

Learn it. Do it. Live it!

LOCAL TECHNICAL ASSISTANCE PROGRAM

Four Local Technical Assistance Coordinators (LTACs) are available on a part-time basis to assist local SRTS programs. Each LTAC is assigned to work in a particular region of the state, shown on the map to the right. Their work involves both direct contacts with local communities and VDOT District Offices, and on broader activities that support SRTS statewide and locally.

Not sure how your LTAC can help your local SRTS program?

Have you heard about SRTS and want to learn more?

You've just learned about SRTS and would like some basic information on the Virginia program and SRTS in general; your LTAC can provide a general overview and help you understand how your school can get moving!

Your LTAC can help you in many ways. For example:

- The LTAC can discuss SRTS and assess needs for your school
- Encourage Walk or Bike to School Day, discuss basic planning needs
- Encourage conducting student travel tallies, provide an orientation to the online system
- Describe VDOT SRTS Program, website, resources, funding opportunities

Have you gotten started, such as hosting a walk or bike to school day event?

Your first walk or bike to school event was a big success. Students and parents are asking for more and you realize that you need more information and resources. The website is a good start, but you could use some person-to-person assistance.

Your LTAC can:

- Provide guidance in assembling a SRTS Committee
- Provide guidance and encouragement in VDOT non-infrastructure program funding
- Encourage conducting parent surveys
- Provide guidance on expanding reach/partnerships for events (community)
- Provide guidance on safety education

Do you already have a SRTS Committee and are ready to take the next step?

It's time to move forward with infrastructure improvements and complementary activities that will make it safer and more comfortable for students to walk and bike to school. Not sure how to get started on writing a Safe Routes to School Travel Plan?

Your LTAC can:

- Orient contact to various SRTS Plan guidelines and materials
- Coordinate assistance from VDOT District Engineer as needed
- Provide guidance on possible non-infrastructure strategies (telephone review of list of strategies)

Are you implementing a SRTS Plan?

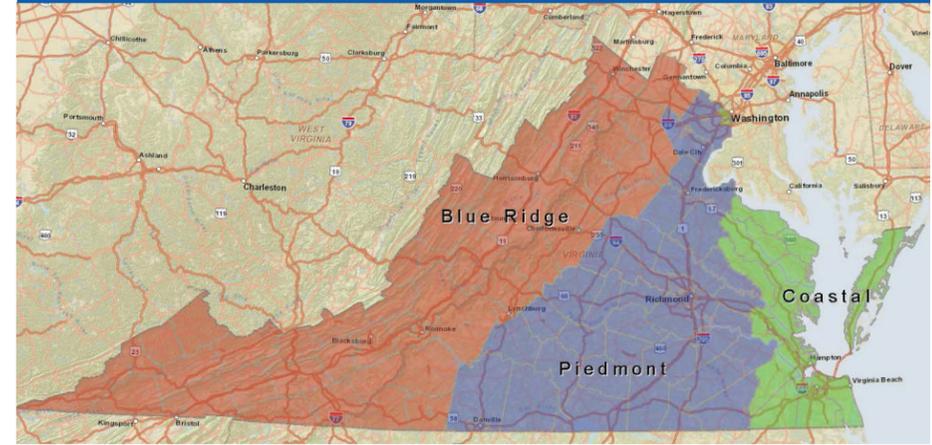
With SRTS plan in-hand, you are ready to apply for funding. You're not sure if SRTS is the only or best place to look. And, you want to prepare a strong application.

Your LTAC can provide guidance in several areas, such as:

- Funding from the Virginia Department of Transportation and other sources
- How to develop a sustainable program
- Evaluation techniques
- Annually updating your Comprehensive School Travel Plan or SRTS Activities and Programs Plan

Flip this page over to meet the LTACs!

