

# 4 Fantastic Reasons to Walk & Ride

There are many reasons why parents drive their children to school. But there are also good reasons why children walk and bike to school. Here's why:

## It's Healthy



34% of Marin County Children 2 to 17 are overweight or obese. Boys 12 to 17 have a bigger problem than girls. Hispanic and low-income families are particularly at risk. (Source: Marin County Health Survey, 2002.)

## Less Traffic



21% of Marin's morning traffic is school related. In some towns, such as Mill Valley, the number is as high as 27%. (Marin County Congestion Management Agency; Mill Valley Transportation Committee.)

*When I wake up, I'm tired, but when I walk, by the time I get to school I'm ready to go. I've got a lot more energy and I feel more athletic.*

— Seventh Grader

## It's Fun!



Nine out of ten parents who walk their children to school see it as an ideal way to meet new people. (Dept. of Transport, Local Government and Regions, U.K.)

It takes about 5 minutes to walk a quarter of a mile or bicycle an entire mile, both at an easy pace. (Source: Pedestrian Federation of America)

## Less Pollution



Short motor trips contribute significant amounts of air pollution because they typically occur while an engine's pollution control system is cold and ineffective. Shifting 1% of short automobile trips to walking or cycling decreases emissions by 2 to 4%. (Way to Go, British Columbia.)