



2016 Regional Congestion Mitigation Air Quality Improvement Program (CMAQ) Grant Application

PROJECT TITLE: Intercity Transit's Youth Education Program - "Walk N Roll"

GENERAL PROJECT INFORMATION

Agency or Organization Intercity Transit
 Contact Person Jessica Gould
 Phone Number 360-705-5855
 Email Address jgould@intercitytransit.com

Type of Transportation Partner **Select One**
 Traditional Transportation Partner
 Non-Traditional Transportation Partner

Threshold Criteria (check all that apply)

	Yes	No
The project is located in the Air Quality Maintenance Area (see application instructions)	<input checked="" type="radio"/>	<input type="radio"/>
Project elements meet all regional eligibility requirements	<input checked="" type="radio"/>	<input type="radio"/>
Project elements and administration meet all federal eligibility requirements	<input checked="" type="radio"/>	<input type="radio"/>
Applicant can demonstrate ability to obligate funding as proposed	<input checked="" type="radio"/>	<input type="radio"/>

STATUS OF EXISTING FEDERAL PROJECTS

Does the applicant have any other regionally selected projects underway? (yes or no) Yes No
Does the applicant have any other state selected federal projects underway? (yes or no) Yes No

If yes to either, attach separate documentation describing status of each project including project name, funding source, year of award, progress to date, future obligation commitments and strategy for meeting those obligation commitments in addition to those associated with new project funding.

Applicant's Project Priority

Are you submitting more than one CMAQ application (3 maximum)? Yes No
 If "Yes," what priority is this project application? _____ of _____

TYPE OF PROJECT OR PROGRAM

Identify project type that applies to this proposal

Alternative Fuels and Vehicles	<input type="checkbox"/>
Congestion Reduction and Traffic Flow Improvements	<input type="checkbox"/>
Transit Improvements	<input type="checkbox"/>
Bicycle and Pedestrian Facilities and Programs	<input checked="" type="checkbox"/>
Travel Demand Management	<input type="checkbox"/>
Public Education and Outreach Activities Related to Air Quality	<input checked="" type="checkbox"/>
Transportation Management Associations	<input type="checkbox"/>
Carpooling and Vanpooling	<input type="checkbox"/>
Freight / Intermodal	<input type="checkbox"/>
Diesel Engine Retrofits and Other Advanced Truck Technologies	<input type="checkbox"/>
Idle Reduction Programs	<input type="checkbox"/>
Training for Implementation of Air Quality Programs	<input type="checkbox"/>
Inspection / Maintenance (I/M) Program	<input type="checkbox"/>

PROJECT OVERVIEW

Brief abstract (~ 150 words) of proposal identifying problem or need, how the proposal will address it, and anticipated benefits. This is a high level summary suitable for reports and on-line descriptions. Detailed project information is provided on page 3.

The Walk N Roll program is the cornerstone of Intercity Transit's Youth Education programs that reduce drive-alone trips to school and builds the next generation of safe and healthy pedestrians, bike riders, and transit users. This established, school-focused public education and outreach program helps students and families to access their schools and community through active transportation choices, and positively influences air quality in our region, neighborhoods, and around public schools by reducing congestion and idling on the trip to school and return home.

PROJECT LOCATION AND DETAILS – applicants may submit a map of the project or program/service area

Project Type and Location

Construction Projects Project Location _____
 Type of Construction Project _____
 Length/Size of Construction Project _____
Programs/Services Delivery Area of Program/Service Olympia, Tumwater and North Thurston Public School
 Duration of Program/Service From June 2017 - June 2019

PROJECT PHASING AND COSTS

Identify project phases and costs

Construction Element (mark the appropriate phase and enter cost)	Phase	Cost
Preliminary Engineering/Design:	<input type="checkbox"/>	\$ _____
Right-of-Way:	<input type="checkbox"/>	\$ _____
Construction:	<input type="checkbox"/>	\$ _____
Program or Operational Element	<input checked="" type="checkbox"/>	\$ 168000
		\$ _____
Total Project Cost (Sum of all project phase costs identified above)		\$ 168000

YEAR OF OBLIGATION

FFY 2017 – 2018 Project Obligation

Select the preferred federal fiscal year the project will obligate*
 Select an alternate federal fiscal year the project could obligate

2017	2018
<input checked="" type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input checked="" type="checkbox"/>

*Applicants are expected to obligate their project on time, as stated on this application and indicated on the award letter, if the project proposal is selected.

