



Urban Track

Wondering how to pick from the many options available to your urban school? Or is your urban school located where it's not safe for walking or biking? You can still participate meaningfully. We have many ideas that you can use as a springboard for your Way to Go! Work.

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

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

- 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!
- Walk to School Day or Bike to School Day
 - Encourage your entire school community to walk (or bike) to school on one day.
 - Organize a walking school bus or bike train to get students to school
- Carpool Day
 - Pick a day (or several!) for students, families and staff to carpool to school
- 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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Urban 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.
- Winter Walk to School Day
 - Set up a walk to school day in the winter, and demonstrate to your school community that active transportation doesn't end when the weather gets chilly.
- 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!
- Promote the Vermont Walk/Bike Challenge (May-Sept)
 - Just send out an e-mail letting people know about the challenge, and how to participate

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Urban 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!](#)