



Spring 2022



Coordinator's Corner

The days are getting longer, the flowers are starting to bloom: that means spring is on its way! Here at Virginia Safe Routes to School, we're excited to take advantage of warmer weather and get outside. This spring, we're also celebrating a new name for Bike to School Day that reflects our shared goal of making sure everyone feels welcome enjoying active transportation.



In this newsletter, we'll talk about resources to make your spring SRTS events a success. We'll get to know Barbara Johns, a student whose fight for school integration in the 1950's will be commemorated with a special Walk to School Day event each April. We'll share some funding opportunities, a new resource for making your SRTS events equitable and inclusive, and some helpful design recommendations that make streets safer for walking and bicycling. Finally, we'll learn some tips about maintaining your bike this spring. And don't forget to take our parent and caregiver survey, open until March 31!

If you have any questions or would like to learn more about the topics included here, please don't hesitate to reach out! You can call the Virginia SRTS Hotline at 1-855-601-7787 or send us an email at info@virginiarts.org.

Regards,

Katherine Graham

Katherine Graham
Virginia SRTS Coordinator

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CALENDAR

APRIL

- 7: QuickStart Mini-grants due
- 22: Earth Day
- 27: Barbara Johns Walk to School Day

MAY - Bike Month!

- 4: Bike & Roll to School Day

[Download the 2021-2022 Virginia SRTS Calendar](#)

Bike to School Day Has a New Name!



Registration is now open for Bike to School Day, but this year it has a new name: Bike & Roll to School Day! This new name is meant to be more inclusive and celebrate all of the ways we get to and from school.

However, most things will stay the same, including the website at www.walkbiketoschool.org. You can still register Bike & Roll to School Day events for any day in the month of May. If you register your school, we'll send you a 2022 Bike to School Day decal.

If you're looking for Bike & Roll to School Day materials like logos and banners, you can download them [at the BRTSD website](#). You can also learn more about event ideas and how to spread the word on the [Virginia Safe Routes to School website](#).



Focus on Funding



Here's a list of upcoming grant opportunities at the state and national levels.

[AARP, Community Challenge Grant](#)

- \$500-\$20,000
- Application is due March 22
- Small grants to fund quick-action projects to make communities more livable for people of all ages

[Virginia SRTS Program, QuickStart Mini-grants](#)

- \$1,000
- Applications due April 7
- Small-scale SRTS activities

[Virginia Foundation for Healthy Youth—Healthy Community Action Team Grants](#)

- \$30,000 based on previous grant awards
- Next application round expected in fall 2022
- Healthy Community Action Teams work to build community infrastructure and identify opportunities to address obesity prevention through policy systems and environmental changes.

See our [Learn It. Do it. Live it! on Funding SRTS Projects](#) for time-tested tips for funding SRTS projects, a menu of common funding sources, and links to other valuable funding resources.

Meet Barbara Johns, A Virginia Civil Rights Hero



Barbara Johns, the student civil rights activist, receives a brief mention in the new [Equity and Inclusion Learn it. Do it. Live it!](#) and there's a lot more to learn about her story.

In 1954, at age 16, Barbara Johns led a student strike to protest the poor

conditions at the all-Black Robert Russa Moton High School in Farmville, VA. She planned an assembly at school where she gave a speech asking other students to join her.

In her memoir, she describes her motivation: "It was time that Negroes were treated equally with whites, time that they had a decent school, time for the students themselves to do something about it. There wasn't any fear. I just thought—this is your moment. Seize it!"

Over 400 students participated in the strike, which led to a lawsuit and massive resistance from white residents of Prince Edward County. The lawsuit, *Davis v. Prince Edward*, was one of five cases reviewed in the landmark *Brown v. Board of Education of Topeka* case that declared segregation illegal. Rather than integrate, Prince Edward County closed its public schools for 5 years starting in 1959.

Hear details about the day of the walkout in these first-person accounts:

- [Birthplace of Student Civil Rights](#) – This video describes the conditions at the all-Black high school and details of the assembly Barbara planned.
- [In her own words](#) – This video includes a portion of an interview with Barbara Johns and comments from her sister, Carol, and other students.

In 2017, the Virginia General Assembly passed a resolution declaring April 23 Barbara Johns Day in the Commonwealth of Virginia. In early 2022, Fairfax County's SRTS Coordinator Sally Smallwood worked with Delegate Irene Shinn to submit a resolution declaring the last Wednesday in April Barbara Johns Walk to School Day. The resolution passed and April 27, 2022 will be the first ever Barbara Johns Walk to School Day! We hope that you will be inspired by Barbara's bravery and vision to make positive changes in your own community.

Special thanks to Sally Smallwood and the Moton Museum for the resources used to write this article. Please visit the [Robert Russa Moton Museum website](#) and consider making a trip to visit to learn more.

Parents & Caregivers: Take Our Survey By March 31

Please take a moment to fill out our Spring 2022 Parent and Caregiver Survey. The survey takes about 10 minutes to complete, is available in [English](#) and [Spanish](#), and comes with an opportunity to win a \$25 cash card.

Your responses will help the Virginia Safe Routes to School Program and your local SRTS Coordinator understand school travel behaviors, student physical activity levels, and concerns about pedestrian and bicycle travel in your neighborhood and on the way to school. You can also help spread the word in your school community with [these social media graphics](#).

The survey closes **March 31!**

How does your child get to school?

Parents, take our survey on student travel and physical activity. You could win a gift card!

