# 2018 and 2020 Regional Congestion Mitigation Air Quality Improvement Program (CMAQ) Grant Application

## PROJECT TITLE:
**INTERCITY TRANSIT’S YOUTH EDUCATION PROGRAM—“WALK N ROLL”**

### GENERAL PROJECT INFORMATION

<table>
<thead>
<tr>
<th>Agency or Organization</th>
<th>Intercity Transit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Contact Person</td>
<td>Jessica Gould</td>
</tr>
<tr>
<td>Phone Number</td>
<td>360-705-5855</td>
</tr>
<tr>
<td>Email Address</td>
<td><a href="mailto:jgould@intercitytransit.com">jgould@intercitytransit.com</a></td>
</tr>
</tbody>
</table>

### PRIORITY OR ALTERNATE PROPOSAL

<table>
<thead>
<tr>
<th>(Select preferred award type)</th>
<th>SELECT YEAR OF OBLIGATION (Select the federal fiscal year the project will obligate)</th>
</tr>
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<tbody>
<tr>
<td>Priority</td>
<td>2018</td>
</tr>
<tr>
<td>Alternate</td>
<td>2020</td>
</tr>
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### Threshold Criteria (check all that apply)

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>The project is in the Air Quality Maintenance Area (see application instructions)</td>
<td>X</td>
</tr>
<tr>
<td>Project elements meet all regional eligibility requirements</td>
<td>X</td>
</tr>
<tr>
<td>Project elements and administration meet all federal eligibility requirements</td>
<td>X</td>
</tr>
<tr>
<td>Applicant can demonstrate ability to obligate funding as proposed</td>
<td>X</td>
</tr>
</tbody>
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### STATUS OF EXISTING FEDERAL PROJECTS

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Is this proposal part of an existing project with other secure federal funding? (yes or no)</td>
<td>X</td>
</tr>
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</table>

*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

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Are you submitting more than one CMAQ application (3 maximum)?</td>
<td>X</td>
</tr>
</tbody>
</table>

### Application Priority

<table>
<thead>
<tr>
<th>Priority</th>
<th>Alternate</th>
</tr>
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<tbody>
<tr>
<td>Select preference for funding selection</td>
<td>X</td>
</tr>
</tbody>
</table>

### TYPE OF PROJECT OR PROGRAM

- Alternative Fuels and Vehicles
- Congestion Reduction and Traffic Flow Improvements
- Transit Vehicle Acquisition
- Transit Capital Facilities
- Transit Incentives Program
- Bicycle and Pedestrian Facilities and Programs
- Travel Demand Management
- Public Education and Outreach Activities Related to Air Quality
- Carpooling and Vanpooling
- Freight / Intermodal
- Diesel Engine Retrofits and Other Advanced Truck Technologies
- Idle Reduction Programs
- Training for Implementation of Air Quality Programs
- Inspection / Maintenance (I/M) Program
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 online descriptions. Provide detailed project information on page 4.

The Walk N Roll program is the cornerstone of Intercity Transit’s Youth Education program that reduces 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.

The Walk N Roll program consistently emphasizes the benefits of biking, walking, and transit use especially in relation to air quality and the fact that motor vehicles are the main source of outdoor air pollution.

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

<table>
<thead>
<tr>
<th>Project Location</th>
<th>Activities within the PM 10 Air Quality Management Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Type of Construction Project</td>
<td>N/A</td>
</tr>
<tr>
<td>Length/Size of Construction Project</td>
<td>N/A</td>
</tr>
<tr>
<td>Delivery Area of Program/Service</td>
<td>Olympia, Tumwater and North Thurston Public Schools</td>
</tr>
<tr>
<td>Duration of Program/Service</td>
<td>2020-2021</td>
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PROJECT PHASING AND COSTS

Identify project phases and costs

<table>
<thead>
<tr>
<th>Phase</th>
<th>Cost</th>
</tr>
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<tbody>
<tr>
<td>Preliminary Engineering/Design:</td>
<td>$</td>
</tr>
<tr>
<td>Right-of-Way:</td>
<td>$</td>
</tr>
<tr>
<td>Construction:</td>
<td>$</td>
</tr>
<tr>
<td>Program or Operations:</td>
<td>$109,827</td>
</tr>
<tr>
<td>Other Cost:</td>
<td>$</td>
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</table>

Total Project Cost (Sum of all project phase costs identified above): $ |

FEDERAL FUNDING REQUEST AND MATCH

<table>
<thead>
<tr>
<th>From Project Applicant*</th>
<th>Local funding or other sources</th>
</tr>
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<tbody>
<tr>
<td>State funding</td>
<td>$14,827</td>
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STP Grant Request $95,000

Total Project/Phase Revenue $109,827
PM10 AIR QUALITY BENEFITS

Briefly describe how this project will reduce PM10 emissions and improve air quality within the Air Quality Maintenance Area.

