKE THANKSGIVING WHEN ALCOHOL USE IS MORE PREDOMINANT.**
I’m too cheap to buy a bike: Six Years of Biking vs. Driving

Commute Calculator

**have you calculated your commute?**
see how much you could save today!

- How many days per month do you commute? (21 is full time) 21
- How far is your **round-trip** commute to work? (miles) 8
  - Google Maps
- How many miles per gallon (mpg) does your vehicle average? 24
  - Federal Fuel Economy Guide
- How much per gallon do you pay for gas? $3.18
- How much do you pay for parking each month? $0

**calculate costs**

**here’s what you pay if you:**

<table>
<thead>
<tr>
<th></th>
<th>Daily</th>
<th>Monthly</th>
<th>Yearly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drive Alone *</td>
<td>$4.99</td>
<td>$104.75</td>
<td>$1,256.98</td>
</tr>
</tbody>
</table>

http://www.icommutesd.com/commuters/calculator.asp
I hate the cold

Rain
• Go slow/use lights
• Most rain is light
• Rain capes

Wind/Cold
• Consider bike/specific windshields/covers/blankets
• Always bring a windproof jacket
• Cover the ears

Heat
• Hats
• Bike Visors

Backup Plan
• Partner/Ridesharing

http://www.icommutesd.com/commuters/calculator.asp
I sweat a lot/don’t have the right clothes/helmet hair etc.
Nice to Have

- Snacks
- Basket/Pannier/Backpack
- Bike Lights
- A Good Lock
- Pillow
- Binky strap
- Soft-structured carrier
- Bright Clothing
- Handlebar mounted mirror
Guapo says: Wear a helmet!

It’s the law for 0-18
Wear your helmet
Fit is essential
Clasps
Visors
Cold weather
Many Colors/Styles
Where to Ride

Cars can pass you when it's safe.
Myths and Facts

Cars can pass you when it's safe.
Sidewalk Riding

- Downtown Palo Alto or California Ave: **X**
- Riding fast: **X**
- Busy street without a bike lane: ✔
- One block until home: ✔

Short Answer: Avoid sidewalks

Yes, but ride slowly and carefully. Give pedestrians the right of way.
Riding the Roads: How to Get a Green Light

You usually don’t need to press the pedestrian button to get a green light.

Larger intersections have motion sensor cameras that “see” you.

Smaller intersections have bicycle stencil sensors in the pavement.

Other streets have push buttons for bicyclists.
Riding the Roads: Road Markings
Riding the Roads: What's a Crossbike?
Riding the Roads: Bike Box

Riders and walkers cross first while cars have a red light
Riding the Roads: Multi-Use Sidewalks

New Multi-Use Sidewalks

Where:
Arastradero
Louis/Amarillo
Hanover St.

How:
Pay attention
Ride slowly
Yield to pedestrians
If you see a walker be a walker!
Walk and Roll to Palo Alto Libraries
Suggested Routes?

Palo Alto

1. Downtown Library
   270 Forest Ave
   Mon - Sun: Closed Tues - Sat: 10am - 6pm

2. Children’s Library
   1276 Harmon St
   Mon - Sat: 10am - 6pm
   Sun: 1pm - 5pm

3. Rinconada Library
   1213 Newell Rd
   Mon - Th: 10am - 9pm
   Fri - Sun: 10am - 6pm

4. Mitchell Park Library
   3700 Middlefield Rd
   Mon - Thu: 10am - 9pm
   Fri - Sun: 10am - 6pm

5. College Terrace
   2300 Withersby St
   Mon - Thu: Closed
   Fri, Sat: 10am - 6pm

6. Palo Alto Historical
   Association Archives
   4000 Middlefield Rd
   Room K-7
   www.palhistory.org
   Tues: 4pm - 8pm
   Thurs: 1pm - 5pm

7. Friends of the Palo Alto
   Library Book Sale Room
   4000 Middlefield Road
   www.palal.org

The Safe Routes to Libraries suggested routes are based on Palo Alto Safe Routes to School routes. For more Safe Routes to School information, please visit: www.cityofpaloalto.org/saferoutes

The Palo Alto Safe Routes to School Partnership encourages parents to walk or bike with students and use this mapping tool to explore options for traveling by foot or bicycle. Parents are responsible for choosing the most appropriate route based on their knowledge of conditions on the route between home and libraries and the experience level of their child.
cargo bike ˈkærgəʊ/ bɪk/
★ a bicycle designed for everyday transportation of cargo or passengers

Types:
- longtail
- bakfiets (box bike)
- trike
- cycle truck

electric-assist ɪ-ˈlek-trik, ə-
\ə-ˈsɪst\
★ a battery-powered motor that assists a cyclist in pedaling a loaded bicycle, especially when riding uphill or accelerating

