

# 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**

**TRAFFIC SAFETY**

**COMMUNITY CONNECTEDNESS**

**ACADEMIC PERFORMANCE**



**SAFETY**

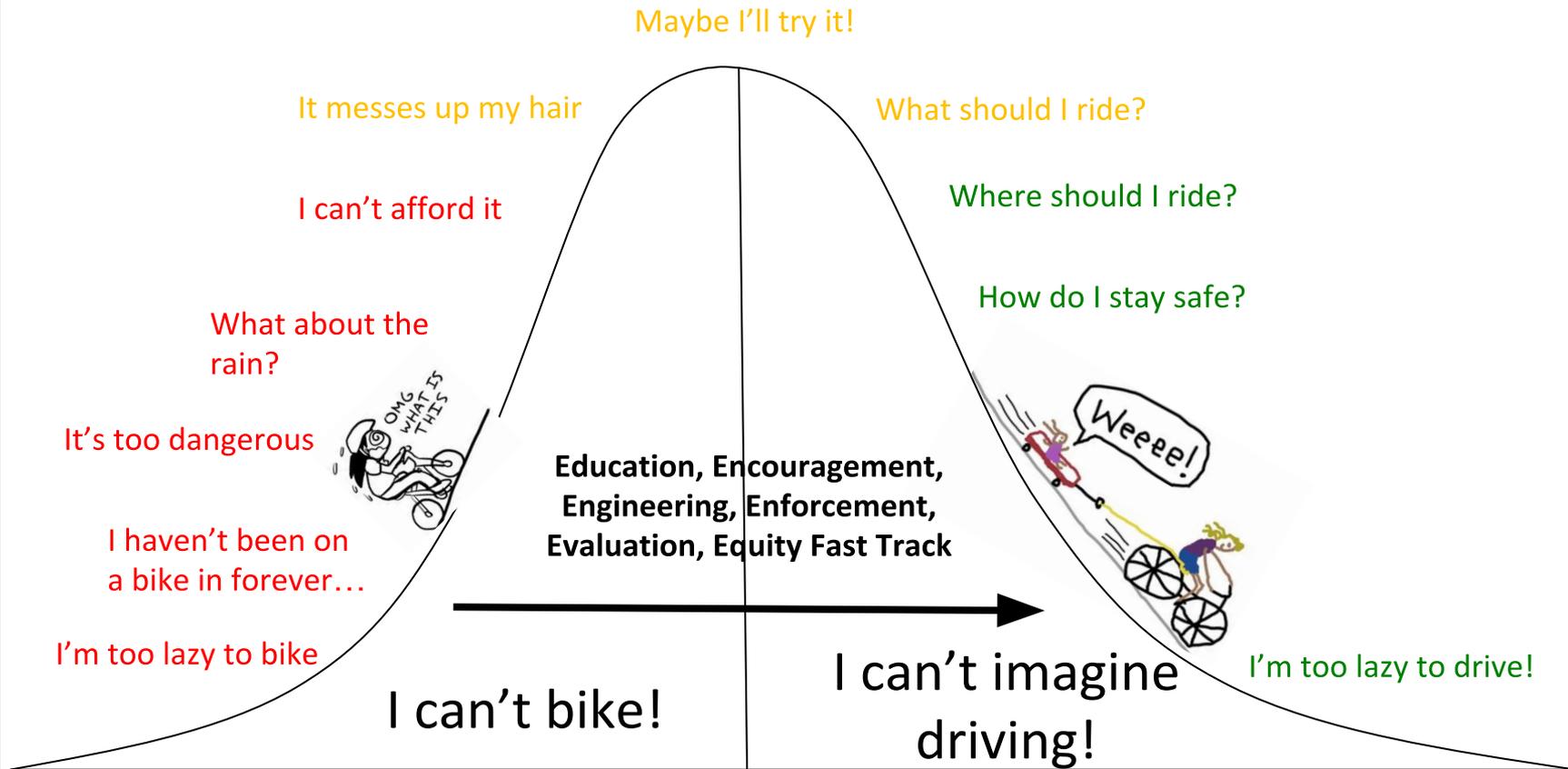
**COST SAVINGS**

**CLIMATE BENEFITS AND CLEANER AIR**

# Biking in the Time of Covid



# Flattening the Bike Learning Curve



# 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-IMPAIRED**  
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)