<http://tiny.cc/VASRTS-2022-EN>



Making Your SRTS Events Equitable and Inclusive

Drawing on the experience and insight of SRTS coordinators in school divisions across Virginia, [this Learn it. Do it. Live it! resource](#) provides tips on how to make SRTS events equitable and inclusive.

Learn it. Do it. Live it!

SAFE Routes to SCHOOL VIRGINIA

Equitable and Inclusive SRTS Events

This resource provides tips to help you make Safe Routes to School events equitable and inclusive. Although it focuses on equity and inclusion as they relate to walk and bike to school events, most tips apply equally well to other types of events.

What are equity and inclusion?

The terms "equity" and "inclusion" are defined in many ways, but equity is typically associated with outcomes and inclusion is typically associated with processes. For our purposes:

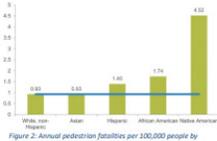
- An **equitable event** is an event that everyone fully participates in and enjoys, regardless of income, race, ethnicity, disability status, gender, sexual orientation, the community they live in, where they live relative to the school, and/or other perceived or actual differences.
- An **inclusive event** is an event where people from diverse groups are involved in planning and implementation, helping ensure the event meets diverse needs and feels welcoming to all.

Why are equity and inclusion important to SRTS?

People of color, people with lower incomes, and people with disabilities often rely more heavily on walking, bicycling, and transit for travel to work, school, and other daily destinations. At the same time, they often live in under-resourced neighborhoods, face greater safety and accessibility challenges, and have higher rates of diseases, such as diabetes and asthma, that are influenced by opportunities for physical activity, motor vehicle emissions, and other travel conditions.



Figure 1: Students participating in Walk to School Day at William Perry Elementary School in Waynesboro, VA.



Race/Ethnicity	Fatality Rate (per 100,000 people)
White, non-Hispanic	0.90
Asian	0.85
Hispanic	1.60
Black, non-Hispanic	2.74
Native American	4.02

Figure 2: Annual pedestrian fatalities per 100,000 people by race/ethnicity 2005-2014. Blue line indicates fatality rate for White, non-Hispanic. (Source: Smart Growth America)

Safe Routes to School programs can help address these inequities and are more successful when they do. For this reason, the Virginia SRTS Program has incorporated **equity as foundational principle**. It's also why equity and inclusion should be present in all aspects of Safe Routes to School programming, including SRTS events.



www.virginiadot.org/saferoutes

From the Archives: Bike Maintenance Tips

In celebration of a decade of Virginia SRTS Newsletters, we will be revisiting articles from past editions. This one originally appeared in 2018, but is still relevant today!

As colder, winter days make way for warmer, sunnier days, it's time to get your bike out and make sure it is in proper working order! See below for some common issues and solutions for maintaining your bike:

Bike is dragging along (friction) or rims are pinching the tube	Add air to your tires! The PSI is too low. The recommended tire pressure is on the tire sidewall; check it, then fill
Brake stops the bike but feels sluggish when pulled or does not immediately spring back	Drop a small amount of oil in pivots of brakes and on cable near housing entrances or change cable housing
Brake lever pulls all the way to handlebar but bike doesn't stop	Brake cable is too loose! Tighten brake cable or turn barrel adjuster counter-clockwise
Brake lever only pulls a small amount before braking	Brake cable is too tight! Loosen brake cable or turn barrel adjuster clockwise
Brake rubs the rim on one side	Check if the wheel is centered. If so, the brake is off center so use the centering screws to adjust
Brake pads squeak when they touch the rim	Pads needs to be "toed in." The leading edge of the brake pad should hit the rim first
Brakes are properly adjusted but stop slowly	Pads may be dry rotted or hardened and need to be changed or sanded
Chain chirps or squeaks	The chain needs oil! Use Tri-flow or other chain lube (not WD-40)
Chain skips in one spot when you pedal backward	Chain may have a kink in it, replace rusty portions or bend out
Chain skips forward, especially when pedaling uphill and may only happen in two or three common gears	Chain is worn, check chain, cassette, and chain rings and replace
Gears shift but are slow in either direction	Drop a small amount of oil on cable near housing entrances, change cable and housing
Chain skips around in any gear any time	Cable tension is off or derailleur hanger could be bent
Rattling of any kind	Check if hardware, fenders, racks, headset, and hubs are loose and tighten as necessary

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To fix your bike, we suggest you keep the following tools and materials on hand:

- Multi-tool with a metric Allen Key and screwdrivers
- Tire levers
- Floor air pump with pressure gauge
- Extra tubes

Interested in more tips for maintaining your school's bike fleet? [Contact your Local Technical Assistance Coordinator](#) for more information!



VDOT Bike/Ped Treatment Webpage

We all know what a good street crossing feels like. Have you ever wondered what decisions go into the design, or how crossing infrastructure can create a more comfortable environment?

There are a variety of infrastructure treatments that VDOT and local jurisdictions use to improve safety for people walking and biking. [VDOT's new Bicycle and Pedestrian Treatment webpage](#) is a new resource with a wealth of information on these crossing treatments, intersection treatments, and bike facilities.

For each treatment, the webpage has design guidance, diagrams, example images, benefits, and more. There's even a handy brochure for each treatment.

Wondering how to use the Bicycle and Pedestrian Treatment webpage? The page will help you:

- Understand the benefits of different safety treatments
- Recognize potential solutions to issues observed during a walk audit
- Advocate for infrastructure improvements in your neighborhood
- Enhance pedestrian, bicycle and driver education initiatives
- Provide detailed content for your social media feed or in your newsletter