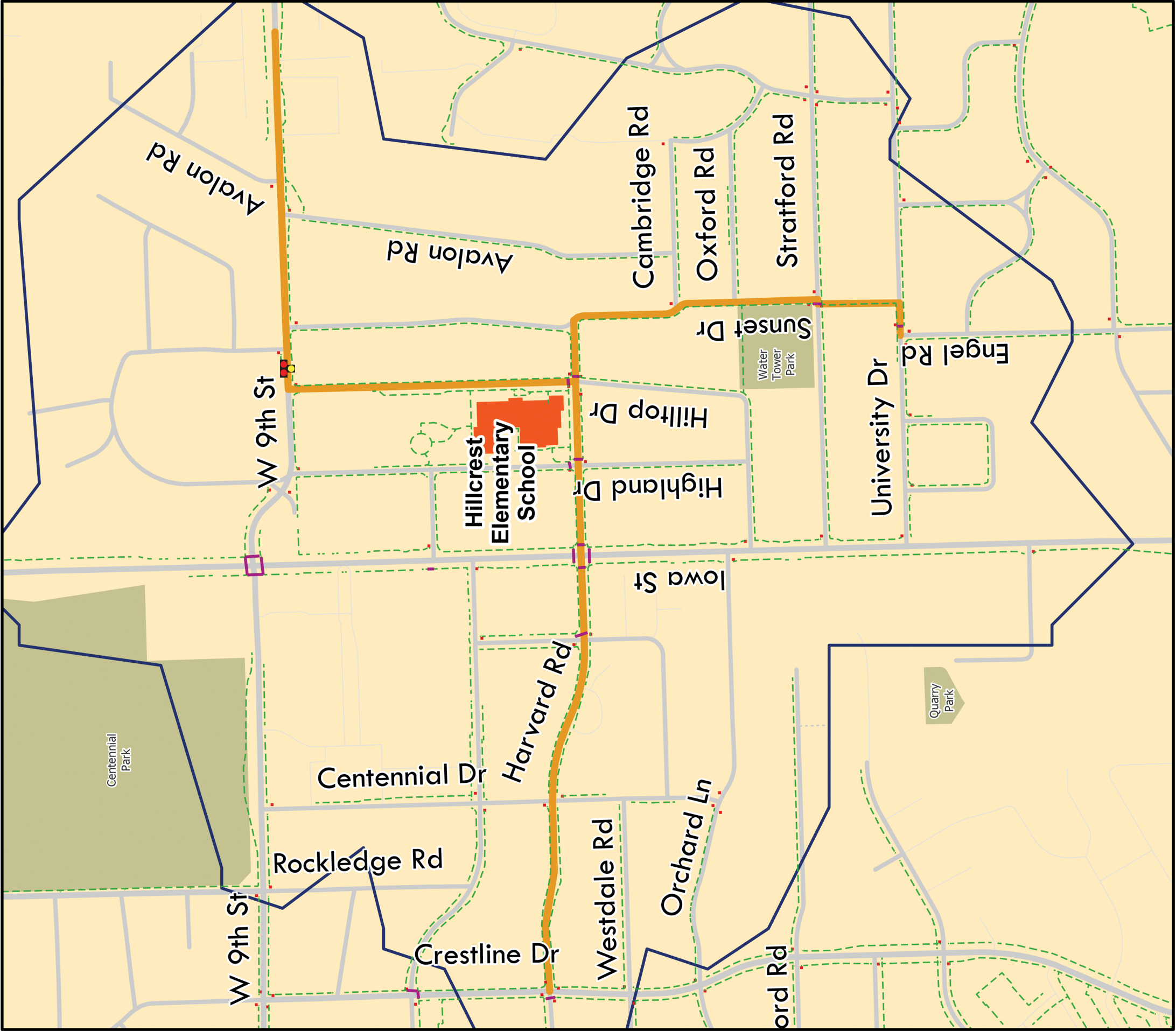
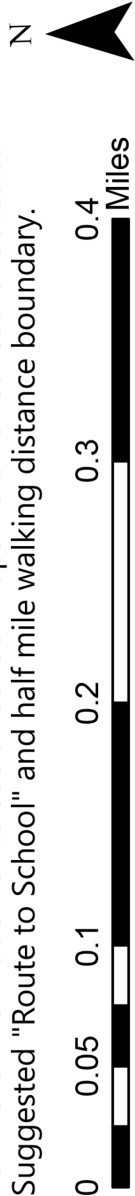






Hillcrest Elementary School

For more information or to see all school maps visit: BeActiveSafeRoutes.com
Suggested "Route to School" and half mile walking distance boundary.