How far is your **round-trip** commute to work? (miles)   
[Google Maps](#)

How many miles per gallon (mpg) does your vehicle average?   
[Federal Fuel Economy Guide](#)

How much per gallon do you pay for gas? \$

How much do you pay for parking each month? \$

calculate costs

here's what you pay if you:

	Daily	Monthly	Yearly
Drive Alone *	\$4.99	\$104.75	\$1,256.98



# 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



**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



# Myths and Facts



# Sidewalk Riding

Downtown Palo Alto  
or California Ave



Riding fast



Busy street without  
a bike lane



One block until  
home



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.

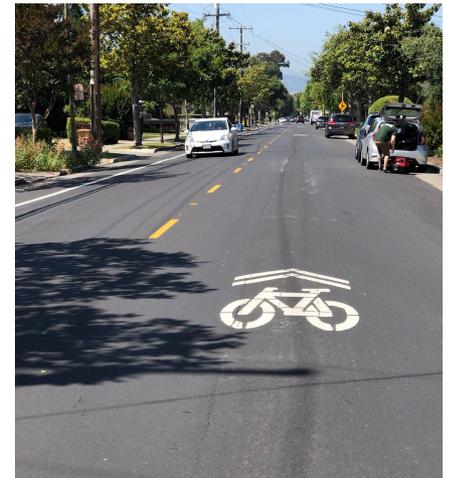


Smaller intersections have bicycle stencil sensors in the pavement.

Other streets have push buttons for bicyclists.



# Riding the Roads: Road Markings



# Riding the Roads: What's a Crossbike?



# Riding the Roads: Bike Box



# Riding the Roads: Multi-Use Sidewalks



## **New Multi-Use Sidewalks**

### Where:

Arastradero

Louis/Amarillo

Hanover St.

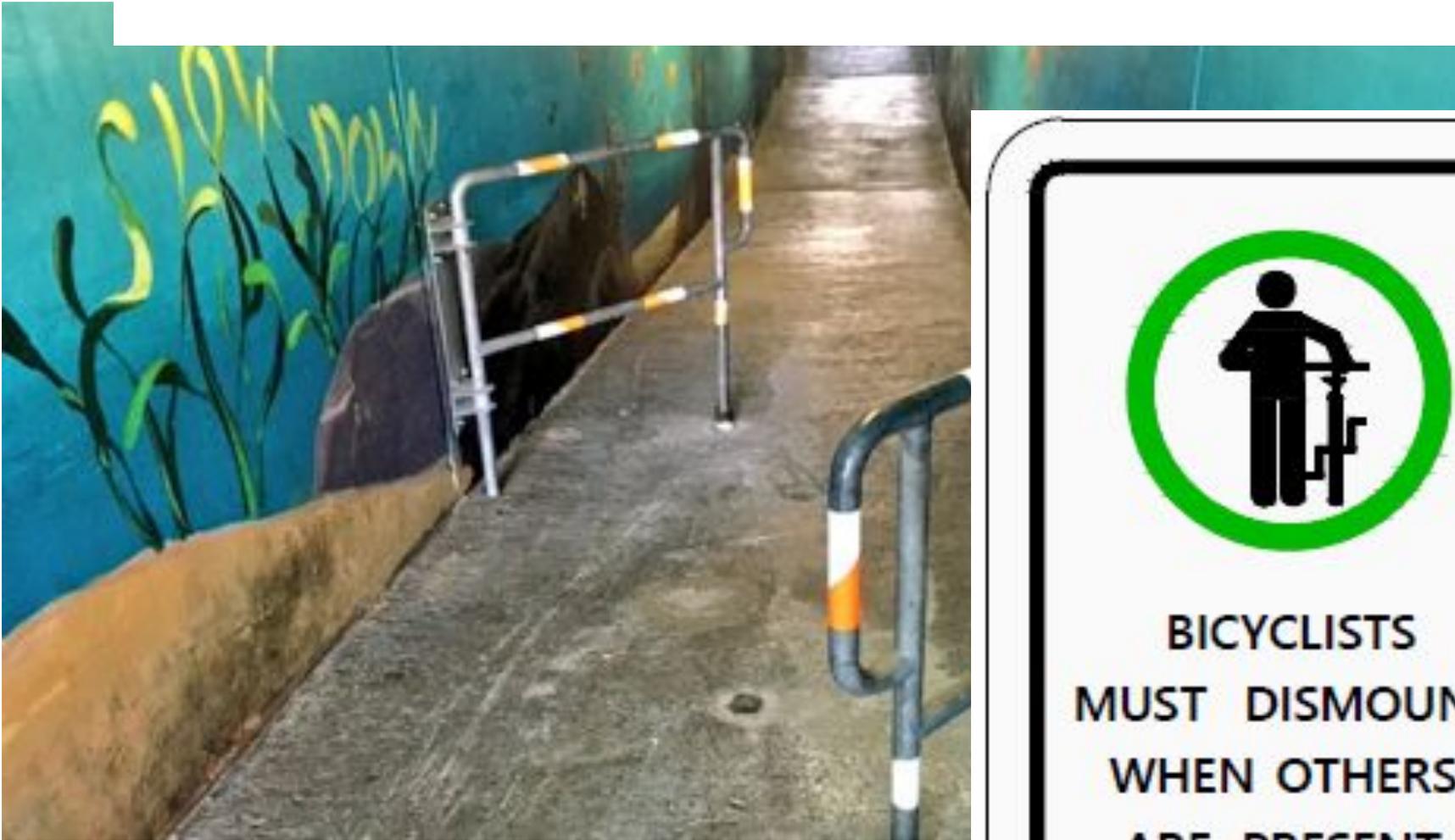
### How:

Pay attention

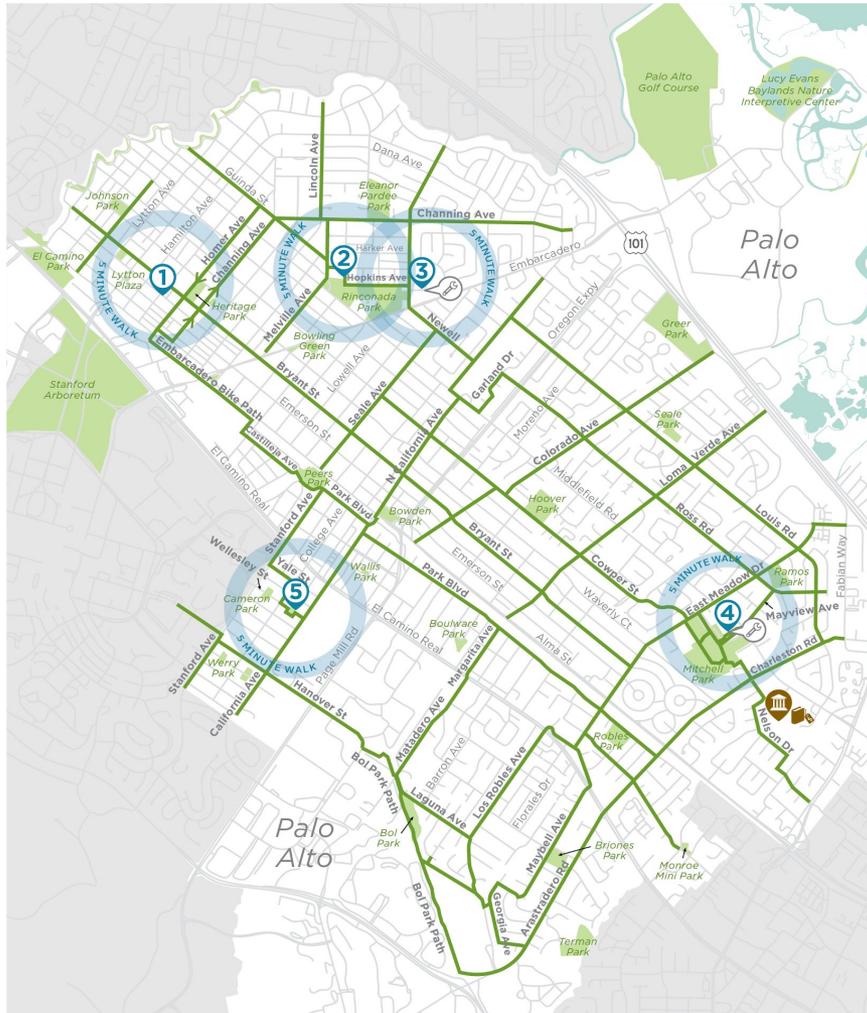
Ride slowly

Yield to pedestrians

If you see a walker be a walker!