YEAR OF OBLIGATION

Federal Funding Request and Match (non-federal share)

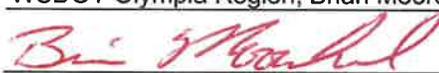
From Project Applicant* Local funding or other sources	\$ 23000
State funding	\$ _____
CMAQ Grant Request	\$ 145000
Total Project/Phase Revenue	\$ 168000

*Applicants must provide a minimum of 13.5% non-federal share to federal share.

Example
 Total Project Cost is \$100,000
 Minimum non-federal share: \$13,500
 Federal STP Funds: \$86,500

CERTIFICATION ACCEPTANCE

CA Agency and Representative WSDOT Olympia Region, Brian Moorehead 10-6-16

CA Signature and Date 

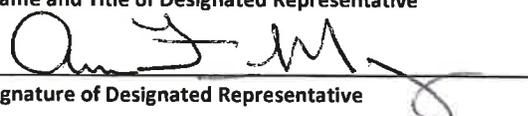
Project Verification and Endorsement

This project proposal reflects established local funding priorities consistent with the Regional Transportation Plan. Costs represent accurate planning level estimates needed to accomplish the work described herein. The project described is financially feasible, and local match revenue identified above is available and will be committed to the project if it receives the requested CMAQ grant. If selected, the project will obligate funding in Federal Fiscal Years 2017 or 2018 as specified on an award letter. Failure to do so will result in loss of funding for the project. I realize that the use of federal funds for this project entails administrative and project compliance requirements over which TRPC has no control, and for which this agency or organization will be responsible.

This project has the full endorsement of the governing body/leadership of this agency or organization.

Ann Freeman-Manzanares, General Manager

Name and Title of Designated Representative


 Signature of Designated Representative

10/14/16
 Date

Project Title: Intercity Transit's Youth Education Program - "Walk N Roll"

SUPPORT FOR SUSTAINABLE THURSTON OR OTHER RECOGNIZED REGIONAL INITIATIVES

Identify ways in which the proposed project supports implementation of Sustainable Thurston or other existing regional initiatives related to Sustainable Thurston. Examples of other initiatives related to the eligible project area include, but are not limited to, Urban Corridor Communities and associated District Plans, Healthy Kids Safe Streets, Walk and Roll, Commute Trip Reduction, Smart Corridors.

Walk N Roll is a key part of our community's strategy to improve, leverage, and support the use of the built environment for daily physical activity, improved air quality, and increased rates of biking, walking, and transit use. Walk N Roll is embodied within the Healthy Kids - Safe Streets Action Plan (Education & Encouragement). Walk N Roll implements Transportation Demand Management, Public Transportation and walking goals within 'What Moves You' - Regional Transportation Plan 2040 (Chapter 3-12 - walking).

PROJECT DESCRIPTION & SIGNIFICANCE (2 PAGES MAX, 10 POINT FONT MINIMUM)

Using the space provided on pages 3 and 4 below, please address the following in your narrative: Describe the proposed project and why it is a regional funding priority, paying particular attention to anticipated benefits to be realized. Specify ways in which this project will reduce vehicle miles of travel or increase overall system operating efficiency in the Lacey-Olympia-Tumwater urbanized area. Identify any collaboration or partnership with other entities with a vested interest in this project. Note whether this project leverages previous work, such as an implementation phase of a previous study or design phase, or whether it lays the groundwork for subsequent implementation phases. Describe any efforts that will help ensure this project can meet its obligation commitments. Indicate how this proposal supports the goals and policies of the Regional Transportation Plan, the transportation initiatives in Sustainable Thurston, or other adopted community plans and goals.

Intercity Transit is seeking grant funding to support the Youth Education & Outreach programs that operate under the program title of "Walk N Roll" (two year period). This program educates and encourages youth and families through a number of programs to access their community by biking, walking, and using transit. Elementary and middle school administrators and teachers are eager to participate in the nationally recognized Walk N Roll program to increase awareness and use of healthy, active forms of transportation and to reduce congestion, idling, and collisions on the trip to school. Walk N Roll reaches thousands of families every year across the Lacey-Olympia-Tumwater urbanized area by working directly with schools. Safe routes to school programs like Walk N Roll participate actively in public outreach and education to effect a reduction of vehicle miles traveled and to increase overall transportation system operating capacity. Air quality is improved for everyone when students and families choose to walk, bike, or take the bus rather than drive to school. Safe routes to school programs like Walk N Roll have also been shown to improve indoor air quality by reducing the number of cars idling in the school drop off zone.

