

Steering Active Living and Safe Routes to School

The Active Living Group met on Tuesday, November 23, 2010 from 12:00 pm to 2:30 pm in Decorah. Those present include Scot Michelson, Lindsay Erdman, Ann Mansfield, Anna Wikan, and Heidi Skildum.

By December 3:

1. Prepare a preliminary **Asset Inventory** of Northeast Iowa *in order to highlight what promotes walkable and bikeable communities*. This includes:

Local/State Parks	Libraries	Park&Rec. programs
Fitness Centers	Bike Shops/Fitness Stores	County Conservation
Fitness Groups	Higher Education	(Grant writers)
Complete Streets	iWalk/IDPH	

More: ***After school activities, Ewalu Camp, Chamber of Commerce***

2. Start building the Active Living Network of Northeast Iowa

(List people and organizations here)

- *Lindsay suggested to go to city clerks, chambers of commerce, and wellness groups in order to find the “connected” and physical activity experts in each community*
- *Certain individuals already involved Larry Lilifeld, Brad Crawford, Daryl Grove and Andrew Wenthe of Upper Iowa, Dick Jensen from the Turkey River Corridor, and Jim Biggley*
- *Organizations include F.I.T. Running Club in Cresco, Decorah Human Powered Trails, Upward Bound, Heritage Foundation, Upper Iowa University, Fayette County Conservation, Turkey River Corridor*

By December 10:

1. After reviewing the Asset ***Inventory***, review the following work plan to determine the following work the Active Living and SRTS team will work on from January-August 2011
 - a. Focus on Programs and Events that will
 - i. Spark interest in children, families, and communities
 - ii. Supported by invested partners
 - iii. High Likelihood of Success
 - b. Goals
 - i. 3-4 Active Living programs
 - ii. _____ SRTS programs (TBD by Wellness Plan)
2. Start meeting with potential collaborators to gain interest, ideas, and support
3. ***Each school with SRTS activities gets an “asset inventory” pamphlet for their community***
4. ***Focus on Chickasaw County to complete an inventory of the county this winter***

By January 10:

1. Clear vision for AL and SRTS programming
2. Formalize AL/SRTS Work Plans
3. Conduct first AL Quarterly Meeting on **January 11th** with Active Living Network **from 10-12**

pm

• **Network Invitations will go to the following people (but is not limited to): Lily Jensen, Clayton County Conservation Board, Mackenzie Johnson, Angela Gibbs Rick Edwards, Elaine Govern, Larry Lillyfield, Laurie Marzolf, Upper IA**

Tentative Active Living Work Plan, 2011 (*objective list*)

1. Communications: The Active Living Network
 - a. NE Iowa needs an online place to disseminate information about active living activities throughout the region for families and children
 - b. Prepare an online calendar of events, map of parks, regional links to outdoor adventures and trips, information on fitness trails, natural playgrounds, ect.
 - c. Insert calendar in local newspapers, school newspapers, CCB newsletters, Inspire[d] magazine, ect.
2. Active Living Programming
 - a. Spring Events
 - i. Bike-a-Thon (Youth Fundraiser?)
 - ii. Field Day
 - b. On-Going Summer Programs
 - i. Safari
 - ii. Geo-caching
 - iii. 5k Race Circuit
 - c. Summer Events
 - i. Adventure Hunt (Active Living Summer Camp for 7th, 8th, 9th graders), June 6th-10th
 - ii. Bike Camp (in collaboration with IBC?)
3. Safe Routes to School Programming
 - a. Winter (Jan-Mar.) Events
 - i. Parent Engagement/Encouragement Meetings during Parents/Teacher Conferences
 - ii. Teacher Wellness Workshop
 - iii. School Wellness In-Service
 - iv. Expert Visit
 - v. Crossing Guard Training (w/ IBC)
 - vi. Iowa Bicycle Coalition Presentation
 - b. On-going Winter (Jan.-Mar.) Programming
 - i. Bike Rack Competition
 - ii. GIS Mapping
 - c. Spring (Apr.-May) Events
 - i. Spring Data Collection
 - ii. Expert Visit
 - iii. P.A.C.E. Trek: SRTS children crossing the road, w/ escort from bus stop, April 14-30
 - iv. Go the Distance Day (May 6th)/AL Field Day
 - v. Bike to Work/School Week: May 16-20
 - vi. Bike Rodeo and Helmet Sale (w/ IBC)
 - vii. Iowa Bicycle Coalition Presentation
 - d. On-going Spring (Apr.-May) Programming
 - i. Walking School Bus
 - ii. Golden Sneaker Competition/Mileage Club
 - iii. Morning/Afternoon Mile
 - iv. Bus Drop-Off Days
 - v. School-to-School Busing Reduction

Here is the outreach AL/SRTS will reach for. For next meeting, we need detailed information on the AL activities....

FFI Sponsored
 Field Day, Bike-a-thon, Safari, Geo-caching, 5k Race Circuit, Adventure Hunt, Parent Engagement Mtgs., Wellness Workshop, School Wellness In-service, Expert Visits, Bike Rack Competition, GIS Mapping, Spring Data Collection, PACE TREK, Bike to Work Week, Walking School Bus, Mileage Club, AM/PM Mile, Bus Drop-off Days, Busing Reduction

IBC Sponsored
 Crossing Guard Training, IBC Presentation, Bike Rodeo/Helmet Sale

Fall 2011 Ideas (to be saved for later)

1. After-school programming w/ Americorp. Volunteers throughout the region to supervise open gyms, weight rooms, and lead activities for children that encourage teamwork, physical activity, and FUN
2. SPRING Trails Article: The Future of NE IA
 - A. Focus on the Health of the Community and Economic Development due to financially supporting active transportation routes in the region
3. Look at insurance/liability/cost for joint-use agreements
4. Park and Walk
 - a. After completing the Asset Inventory, the idea is to have a kiosk available at public parking places that tell people the safe routes to the grocery store, the library, the bank, ect. As well as the TIME and DISTANCE it takes to get there by foot.
 - b. We are introducing it is PARK and WALK for our RURAL COMMUNITIES

Additional Notes

1. Create a template for Wellness Teams to put together that inventories the EVENTS (such as races) and ORGANIZATIONS (fitness clubs) in their region
2. Fayette County is getting connected by TRAILS
 - a. New Trail: Fayette to Volga River State Park: 3-4 miles of ski/bike trail
 - b. Partnered with Upper IA, County Conservation, Heritage Foundation
 - c. Scot will work on getting connected with Upper IA in order to start Active Living Collaboration
3. MUTCD: Manual on Uniform Traffic Control Devices
 - a. Available at <http://mutcd.fhwa.dot.gov/>
 - b. Defines the standards used by road managers nationwide to install and maintain traffic control devices on all public streets, highways, bikeways, and private roads open to public traffic.

Policy Systems Change

1. Walkable/Bikeable Communities
 - a. Focus on school-decision makers, producers, city/county, and youth
2. Physical activity in schools (Future)
3. Joint-use Agreements (Future)

When FFI started, cities and counties completed a built-environment inventory. From there, the “target communities” were identified in order to reach the largest number of vulnerable children and we decided to reach those children in the schools.

Potential Track for Asset Inventory

1. Identify the Assets of the community
 - a. Range from parks to stores to pools to gyms to churches to schools
2. Find the linkage between the assets
 - a. What are the safe routes to/from each asset?
3. Vicinities
 - a. Where are these assets in conjunction to one another?
 - b. LINK to POLICY CHANGE

Obtain what assets are missing to create walkable/bikeable communities

