Walk+Bike to School Day is October 7th!
Plan to join the international day of walking and biking to school.
Start practicing now and register your school at walknbike.org

Why Walk, Bike, or Roll to School?
Walking, bicycling, or rolling to school with your child is a great way to help improve your family’s overall health and well-being. But there’s more! It can also:
- Improve your child’s academic achievement and focus during school
- Provide daily physical activity that helps keep your child and family healthy
- Teach your child responsibility and independence
- Provide quality time with you and your child every day
- Reduce traffic congestion and the stress of school drop-offs and pick-ups
- Provide social connections and networks for you and your child

What Can You Do?
- Walk, bicycle, or roll with your child to school at least one day a week or encourage them to do so with friends
- If you live far away, park at a nearby park or lot and walk your child from there
- Sign up for SchoolPool to help establish a walking school bus or bicycle train where children walk/bicycle in a group. See the website below.
- Teach your child the rules of the road
- If you have traffic safety concerns, talk with the Safe Routes to School coordinator and work with us to address them.

Shane MacRhodes, 541-790-7492, macrhodes@4j.lane.edu
eugenespringfieldsrts.org