Consider the following:

- As much as 20% - 30% of morning traffic is generated by parents driving their children to schools. (Source: US Environmental Protection Agency – 2003)
- 40% to 55% of students living within ½ mile of school are being driven. (National Center for Safe Routes to School)
- Forty years ago 50% of students walked or rode bikes to school. Today fewer than 15% travel on their own steam. (Federal Highway Administration, National Travel Survey)
- Half of children struck by cars near schools are hit by parents driving other children to school. (Source: National Highway Traffic Safety Administration – 2003)

Grant funding is necessary to maintain and expand this important program that supports a significant number of outreach and educational activities throughout the Olympia, Tumwater and North Thurston school districts and Intercity Transit service area. Walk N Roll has developed a model program over the past eight years. Our partners in the school districts, the Cities, and other local agencies are interested in expanding and developing Walk N Roll as a strategy to reach regionally significant transportation goals. During the next two years of program support (with grant support) Walk N Roll will look toward developing new relationships with the partnering schools and TRPC to develop "safe routes" maps for neighborhoods near participating schools as an opportunity to further the "next steps" of the Healthy Kids - Safe Streets Action Plan. This two year grant request represent less than 50% of the overall Youth Education program costs operated by Intercity Transit and would allow our youth education staff to leverage and continue development and expansion of these critical programs, while continuing the fostering of significant volunteer assistance and supporting actions through the Youth Education Programs at Intercity Transit.

Project Title: Intercity Transit's Youth Education Program - "Walk N Roll"

PROJECT DESCRIPTION & SIGNIFICANCE (continued)

This Community Design strategy is part of the Thurston Thrives initiative and is recognized in the Schools and Transportation chapter of the Sustainable Thurston plan. Walk N Roll is identified by several regional plans as a key transportation strategy including:

- The Healthy Kids - Safe Streets Action Plan identified Walk N Roll as the key strategy for outreach and education
- The Sustainable Thurston Plan incorporated the Healthy Kids Safe Streets plan into its Schools and Transportations Chapter, and named Walk N Roll as a key strategy
- The Thurston Thrives initiative named safe routes to school programs like Walk N Roll as a key Community Design strategy
- What Moves You - 2040 -The Regional Transportation Plan identifies outreach to youth as a strategy and supportive measure to achieve the regional planning goals related to walking, Transportation Demand Management, Commute Trip Reduction, and Public Transportation and specifically identifies implementation of the Healthy Kids, Safe Streets Action Plan as a supportive measure.

If grant funds are awarded, Walk N Roll will be able to expand into new schools within Olympia, Tumwater, and North Thurston Public Schools, continue to provide outreach and expansion of programs to existing schools and will coordinate efforts to further implement the Healthy Kids- Safe Streets Action plan by supporting action to develop safe walking and biking maps for neighborhood schools.

Programming Goals for 2017- 2018 and 2018- 2019 School Years:

1. Regional collaboration to align goals and leverage resources
 - a. Participate in regional Safe Routes to School summit with community partners
2. Educational Outreach
 - a. Air Quality
 - i. Pace Car safe driving pledge and Anti-Idling Campaign – parent driver education
 - b. Walking Route maps
 - i. Work with schools, administrators, PE teachers, parents and students to identify safe walking routes to school. End product created will be a functional map for school communities to use with the school in the center.
 - c. Transit Education
 - i. Green Tours with middle schools – students learn how to use transit and build model sustainable communities
 - d. Walk to School Day Events – monthly
 - e. Bike to School Month in May – youth specific School Mini Bicycle Commuter Challenge at 9 schools
 - f. Earn-a-Bike Classes – using recycled bikes to teach traffic safety skills and maintenance
 - i. After school classes taught by Walk N Roll staff and community volunteers
 - ii. Students earn a refurbished, donated bike and new helmet
 - g. Safe Routes to School Bike and Pedestrian Safety Education Program
 - i. Continue to support existing use of this curriculum in Tumwater and North Thurston Public Schools PE classes
 - ii. Coordinate community volunteers and provide tools to maintain existing PE bike equipment
 - iii. Identify and apply for funding to bring this curriculum, training, and equipment to interested school districts
 - iv. Coordinate and identify opportunities to develop bicycle and walking maps for school age children to use consistent with the Healthy Kids-Safe Streets Action Plan (\$3,000 for TRPC GIS support).
 - h. Evaluation
 - i. National Center for Safe Routes to School Parent Survey and student travel surveys to track program effectiveness
 - ii. Local and regional updates to policy makers and participating agencies as requested

