



Rural Track

Wondering if there are activities to do if you're a rural school with very little existing walk/bike/bus infrastructure and your students are geographically far flung? We have something for everyone to participate meaningfully.

Get more information and resources for each activity, [HERE](#)

Rural Track: Ready, Get Set, Go! (The Easy Stuff)

- Promote the Green Rewards Rideshare App
 - This app is a great way to encourage people to carpool, vanpool, bus, walk, bike to destinations
 - You earn points for every sustainable transportation trip you take, and you can redeem them for discounts off of local restaurants, or for a chance to win a prize (like a \$50 Amazon gift card)
- Bring a Bike Presentation to your school
 - Local Motion offers FREE 1 hour transportation bicycling presentations for Vermont schools (either for students or staff) – contact Sandy for more information at sandy@localmotion.org
 - OR you can bring in your own expert!
- Watch a Way to Go! Webinar
 - These 45 minutes to 1-hour presentations about School Travel Plans and how Way to Go! works are a great way to earn a few quick and easy points. Have them going while you're cooking dinner, and you're doing two good things at once!
- Promote sustainable transportation to school staff
 - Just send out an e-mail ([we've got a template for you!](#)) to staff promoting sustainable

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Rural Track: Go! Go! Go! (A little more effort)

- Ride the Bus Day
 - Pick a day to encourage students to choose to ride the bus instead of taking a family vehicle!
- Data Collection Initial Round
 - Send a quick "count of hands" tally out to teachers in your school to determine how students in your school arrive at school. We have a template and instructions, just click on the link above!
- Park and Walk Day
 - Park at a location that is along a safe route to school, and families, co-workers and students all walk together the rest of the way to school.
- Carpool Day
 - Pick a day (or several!) for students, families and staff to carpool to school
- Something you didn't do from the Get Started Section:
 - Promote the Green Rewards Rideshare App, or Bring a Bike Presentation to your school, or Watch a Way to Go! Webinar, or Promote active transportation to school staff!

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Rural Track: Go! The Extra Mile (harder, but rewarding!)

- Integrate Sustainable Transportation into Your Curriculum
 - Contact the Vermont Energy Education Program (VEEP) to get support for adding sustainable transportation to the curriculum
 - OR create your own curriculum sequence on sustainable transportation.
- Create a new school travel plan
 - A School Travel Plan is a written document that outlines a school and community's intentions for enabling students to walk or bike to and from school. It is developed through a team-based approach that involves the school, experts, and often, members of the public. The team works together to identify barriers to walking and biking and develops strategies to address them. [Learn more here!](#)
 - E-mail sandy@localmotion.org to get help with getting started
- Utilize or Update your School Travel Plan
 - Utilizing your School Travel Plan
 - Sometimes those plans get created, and then end up on the shelf, gathering dust.
 - Utilizing your travel plan to inform your Safe Routes to School or Way to Go! work will also earn you points.
 - Updating Your Existing School Travel Plan
 - A quick review of your school travel plan may reveal that you've achieved a lot of your previous goals, or that the infrastructure situation around your school has changed, or you may have new, exciting goals for your school.
 - We'll connect you with support and experts to help you update your travel plan!
- Design Your Own Program
 - The sky is the limit! If it is sustainable-transportation related, we already love it!
- Promote the Vermont Walk/Bike Challenge (May-Sept)
 - Just send out an e-mail letting people know about the challenge, and how to participate
- Walk/Bike To a Field Trip
 - We love to hear about the way schools help students discover their communities by finding interesting places to visit near their own school

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Rural Track: Go! For the Gold!

YOU'RE IN THE HOME STRETCH!

- We do strongly suggest you do this activity: Data Collection Final Round
 - We want to collect behavior change data from all of the hard work you've done!
 - Then, pick and number of activities from here (or repeat old favorites!)
 - Ex: PARK(ing) Day
 - Take over a parking spot (or several) at your school for one day, and turn it into a mini-parklet! This is a fun demonstration of the space that parking takes from shared spaces. Click for link to Activities PDF

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None of those strike your fancy? Looking for more resources?

[Pick from our whole menu!](#)