We hope your fall is going well and are excited to share the following Walking School Bus Program announcement and other timely items with you!

This Year’s Application Open for Walking School Bus Program!
Sign Up for Informational Conference Call on October 15 or 20!

In partnership with the Maine Center for Disease Control and the Maine Department of Transportation, the Bicycle Coalition of Maine and the Maine Safe Routes to School Program are thrilled to announce the second round of applications for the Maine Walking School Bus Program! This initiative provides funding, program materials and technical assistance to launch daily adult-supervised walk-to-school programs at eligible schools.

A Walking School Bus (WSB) is a healthy, safe, and cost-effective addition to a school transportation system in which groups of children are accompanied on the walk to school each morning by trained and vetted adult volunteers. Walking School Bus programs run in several states across the country, and have documented success in improving student learning readiness and behavior.

Through a competitive application process, the WSB Program Team will be selecting up to three new schools with which to work to launch Walking School Bus programs in the spring of 2016. Additional schools will be awarded funding over the next two years.

For a great description of one of our current local WSB programs, see this Maine Sunday Telegram article.

Learn More & Apply

We invite you to learn more and to consider applying to the Walking School Bus program:

In This Edition

- This Year’s Application Open for Walking School Bus Program!
- Maine Walk & Bike to School Events in Full Swing!
- Add Bicycle & Pedestrian Safety Education to Your Programs!
- Technical Assistance & Funding Possibilities
- Other Walk & Bike Opportunities and Resources

Step It Up! With the Surgeon General’s Call to Action to Promote Walking and Walkable Communities

Last month Surgeon General Vivek Murthy released the highly anticipated Step It Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities. Chronic disease affects one out of every two US adults and is the leading cause of death. Walking is an easy way to start and maintain a physically active lifestyle, reduce the risk of chronic disease and improve overall health. The Call to Action offers five strategic goals to
• Please sign up to participate in a October 15 or October 20 informational conference call here (recommended but not required)
• More information, including the application, can be found on our Maine Walking School Bus Program web site
• See the Latest News section in the right sidebar of the web site for photos and stories from the Ellsworth, Norway, Portland walking school bus programs!

Maine Walk & Bike to School Events in Full Swing!
Walk to School Month and Walk & Bike Activities Going Year-Round
Register Your Activities & Request Materials Here
Find Event Guidance and Checklist Here
Maine Safe Routes Blog & Inspiration Here

Walk and Bike to School events are a fun and easy way to build on local bicycle and pedestrian culture and to introduce new students and the larger school community to the experience of safely getting around town on one's own two feet. In Maine this fall, thousands of students are participating in a variety of walk and bike to school events, including Walk & Wheel Fridays, Walking Wednesdays, and daily Walking School Buses. See the complete list of schools and events here.

We love to share what schools are up to with photos and stories, like this photo from Lewiston's bike to school day last spring. Please share your photos & stories by emailing us at saferoutes@bikemaine.org.

Remember: The Maine SRTS Program can provide you with cool increase walking and walkability:
• make walking a national priority;
• design communities that make it safe and easy to walk for people of all ages and abilities;
• promote programs and policies to support walking where people live, learn, work and play;
• provide information to encourage walking and improve walkability;
• fill surveillance, research and evaluation gaps related to walking and walkability.

These goals will be accomplished through cross-sector collaboration with many sectors, such as transportation, land use and parks, as well as community support.

The Surgeon General aims to increase walking across the nation by calling for access to safe and convenient places to walk and wheelchair roll. To learn more about the Surgeon General’s Call to Action to Promote Walking and Walkable Communities, visit www.surgeongeneral.gov.

For More Information
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- or -
Sarah Cushman
posters to announce your events, and incentives for student participants throughout the school year, including stickers and bookmarks. Please click here to register your event(s) and to request event materials such as posters, stickers, and bookmarks. All schools that register their events with the Maine Safe Routes to School Program are entered into a raffle for some fun safety gear!

Add Bicycle & Pedestrian Safety Education to Your Programs!

Safety Presentations, Rodeos, Bike Clubs & Helmets
Request Presentations & Technical Assistance Here
Apply for Helmets Here

Our sister program, the Maine Bicycle and Pedestrian Safety Education Program, (another partnership of the Maine Department of Transportation and the Bicycle Coalition of Maine) is currently scheduling Bicycle and Pedestrian Safety Classroom Presentations and After School Bicycle Clubs for the fall. The program also has a Bicycle Helmet Program and can offer technical assistance for Bike Safety Rodeos.

These offerings are hugely popular – the Program reached about 20,000 kids last year - and can help keep your students safe and healthy, so please see more information and sign up here.

Technical Assistance & Funding Possibilities

Due October 15 - Every Body Walk! Collaborative Micro Grants

America Walks and the Every Body Walk! Collaborative are pleased to announce a new micro grant program designed to assist local walking advocates build on the momentum of the newly released Surgeon General’s Call to Action. This one time award will fund 10-15 community groups up to $2500.00 for activities designed to increase local walking programming and stimulate community demand for infrastructure improvements that provide accessible, safe walkable places for the entire community. Grant applications are due by 5:00pm EDT on October 15, 2015.
See here for more info

Due October 21 - Smart Growth America Offers Free Workshops

Each year, Smart Growth America makes a limited number of
technical assistance workshops available to interested communities for zero cost. This competitive award gives communities a chance to understand the technical aspects of smart growth development through a one- or two-day workshop. Any unit or subdivision of local government, Indian tribe, or regional government is eligible to apply for these free workshops. See here for more info.