Cathy Wolfe
District One

Sandra Romero
District Two

Bud Blake
District Three



THURSTON COUNTY
WASHINGTON
SINCE 1852

**PUBLIC HEALTH AND
SOCIAL SERVICES DEPARTMENT**

Tom Stuebner, MSPH
Director

Rachel C. Wood, MD, MPH
Health Officer

Congestion Mitigation & Air Quality Program Call for Projects
c/o Paul Brewster – Thurston Regional Planning Council
2424 Heritage Ct. SW, Suite A
Olympia, WA 98502

October 12, 2016

Dear Thurston Regional Planning Council CMAQ Grant Reviewers,

I write to express support for the proposed extension of Intercity Transit's Walk N Roll program to more schools in Thurston County. Safe Routes to School projects are a key part of our community's strategy to improve the supportiveness of the built environment for daily physical activity. This strategy for improving our community's design while encouraging more participation in active transportation to school is part of the Thurston Thrives (TT) initiative recognized in the Sustainable Thurston plan and the Regional Transportation Plan.

The Walk N Roll program continues education and promotion about safe and active travel to school, sustaining efforts many years in the making. Middle and elementary school students will continue to be encouraged to participate in healthy ways to get to school and gain important traffic safety skills. This program encourages active transportation and foster a community norm around being active, both key objectives on the TT Community Design strategy.

The proposed work with northern Thurston County school districts will build on existing safe routes to school projects on which Intercity Transit has a proven track record, and complements efforts by Safe Kids Thurston County, Thurston County and Thurston Regional Planning Council that we expect in future years to focus increasingly in areas outside of IT's service area.

We appreciate your consideration of this request for funding to extend the Walk N Roll program to new sites and building on the partnership that brings more healthy, active transportation options to children and families in our community.

Sincerely,

A handwritten signature in blue ink that reads "Tom Stuebner".

Tom Stuebner, MSPH
Director



Linda O'Shaughnessy ☐ Principal
Shawn Guthrie ☐ Assistant Principal

Seana Ditterline ☐ Counselor
Carole Mihalyi ☐ Activities Director

To Whom It May Concern:

The Walk N Roll program has been a great benefit to Bush Middle School over the past year. I am writing in support of Walk N Roll, specifically the Earn a Bike classes, in hopes that other schools can participate in this important community program.

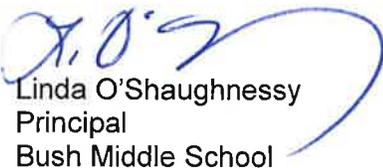
Our school is surrounded by very busy roads, with limited opportunities for safe walking, biking, and bus riding and a need for improved safe routes to school. Since the beginning of the Earn a Bike classes in 2016, we have seen an increased interest in biking at our school. Students who had never biked to school before, were empowered to try it after taking the Earn a Bike class. Not only did they get new skills to navigate, they also got the tools to do this, including a refurbished bike, helmet, bike lights, maps and 8 hours of riding and bike maintenance instruction.

We had almost 40 students earn bicycles this spring and we hope that we will have an additional 20 more students have the same opportunity this fall. Our students are learning basic bike maintenance and safe riding skills and after completion of 8 hours of instruction they will have earned their own bicycle and helmet. These donated bikes were saved from the landfill, refurbished by community volunteers, and earned by students who may not have otherwise had access to a bike.

Students build self-esteem through learning new skills, and they have a great new way to get around while getting exercise. The emphasis on riding safely in traffic gives students the skills they need to enlarge the distance they can travel independently.

We are excited about the opportunities that our students have been offered and we would like the Earn a Bike classes to be offered at other middle schools in Thurston County. We've seen first-hand how earning a bike can give students independence, create healthy habits, and expand their world by teaching them the skills they need to navigate their world independently and safely.