Ready to contact the LTAC in your region?
 Email: info@virginiarts.org
 Toll free: 1-855-601-7787



Blue Ridge		Piedmont		Coastal
COUNTIES				
Albemarle	Lee	Amelia	King George	Accomack
Alleghany	Loudoun	Appomattox	King William	Arlington*
Amherst	Madison	Brunswick	Louisa	Essex
Augusta	Montgomery	Buckingham	Lunenburg	Gloucester
Bath	Nelson	Campbell	Mecklenburg	Isle of Wight
Bedford	Orange	Caroline	New Kent	James City
Bland	Page	Charles City	Nottoway	King and Queen
Botetourt	Patrick	Charlotte	Pittsylvania	Lancaster
Buchanan	Pulaski	Chesterfield	Powhatan	Mathews
Carroll	Rappahannock	Cumberland	Prince Edward	Middlesex
Clarke	Roanoke	Dinwiddie	Prince George	Northampton
Culpeper	Rockbridge	Fairfax	Prince William	Northumberland
Craig	Rockingham	Fluvanna	Southampton	Richmond
Dickenson	Shenandoah	Goochland	Spotsylvania	Surry
Greene	Russell	Greensville	Stafford	Westmoreland
Giles	Scott	Halifax	Sussex	York
Grayson	Smyth	Hanover		
Fauquier	Tazewell	Henrico		
Frederick	Warren			
Floyd	Washington			
Franklin	Wise			
Henry	Wythe			
Highland				
CITIES				
Bedford	Martinsville	Colonial Heights		Alexandria*
Bristol	Norton	Danville		Chesapeake
Buena Vista	Radford	Emporia		Fredericksburg
Charlottesville	Roanoke	Fairfax		Hampton
Covington	Salem	Falls Church		Newport News
Galax	Staunton	Franklin		Norfolk
Harrisonburg	Waynesboro	Hopewell		Poquoson
Lexington	Winchester	Manassas		Portsmouth
Lynchburg		Petersburg		Suffolk
		Richmond		Virginia Beach
				Williamsburg



MEET THE LTACS



Blue Ridge

Piedmont

Coastal

Alexandria & Arlington

Regina@virginiasrts.org
REGINA ARLOTTO is the LTAC for the Blue Ridge region and organizes trainings and other events for local SRTS coordinators in Virginia.

Jim@virginiasrts.org
JIM ELLIOTT administers the QuickStart and Walkabout mini-grants programs and is the LTAC for the Piedmont region.

Dan@virginiasrts.org
DAN REED is the LTAC for the Coastal region. He leads communications and outreach for Virginia SRTS Program.

Wendy@virginiasrts.org
WENDY PHELPS manages the LTAC Program and serves as the main point of contact for schools in Alexandria and Arlington.

How have your experiences both personally and professionally, prepared you to be an LTAC?
 When my kids were young, our daily walk to school was one of the best parts of our day, but I was concerned by poor conditions for walkers and bicyclists. One day a girl running across the street from the playground was hit by a driver speeding down the block. She was fine, but the driver didn't even stop. Soon after, I heard about a new program called Safe Routes to School and ended up writing and winning one of the first SRTS grants in DC. In 2001, I helped plan a Walk to School Day event at the park near my house, which now has grown to include 17 schools, dignitaries, and elected officials. When I returned to the work force, I became the SRTS Policy Director with the bike advocacy group in DC and the rest is history.

How have your experiences, both personally and professionally, prepared you to be an LTAC?
 I've worked as an LTAC for the Virginia Safe Routes to School program since 2012 and have worked on various aspects of Safe Routes to School since 2008. It's been amazing to see the Virginia SRTS program grow over the years, and I'm continually inspired by the people I meet who are working to implement SRTS at the local level in Virginia.

