

# WALK & ROLL

## WITH REDMOND SCHOOLPOOL

At our school, we're joining students and teachers across the country to celebrate Walk and Bike to School months this October and May. Whether you walk, roll, or share the ride, log your trips and earn rewards.

### How it works:

1. Track your walk and roll (non-drive alone) trips to school this month on the other side of the card
2. Record at least one walk, roll (scooter, bike, etc), bus or carpool trip to receive a prize
3. Return your completed card to your school at the end of the month to earn \$5 for your school, and a prize for you (like free pizza, or ice cream!)

## OCTOBER 2<sup>ND</sup> IS WALK TO SCHOOL DAY!

Get there safely with these tips  
from Redmond SchoolPool:



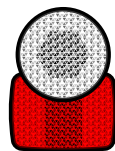
### BUDDY UP

Walking to school with a friend or family member is safer, and more fun too!



### BE SAFE

Always use crosswalks, look all ways before crossing a road, and beware of cars entering and exiting driveways.



### BE SEEN

When walking in low lighting be sure to have bright clothing, reflectors, or your SchoolPool safety light.



RedmondSchoolPool.com  
RedmondSchoolPool@redmond.gov

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## How did you get to school this month?

How many walk and roll trips did you take to school this month? Fill in one square for each non-drive alone trip, using the below letters to represent the type of trip you took

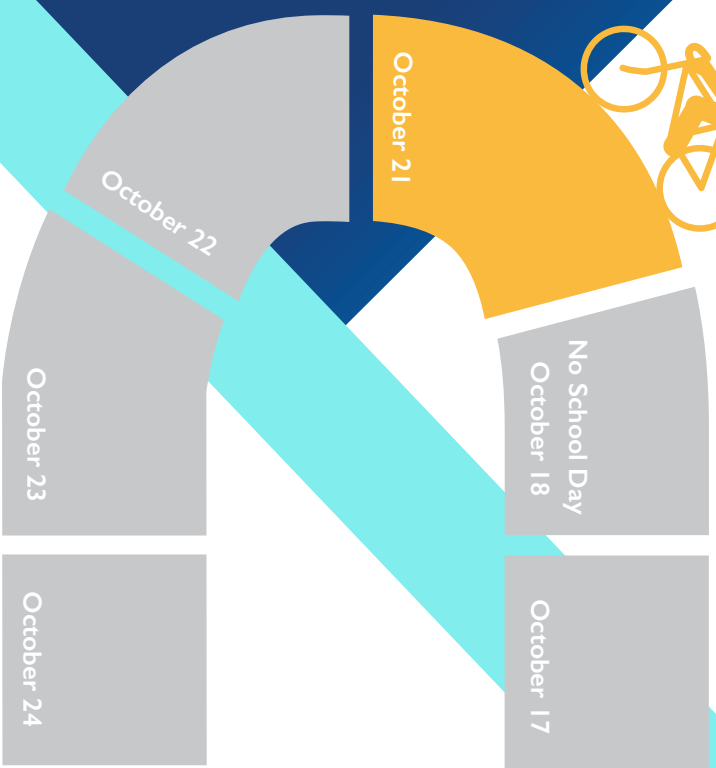
W=Walk

R=Roll (Bike, Scooter, Wheelchair, etc)

B=Bus (School or Metro bus)

C=Carpool with friends

Each 2 mile round trip walk or roll commute keeps about 7.5 lbs of pollutants out of the air



START

October 1

Walk to School Day  
October 2

October 3

October 4

October 7

October 8

October 9

October 10

October 11

October 12

October 13

October 14

October 15

October 16

October 17

October 18

October 21

October 22

October 23

October 24

October 25

October 28

October 29

October 30

October 31

FINISH

As much as **20-30%** of local morning traffic is caused by driving students to school

A one mile walk to school trip generates 1/3 of a youth's recommended daily physical activity

Students that commute to school with a friend have an average of **75 minutes** or more of additional social time each week



## Reward Coupon

Name: \_\_\_\_\_

Grade: \_\_\_\_\_

School: \_\_\_\_\_

Name of Teacher: \_\_\_\_\_

Add the total number of trips by each type:

Walk total \_\_\_\_\_ Bus total \_\_\_\_\_

Roll total \_\_\_\_\_ Carpool total \_\_\_\_\_  
(Bike, Scooter, Wheelchair, etc)