Sincerely,


Linda O'Shaughnessy
Principal
Bush Middle School



October 1, 2016

Thurston Regional Planning Council
2424 Heritage Ct SW, Suite A
Olympia, WA 98502

Dear Thurston Regional Planning Council Grant Reviewers,

We are writing to express support for the Walk N Roll program and encourage funding of both the Walk N Roll program and Earn a Bike classes. Walk N Roll has been partnering with Nisqually Middle School since September 2015 by supporting their program, Nisqually Walks, which strives to encourage more students to walk and bike to school. During the 2015- 2016 school year, monthly walks were planned out by the student leadership class. They picked the incentives, promoted the events, and handed out "totem tickets" to their fellow students. Walk N Roll supported this student led movement by providing advice, incentives, and staffing.

Nisqually Middle School is very excited to host the Earn a Bike classes, which will be coming to Nisqually Middle School in Spring 2017 and Fall 2017. The goal for those classes is to reach 70 students and provide 8 hours of on-bike and bike maintenance skills to each student. Upon completion of the class, students earn a free bicycle, helmet, lock and light.

The Walk N Roll program's Earn a Bike Class would be an incredible benefit to students at Nisqually Middle School in Lacey. Many students at Nisqually do not have access to safe, healthy, active transportation or the knowledge and skill to bike safely. The skills that they learn will stay with them through their life and the bike that they earn will give them the tool that they need to get around independently.

If the Walk N Roll program receives grant funding, Intercity Transit and Nisqually Middle School will partner to bring the Earn a Bike classes to 70 students as well as providing 70 bikes for those students.

This class will complement existing Walk to School events and outreach at Nisqually Middle School done in partnership with Safe Kids Thurston County and Thurston County Public Health.

Thank you for considering this request to support Walk N Roll and to bring their Earn a Bike classes to students at Nisqually Middle School. We look forward to working together with Intercity Transit's youth education program to bring transportation options to students.

Sincerely,



Principal
Nisqually Middle School

To whom it may concern,

Who we are: We are the 6-8th graders at Nisqually Middle School in Lacey, WA. The purposes of our leadership class is to help make our school a happier and more fun place for other students to be at.

At Nisqually we have a monthly walk to school day, called Nisqually Walks. One reason is it that would encourage students to walk, and ride bikes. This is how we can allow student to want to be involved. Another reason also, putting more kids together and be social. It also helps kids do healthy activities.

The contest is whoever walks or ride their bike gets a special ticket. Then we do a drawing and the students that gets pulled wins a cool prize. That would encourage students to want to participate. Everyone wants to get cool and fun prizes. This is a great way to help staying healthy.

We need to improve the announcements and say there's prizes. Like gift cards, key chains. Or something like cool popular thing that all kids want. Also, we need to improve our lifestyle. Not like driving so much. Maybe get out your handy dandy bike and ride to school. Or walk with friends in groups.

We believe that walking and biking to school is important because it is healthy, safe and it also gets kids social. One reason why it important for us to stay healthy is because walking just 30 minutes a day it can help prevent disease and stroke. We also want to teach how to walk safely in your neighborhood or across the street. The last reason why we think this is important is because it gets kids exercising and social and then they talk to each other while they are walking.

We want to see the Walk N Roll program continue and start at other schools because it helps students and families to exercise. We need America to exercise. It strengthens our bodies, like muscles. We need to be able to move. It reduces injuries, and keeping yourself up and moving. This is one reason why we need to exercise.

Another reason why we need to exercise is to decrease fat. You can get fat by eating bad food or too much food. If we don't exercise we get heavier and heavier. We are going to not able to do many things. And just sitting on the couch watching television and eating unhealthy food, so get up and moving. This is a way we need to decrease our fat.

The last reason is it reduce depression. Everyone has depression in there life. Even for no reason. This will make people happier. This changes your brain chemistry. And makes life way more easier just by exercising. These are reasons we need to exercise.

For all these reasons, we ask that you continue to support the Walk N Roll program and help other schools to start this program just like our school.

Signed,

The Leadership Class at NMS

John Flynn
Gabriela Rosado
Dania Sandifer
Caron Kelley
Mina Sa
Bailey B
Ego Avery
Jordub

Bailey Balbucith
Goby Arellano
Desiraye Fil
Hillmarie
Chloe Buchanan