Route Information

 Elementary School


 Existing Sidewalk


 Marked Crosswalk


 Established SRTS Routes

 Traffic Signal

 All Way Stop


 Hawk Beacon


 Rectangular Rapid Flash Beacon

 2022 - 23 Crossing Guard Locations

 Half Mile Walking Distance**

 Parks

 Water

 Railways

Visit LawrenceTransit.org for Route Info

**1/2 Mile distance takes approximately 15 minutes to walk

CHECK YOURSELF BEFORE YOU WRECK YOURSELF: BIKING CHECKLIST

- ✓ Helmet fits right and hair is pulled away from your face
- ✓ Wearing tennis shoes or other close-toed shoes. Shoelaces are tied.
- ✓ Reflectors and lights on the front and back of my bike when riding in the dark
- ✓ I've done my ABC's:
 - Air: Tires are full of air
 - Brakes: Brakes are working
 - Cranks and chain: Spin the pedals and cranks to see if the chain drives the back wheel. Make sure the chain doesn't have rust. Check that the gear levers work.
 - Check: Seats and handlebars are tight and the bike is at a comfortable height. Do a short test ride to double check everything.
- ✓ My pants are rolled up so they don't get caught in the bike chain

HOW TO CROSS THE STREET



- Look for a cross walk, crossing guard, or traffic light. These are the safest places to cross the street.
- Stop before crossing the street, entering a road, or turning
- Look up and make sure drivers see you
- Look left, right, left, behind, and in front of you for cars or other people
- After traffic has stopped, walk confidently across the street, make eye contact with drivers, and wave to thank them for stopping



BENEFITS OF BIKING, WALKING, OR WHEELING TO SCHOOL

- Counts toward the recommended 1 hour of daily physical activity
- Helps with staying focused in class
- Kids develop responsibility and independence
- Cleaner air because there are fewer cars on the road and near schools
- Families save money on gas

Direct questions to
saferoutes@ldchealth.org

Visit **LawrenceTransit.org**
for bus routes and schedule
information. Discounted K-12
passes available.



WHAT IS ACTIVE TRANSPORTATION?

Using your body to get somewhere, including:

- Biking
- Walking
- Wheeling: Skating, skateboarding, using a scooter or wheelchair



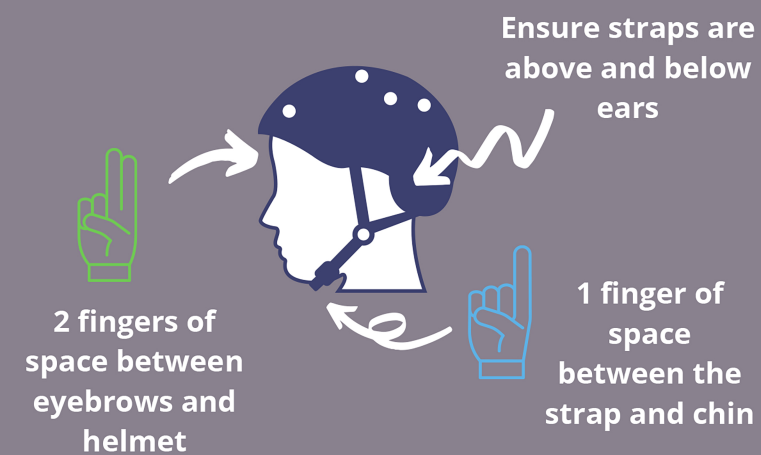
WALKING, WHEELING, AND BIKING SAFETY TIPS

- If you're under 10, have an adult or someone over 10 with you
- Be seen! Wear bright, reflective clothing
- Be alert! Put away your phone and headphones
- Walk or wheel on the sidewalk when possible
- If there isn't a sidewalk, walk on the left side of the road so you can see cars coming toward you
- Bike on the right side of the road in the same direction as the cars when biking on the street
- Use bicycle lanes where available and if you're comfortable riding closer to traffic
- Bike on the sidewalk if you're not comfortable on the road. Make room for people walking. Always ring a bell or yell "on the left" to let others know you are approaching from behind.

WALKING, WHEELING, AND BIKING SAFETY TIPS CON'T

- Use hand signals when biking so cars know if you're turning or stopping
- Watch for cars backing out of driveways, parking spots, and turning at intersections
- Lock your bike when you get to your destination

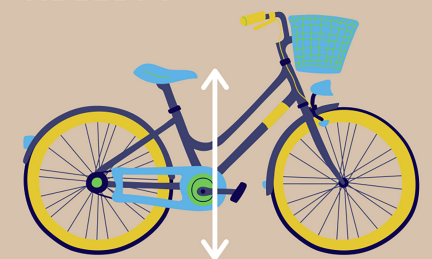
Helmet Fitting



HOW TO CHOOSE THE RIGHT SIZE BIKE

CONSIDER:

SEAT HEIGHT + PERSON'S INSEAM + RIDING ABILITY



Beginners should have feet flat on the ground while mounted on the bike. Seat height should equal child's inseam.

Experienced riders should be able to stand on their toes while seated. Seat height should equal child's inseam plus 2-4"