How have your experiences, both personally and professionally, prepared you to be an LTAC?
 I learned to ride a bike late – I was 14, and my friend had gotten a new bike and basically forced me to ride it one afternoon – but it changed my life. On a bike, I was able to go places I couldn't reach on foot, and I saw my community, and the world, in a new way. Not long after, I knew I wanted to help other people bike and walk more. For five years I've worked as a transportation planner in many communities across the Commonwealth. I've designed bike lanes, sidewalks, and trails, raised awareness of different transportation options, and researched residents' travel habits to help communities understand where to invest in more walking and bicycling infrastructure.

How have your experiences, both personally and professionally, prepared you to be an LTAC?
 My early jobs - tutoring, camp counselor, ESL teacher - were all centered around working with kids, but in college I majored in Environmental Studies. I wrote my thesis about sustainable development and became interested in urban planning. Safe Routes to School has been a great way for me to combine my past experiences with my current desire to expand the number of transportation options available within a community.

Do you walk and bike for transportation?
 I do! I commute by walking to Union Station, about a 20 minute walk each way. My husband and I hop on our bikes to ride to the market, or downtown to a movie. I love the freedom of bikeshare, (docked or dockless, ebikes, and e-scooters too!) I am lucky to live in a place where I can ditch my car and walk, bike and use transit exclusively. True story: all three of my kids (now 22, 19, and 16) asked for a "cool, fast" bike (not a car) when they turned sixteen.

Did you bike and walk to school as a student?
 I walked and biked to school almost every day from elementary school through high school. Partly this was a function of the times (parents not as fearful as today). Partly it was a function of the specific environment I grew up in (sunny California in the age of budget cuts and no school buses). And partly it was a function of being a kid whose eyes weren't good enough to drive. In the end though, I had some good friends I would walk with regularly and I remember some amazing side adventures, including taking the long way to school through the park.

Did you bike and walk to school as a student?
 Growing up, I dreamed of being able to walk or bike to school, but I couldn't because my school was a 30 minute bus ride away. Walking or biking to school is a crucial way for kids to learn independence while getting exercise, which is why I'm excited to help students across Virginia get to school by foot or bike.

Did you bike and walk to school as a student?
 I always lived a few miles from school, so I grew up as a bus rider. Most of my biking and walking took place after school in the cul-de-sac in front of my house. While I had a bike when I was younger, once I hit middle school, roller blades were my preferred method of getting around the neighborhood.

Please share a favorite hobby or an interesting fact about yourself.
 I taught myself to knit watching online videos over 15 years ago, and I've gotten pretty good over the years. I'll knit just about anything that doesn't require two of anything (so no socks or mittens); my favorite projects are one-piece top down sweaters, baby blankets, baby jackets, and scarves.

Do you still bike and walk for transportation?
 Yes, I still mostly bike or walk for transportation. Sometimes I wish I lived a little further from work, since I don't rack up the National Bike Challenge miles like some of my colleagues. I also believe I should be get extra points for carrying my kids to school on the back of a regular, non-electric-assist cargo bike.

Please share your favorite hobby or an interesting fact about yourself.
 My favorite hobby is something I do relatively rarely, which is backpack. There's something about carrying my home on my back, eating freeze dried meals, and hiking through beautiful, wild places that puts things into perspective and makes me feel like I'm living large.

Do you still bike and walk for transportation?
 I've been biking for transportation for most of my adult life, and it's a great way to start my day! I'm fortunate to live in a neighborhood where I can get to most of my daily needs on foot or bike. I walk or bike to work, the grocery store, to spend time with friends, and to explore my community.

Please share your favorite hobby or an interesting fact about yourself.
 In my free time, I like to see live music, to travel to new places and eat ice cream there, and to go for long walks or bike rides.

Do you bike and walk for transportation now?
 As much as possible! I'm really lucky to live about three miles from work and try to run home from the office a couple of times a week. It's a great stress reliever and I don't have to worry about fitting in a workout once I get home.

Please share your favorite hobby or an interesting fact about yourself.
 My perfect weekend would include going on a bike ride with friends, cooking a delicious meal, and relaxing at home with a good book.