# Walk and Roll to Palo Alto Libraries Suggested Routes?



## Walk & Roll — to Libraries —

- Suggested Routes (Walking and Biking)
  - Parks and Open Space
  - Palo Alto City Limits
- 1/4 mile → 1/2 mile  
 ..... 5 min ..... 10 min  
 ..... 3 min

- 1 Downtown Library**  
270 Forest Ave  
Mon & Sun ..... Closed  
Tues - Sat ..... 10am - 6pm
- 2 Children's Library**  
1276 Harriet 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 - Th ..... 10am - 9pm  
Fri - Sun ..... 10am - 6pm
- 5 College Terrace**  
2300 Wellesley St  
Mon, Th, & Sun ..... Closed  
Tues, Wed, Fri, & Sat ..... 10 am - 6pm

Bike Repair Station

- Palo Alto Historical Association Archives**  
4000 Middlefield Rd  
Room K-7  
[www.pahistory.org](http://www.pahistory.org)  
Tues ..... 4pm - 8pm  
Thurs ..... 1pm - 5pm
- Friends of the Palo Alto Library Book Sale Room**  
4000 Middlefield Road  
[www.fopal.org](http://www.fopal.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](http://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

'kærgō/ bīk/

★ a bicycle designed for everyday transportation of cargo or passengers

types:



longtail



bakfiets (box bike)



trike



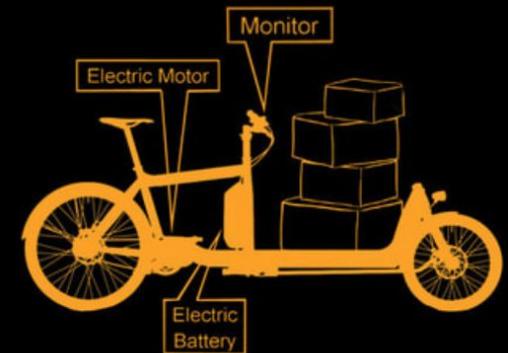
cycle truck

## electric-assist

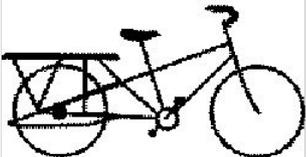
\i-'lek-trik, ē-\ \ə-'sist\

★ 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)

Rear Seat		Longtail Bike		Cargo Trike	
Trailer or Burley		Bakfiets or Box Bike		Special bikes (Taga 2.0)	
Front Seat		Bucket Bikes		Tagalong /We-hoo	