Communities can apply for one of 12 workshop types, including:

- Implementing smart growth 101
- Planning for economic and fiscal health
- Sustainable land use code audit
- Complete Streets
- Using LEED-ND to accelerate the development of sustainable communities
- Walkability workshop/audit
- Regional planning for small communities
- Smart growth zoning codes for small cities
- Transportation performance measurement
- “Cool planning”
- Parking audits
- Implementing transit-oriented development 101

**Due October 21 - The National 5th Grade Bicycle Poster Contest is Back!**

There’s something contagious about riding a bike that has us reaching for our handlebars time and time again. We believe that by creating safe places for people to ride we can also create a better quality of life. Ask each student to create a poster that shows what they love about the bicycle (it is fun, healthy and green). The entry deadline is October 21st.

Students have spent the summer riding bikes, so let's build on their enthusiasm. Three winners in every state will get great prizes from Schwinn, and our national winner will get a trip to the 2016 National Bike Summit, plus Saris Parking and The Hub for their school. Visit the Poster Contest webpage for more details. If you
have any questions please contact Erik daSilva at erik@bikemaine.org.

**November 12, March 2 or 9 - Participate in a Maine Active Community Environments Workshop!**

[Register Here Now](#)

Working to improve your community’s built environment? Want to make it easier for people in your community to be more active where they live, work and learn? The Maine Active Community Environments workshops can help community members build places where people of all ages and abilities have the opportunity to have an active lifestyle through many venues including transportation, walking and biking. [Learn more here](#) and [register online here](#).

Three opportunities:

- Thursday, November 12 - Bangor, City Hall, 73 Harlow St. 2 - 4 pm
- Wednesday, March 2 - Lisbon, MTM Rec. Center, School St. 10:30 am - 12:30 pm *
- Wednesday, March 9 - Rockport Opera House, 6 Central St. 8 - 10 am

All sessions are free of charge and include all materials and light healthy snack. Bring a team from your city or town for the best results.

**Due November 12 - Apply For The Culture of Health Prize**

The 2016 call for applications for the Culture of Health Prize is now open. Up to 10 winning communities will each receive a $25,000 cash prize and have their success stories celebrated and shared broadly to inspire locally-driven change across the nation.

[Is your community the next Prize winner?](#)

**Due December 4 - 2015 Project Canopy Assistance Grants Available**

Project Canopy Assistance Grants are available to state, county, and municipal governments, educational institutions, and non-profit organizations for developing and implementing community forestry projects and programs. Project Canopy, a cooperative partnership between the Department of Agriculture, Conservation, and Forestry’s Maine Forest Service and GrowSmart Maine, anticipates that $150,000 will be available to support community forestry projects in the following categories:
Planning and Education: $10,000 maximum award

- Projects support sustainable community forestry management, and efforts to increase awareness of the benefits of trees and forests.

Planting and Maintenance: $8,000 maximum award

- Projects increase the health and livability of communities through sound tree planting and maintenance.

For complete grant application and workshop information, please visit the Project Canopy website, [http://www.projectcanopy.me/grants](http://www.projectcanopy.me/grants).

Other Walk & Bike Opportunities and Resources

**Video from Step it Up! Help Make Our Communities Walkable!**

Step It Up! Surgeon General's Call to Action to Promote Walking and Walkable Communities is a call to make walking a national priority. This [whiteboard animation video](#) highlights that walking can be an easy form of physical activity that fosters social connections and shows how we can all join the U.S. Surgeon General Vivek H. Murthy and get involved to make our communities more walkable.

**Leaps and Bounds: The Many Rewards of Physical Activity - New Infographic**

Nineteen states, one U.S. territory, and 12 cities, counties or districts have recently reported declines in their childhood obesity rates. Many of these places have taken their own unique approaches to make healthy foods available in schools and communities and integrate physical activity into people’s daily lives. [See this cool infographic here](#) (image below).
Free Webinar Series on Countermeasure Strategies for Pedestrian Safety

The Federal Highway Administration and the Pedestrian and Bicycle Information Center are pleased to announce a free 12-part webinar series entitled Countermeasure Strategies for Pedestrian Safety. This series will provide participants with an in-depth exploration of some of the countermeasures and design strategies that can be implemented to improve pedestrian safety. The series will be delivered between October 2015 and January 2016.

October’s webinars include:

Marked Crosswalks
October 15, 2015, 1:00-2:30 PM
Register Here

Curb Extensions, Bulb-Outs and Neckdowns
October 27, 2015, 1:00-2:30 PM
Register Here

Webinar: Learn How Regional Federal Agencies Can Help You Step It Up!
October 15th at 3pm - 4pm
Register Here

Join America Walks and the Every Body Walk! Collaborative for this free webinar, the first part in an exciting new initiative to bring together local advocates, federal agencies and our network to grow the work being done to make America a great place to walk.

Thanks for all you do to get more students safely walking and bicycling - and please let us know if you are interested in the Walking School Bus Program and/or how else we can be helpful with any of your activities this fall!

The Maine Safe Routes to School Team

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