Example: Since we bought our electric-assist cargo bike, our car sits in the garage!
## Choosing Your Bike
(Reference Handouts)

<table>
<thead>
<tr>
<th>Rear Seat</th>
<th>Longtail Bike</th>
<th>Cargo Trike</th>
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<tbody>
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<td><img src="image1.png" alt="Image" /></td>
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<td><img src="image3.png" alt="Image" /></td>
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<tr>
<td>Trailer or Burley</td>
<td>Bakfiets or Box Bike</td>
<td>Special bikes (Taga 2.0)</td>
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<tr>
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<td><img src="image6.png" alt="Image" /></td>
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<tr>
<td>Front Seat</td>
<td>Bucket Bikes</td>
<td>Tagalong/We-hoo</td>
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<tr>
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<td><img src="image8.png" alt="Image" /></td>
<td><img src="image9.png" alt="Image" /></td>
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</tbody>
</table>
Trailers/Bike Seats
Moms and Dads Who Ride
Preschool and beyond

- Balance Bikes
- Pedal Bikes
- Wee-hoo
- Tagalongs
Top 4 Bike Preschool Safety Skills

1. Stop
2. Stopping
3. Stopping
4. Helmets

Be a ‘Roll’ ‘Model Esp. @ Intersections
Preschool and beyond: Balance Bikes

https://www.youtube.com/watch?v=dRnqpKnO8AY&feature=emb_logo

Tips and Recs: https://www.twowheelingtots.com/
Pedal Bikes: It’s all about the stabilizers, baby

https://www.youtube.com/watch?time_continue=2&v=imPQ3IysWnU&feature=emb_logo
Wee-Hoos and Tagalongs
Continuing the Commute
Where Will YOU Go?

Rosie (Ride On) Mesterhazy
Ph: (650) 329-2157
Email: rosie@mesterhazy.net
Advocacy Resources

city.council@cityofpaloalto.org

Safe Routes to School
Transportation Safety Reps

Silicon Valley Bicycle Coalition

Rosie (Ride On) Mesterhazy
Ph: (650) 329-2157
Email: rosie@mesterhazy.net
cityofpaloalto.org/saferoutes

Free Virtual Consultations, Route Maps and More

<table>
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<tr>
<th>Topic</th>
<th>Details</th>
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<tbody>
<tr>
<td>Safe Routes to School Resources</td>
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</tr>
<tr>
<td>Shelter-in-Place Walking and Biking Routes, Resources, and Activities</td>
<td>+</td>
</tr>
<tr>
<td>New Offering: Bring Safe Routes to School to Your Doorstep with Virtual Appointments</td>
<td>+</td>
</tr>
<tr>
<td>The Palo Alto Safe Routes to School Partnership</td>
<td>+</td>
</tr>
<tr>
<td>Upcoming Safe Routes to School Events and Related Activities</td>
<td>+</td>
</tr>
<tr>
<td>2020 Citywide Safe Routes to School Monthly Meeting Dates</td>
<td>+</td>
</tr>
</tbody>
</table>
Enjoy the Ride!

rosie.mesterhazy@cityofpaloalto.org
Benefits of Safe Routes to School

Safe Routes to School improves sidewalks and street crossings and creates safe, convenient, and fun opportunities for children to bicycle and walk to and from school. The CDC has recognized Safe Routes to School as one of a handful of programs that are cost-effective and show significant population health impacts within five years.

COST SAVINGS
- Household savings from reduced gas & car use
- Education budget savings through reduced student busing costs

TRAFFIC SAFETY
- Reduced traffic injuries & dangers for students and community members at annual & dismissal through street improvements near schools
- More chances to learn & practice road safety for students

SAFETY FROM CRIME
- Increased safety from crime & violence due to more people on the streets, good lighting & better street design
- Less harassment, bullying, or violence when students walk or bike together or with adults

HEALTHIER STUDENTS
- Better health & stronger bones, muscles & safety through more walking & biking
- Reduced risk of chronic diseases, diabetes, & obesity

SCHOOL TRANSPORTATION FIXES
- Solutions to reduced or non-existent bus service through Safe Routes to School
- Reduced traffic congestion at pick-up/pick-off times

CLIMATE BENEFITS AND CLEANER AIR
- Fewer student asthma attacks due to less driving & reduced air pollution
- Cleaner air & reduced greenhouse gas emissions

COMMUNITY CONNECTEDNESS
- Stronger student friendships & relationships through walking & biking together
- Positive social connections for families & neighbors

BETTER ACADEMIC PERFORMANCE
- Better focus, improved concentration & less distraction for students who are active before school
- Fewer absences and less tardiness when students walk or bike in groups
Considerations

- Cost
- Inside v. outside
- Installation