# Trailers/Bike Seats



# Moms and Dads Who Ride



# Preschool and beyond

- Balance Bikes
- Pedal Bikes
- Wee-hoo
- Tagalongs



# Top 4 Bike Preschool Safety Skills

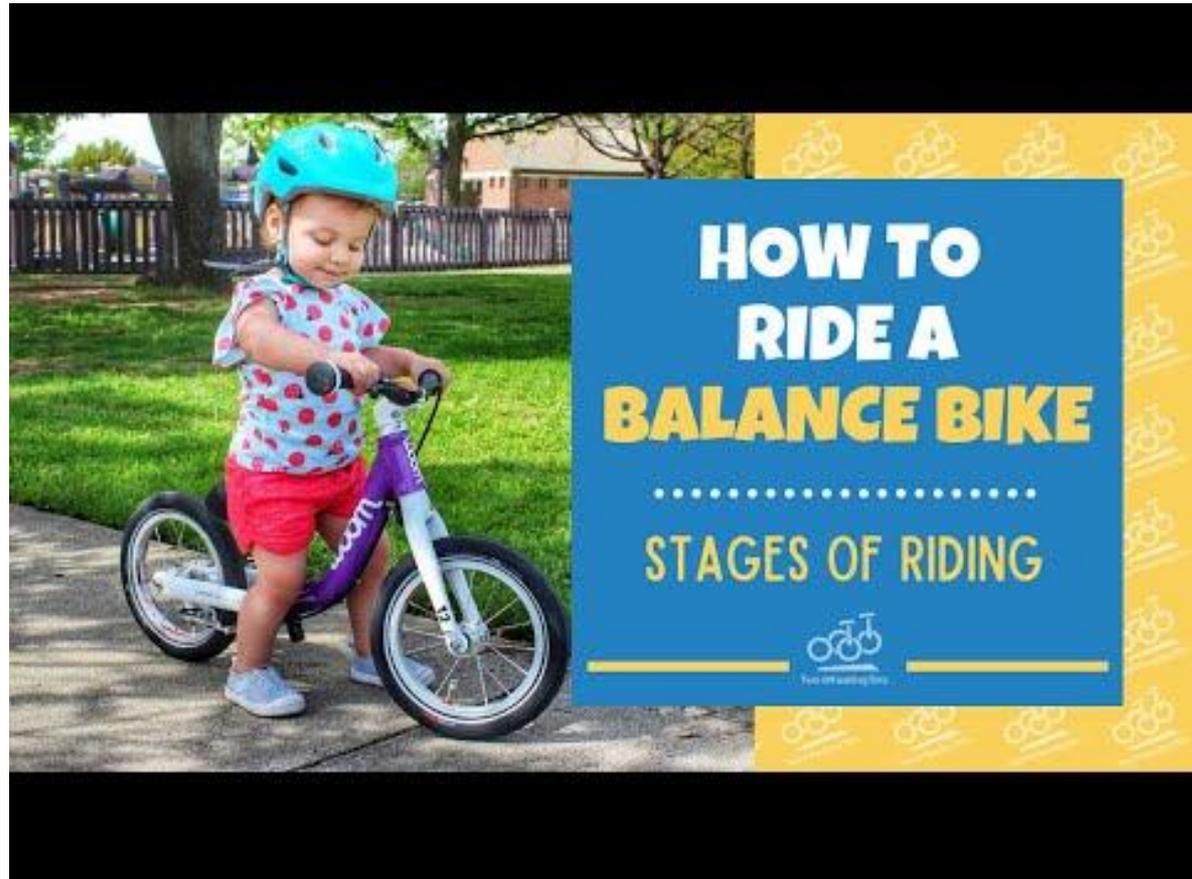


1. Stop
2. Stopping
3. Stopping
4. Helmets

**Be a 'Roll' 'Model Esp. @ Intersections**

# Preschool and beyond: Balance Bikes

[https://www.youtube.com/watch?v=dRnqpKnO8AY&feature=emb\\_logo](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](https://www.youtube.com/watch?time_continue=2&v=imPQ3IysWnU&feature=emb_logo)



# Wee-Hoos and Tagalongs



# Continuing the Commute Where Will YOU Go?



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# Advocacy Resources

[city.council@cityofpaloalto.org](mailto:city.council@cityofpaloalto.org)

Safe Routes to School  
Transportation Safety Reps

Silicon Valley Bicycle Coalition

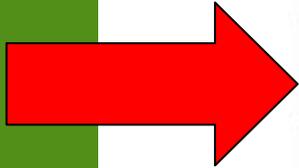
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[cityofpaloalto.org/saferoutes](http://cityofpaloalto.org/saferoutes)

# Free Virtual Consultations, Route Maps and More



Safe Routes to School Resources	+
Shelter-in-Place Walking and Biking Routes, Resources, and Activities	+
New Offering: Bring Safe Routes to School to Your Doorstep with Virtual Appointments	+
The Palo Alto Safe Routes to School Partnership	+
Upcoming Safe Routes to School Events and Related Activities	+
2020 Citywide Safe Routes to School Monthly Meeting Dates	+

# Enjoy the Ride!



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## 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. [saferoutespartnership.org](http://saferoutespartnership.org)

### 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 arrival & dismissal through street improvements near schools
- More chances to learn & practice road safety for students



### CLIMATE BENEFITS AND CLEANER AIR

- Fewer student asthma attacks due to less driving & reduced air pollution results
- Cleaner air & reduced greenhouse gas emissions



### 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



### COMMUNITY CONNECTEDNESS

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



### HEALTHIER STUDENTS

- Better health & stronger bones, muscles & joints through more walking & biking
- Reduced risk of chronic disease, diabetes, & obesity



### SCHOOL TRANSPORTATION FIXES

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



### 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