Individual vehicles dropping off students at the front of the school are one of the biggest contributors to poor air quality. Children are one of the most sensitive groups at risk for health effects from air pollution, in part because their lungs are still developing. Children are known to be more vulnerable than adults to the effects of air pollution. Exposure to environmental pollutants during important times of physiological development can lead to long-lasting health problems, dysfunction, and disease. (Source: Pediatrics. 2006;118 (5):2173–86)

By encouraging and educating students and families about the benefits of walking and biking, especially for students who live in a 1 mile radius of the school and do not qualify for bussing, fewer parents will make that single occupancy vehicle (SOV) trip to school to drop off their individual child.

Focusing on students and encouraging them to continue their transportation options can make change on a societal scale. When students understand the benefits of walking and biking, not only for their own health, but for the environmental and air quality improvements, habits and outlooks can change.

PM10 AIR QUALITY ANALYSIS AND DATA

An air quality improvement report is submitted to WSDOT Local Programs when a CMAQ-funded project obligates. TRPC will assist grant recipients with the air quality analysis prior to project obligation. Describe the type and availability of data that will support analysis to measure this proposal’s PM10 air quality improvements.

If funded, and with assistance from Thurston Regional Planning Council, we will seek to quantify the impact of our program in changing student transportation behavior.
Changes in school transportation habits could be measured by:
- Surveying the families using the student tally and/or Safe Routes to School parent survey
- Measuring the changes in air quality, particularly estimating the reduction in brake dust emission at the school
- Counting walkers and bikers and vehicles entering the school on Walk to School days with traffic counters, in partnership with the School Districts and Cities

SUPPORT FOR SUSTAINABLE THURSTON OR OTHER RECOGNIZED REGIONAL INITIATIVES

Identify ways in which the proposed project supports the goals and policies of the Regional Transportation Plan, implementation of Sustainable Thurston transportation initiatives, or other regional initiatives. Examples of other initiatives include, but are not limited to, The Thurston Regional Trails Plan, Urban Corridor Communities and associated District Plans, Healthy Kids Safe Streets Action Plan, South Thurston Economic Development Initiative, Walk and Roll, Commute Trip Reduction, I-5 Action Plan, Bountiful Byways, Smart Corridors, and the Human Services Coordinated Transportation Plan.
The Walk N Roll program supports and implements several goals and policies in the Regional Transportation Plan – *What Moves You* including (Chapter 3) *Transportation Relationships* – 2.) Multimodal transportation System “... reduces the overall need to drive and encourage transit, walking and cycling choices” - 3) Barrier Free Transportation – “Ensure transportation system investments support the special travel needs of youth, elders, people with disabilities…” *System Management* – which includes Public Transportation, Bicycling and Walking, Policy 10.f – Increase awareness of public transportation options and how to use them through expanded educational and public information tailored to various groups and interests (System Management - Goal 10 – Public Transportation pg. 110 *What Moves You*).

Walk N Roll (noted in the above regional Initiatives) is a Safe Routes to School program, and is a key part of our community’s strategy to improve, leverage, and support the use of the built environment for improved air quality, daily physical activity, and increased rates of biking, walking, and transit use.

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 embodied within the Healthy Kids - Safe Streets Action Plan and fully embodies at least two of the five "E's" strategies (Education & Encouragement) in that action plan.
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 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 Air Quality Maintenance 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.

Intercity Transit is seeking grant funding to support the Youth Education and outreach programs that operate under the program title of Walk N Roll (for a one year period) within the PM 10 Air Quality Maintenance Area. Walk N Roll 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:

- Between 2011-2015, there were 150 crashes in Thurston County that involved pedestrians or bicyclists ages 5-18. Twenty-two of those crashes resulted in serious injuries. (WSDOT)
- 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. (Source: National Center for Safe Routes to School)
- 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 schools within the PM 10 Air Quality Maintenance Area. Walk N Roll has developed a model program over the past nine 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. With an additional year 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 additional year of funding will pay for just about two thirds 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.

Walk N Roll is identified by several regional plans as a key transportation strategy:

- 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
**PROJECT DESCRIPTION & SIGNIFICANCE (continued)**

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 the PM 10 Air Quality Management Area, and continue to provide outreach and expansion of programs to existing schools including coordinating 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 2019-2020 and 2020-2021 School Years includes:

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—parent outreach about responsibilities of driving, impacts on walkers and bicyclists and best practices for making streets safer for all users.
   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 about the benefits of active transportation, tour sustainable buildings on transit, and build their own model green buildings with a focus on transportation access
   d. Walk to School Day Events – monthly
   e. Bike to School Month in May – youth specific School Mini Bicycle Commuter Challenge at 6 schools
   f. Earn-A-Bike Classes – using recycled bikes to teach traffic safety skills and bike maintenance
      i. After school classes taught by Walk N Roll staff and community volunteers
      ii. Students earn a refurbished, donated bike, new helmet, lights, bike map and tools for bike repairs
   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, particularly Olympia School District
      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. (est. $2,000 to $3,000 per year via ILA)
   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
      iii. Data collection and coordination with TRPC staff to support ongoing maintenance of the model and inputs supporting tracking air quality benefits of the YEP.
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 TRPC awards the requested CMAQ grant. If selected, this project will obligate funding by June 30, 2018 or June 30, 2020 as specified on the award letter. Failure to do so will result in loss of funding for the project and an alternate project will be funded instead. 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

K:\GUEST\Transportation\STP-CMAQ-TAP Funding and Obligations\2018Process\ApplicationForms\CMAQ Application Form.docx
October 13, 2017

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

Dear Thurston County Regional Planning Council:

I am writing this letter of support related to Intercity Transit’s request for grant funding related to the youth education program, Walk N Roll. Intercity Transit is seeking funding for fiscal years 2018 and 2020.

The Walk N Roll program has many benefits to our students, families, and community. Below is a short list of some of the things that have occurred at North Thurston Public School’s as a result of this program.

- Coordinating and supplying prizes and staffing for Mountain View Elementary School’s 4 scheduled Walk to School Days for 2017-2018 school year.
- Teaching 60+ students at Nisqually Middle School how to safely ride and maintain bicycles. After 8 hours of instruction, students earned their own bike, helmet, light, and tools to keep the bike in working order.
- Transporting 800+ Salish Middle School and Komachin Middle School students to downtown Olympia for tours of green buildings and providing a presentation on the benefits of active transportation to all students.
- Providing WNR staff time to support North Thurston Public Schools “Bikes in Physical Education” grant by assisting Physical Education Teachers as needed with bike instruction, bike maintenance, and coordination of additional volunteers to assist and sustain the program.

The Walk N Roll program which is run by Intercity Transit has been a wonderful part of our community. We all know that the 6 E’s of Safe Routes to School are education, encouragement, enforcement, engineering, evaluation, and equity. Walk N Roll addresses the education and encouragement pieces that are so important and necessary. Their various programs, whether bike, walk, or transit focused, are extremely well received. Please continue to fund this valuable program.

If you need further information or have questions please contact our Transportation Director, John Suessman at 360-412-4544.

Sincerely,

Monty Sabin
Assistant Superintendent

BOARD OF DIRECTORS
MARCIA COPPIN • MELISSA HARTLEY • CHUCK NAMIT • DAVID NEWKIRK • GRAEME SACKRISON
EQUAL EDUCATIONAL OPPORTUNITIES – EQUAL EMPLOYMENT OPPORTUNITIES
2017 Earn-a-Bike Graduates
Nisqually Middle School
Regionally selected projects underway:

- 2016 (TRPC) TAP – “Youth Education – Walk-N-Roll” obligated (TrAMS WA-2017-060-00) $145,000
- 2011 Regional STP Project: Olympia Transit Center Facility Expansion - Construction Federal Amount: $1,252,490, FTA Project # WA-95-X054 (TrAMS). GCCM - awarded to DES for CM services and support 8/17.

State selected & federally funded projects underway:

- WSDOT Regional Mobility Grant 2017-2019: Operating Grants. Funds (State -$2,042,866) for regional express bus service between Olympia– Tacoma – Service imitated 7/1/17
- WSDOT Regional Mobility Grant 2017-2019 – State – Pattison MOA design ($2,000,000)
- WSDOT Regional Mobility Grant 2019-2021 –Pattison MOA – Vanpool Service Center construction ($3,900,000 – notice of award, pending 2019-2021 budget)
- WSDOT – FTA Section 5339 Small Urban Apportionment (FY 14 and 15) for UST construction. $1,225,000, awarded August 9, 2016. Obligated (TrAMS and Project under construction as of 10/17.

Projects receiving other Federal funding underway:

- WA-04-0038-01: Olympia Transit Facility: $2,575,500, GCCM - awarded to DES for CM services and support 8/17.
- WA-95-X071 – CMAQ: Thurston Smart Corridors Project, $805,820 obligated (WA 95-X071-00 –TrAMS)

Note: Summary does not include grant applications pending review and notification; or, formula funds distributed to Intercity Transit and obligated through the Federal Transportation Award Management System (TrAMS) including 5307 direct and PSRC Earned Share formula distributions, or those State formula distributions (noncompetitive) awards and contracts.