

# Suggested Walking and Biking Routes

Village of Glencoe



DISTRICT  
35



Dear Parents and Guardians,

In partnership with the Village of Glencoe, District 35 has developed school walking and biking route maps as a way to encourage more students and families to choose to walk and bike to and from school. The maps are designed to show parents the locations of crossing guards, traffic signals, and stop signs in our community. Primary routes are the main routes we encourage students to use to travel to school; we also share the secondary routes which feed into the primary routes.

We all know the importance of physical activity and the related health benefits, but that doesn't mean we always make time for it. Walking and biking, even in small increments, are wonderful ways to start the blood pumping and activate the full body before a day of learning. Walking or biking to school can also instill lifelong healthy habits.

In addition to health benefits, walking and biking have a significant impact on the environment. Less time spent in cars reduces auto emissions and creates cleaner air around our community. Consider this a daily way to help our earth and lessen the load in our school carlines!

We encourage parents to review walking and bicycling safety skills with their children, preferably while on a walk or bike ride. We will continue to do our part in the District 35 schools; however, your home support and modeling can make all the difference. Please take a look at the suggested ***Suggested Walking and Biking Routes*** and consider trying this out for the school year.

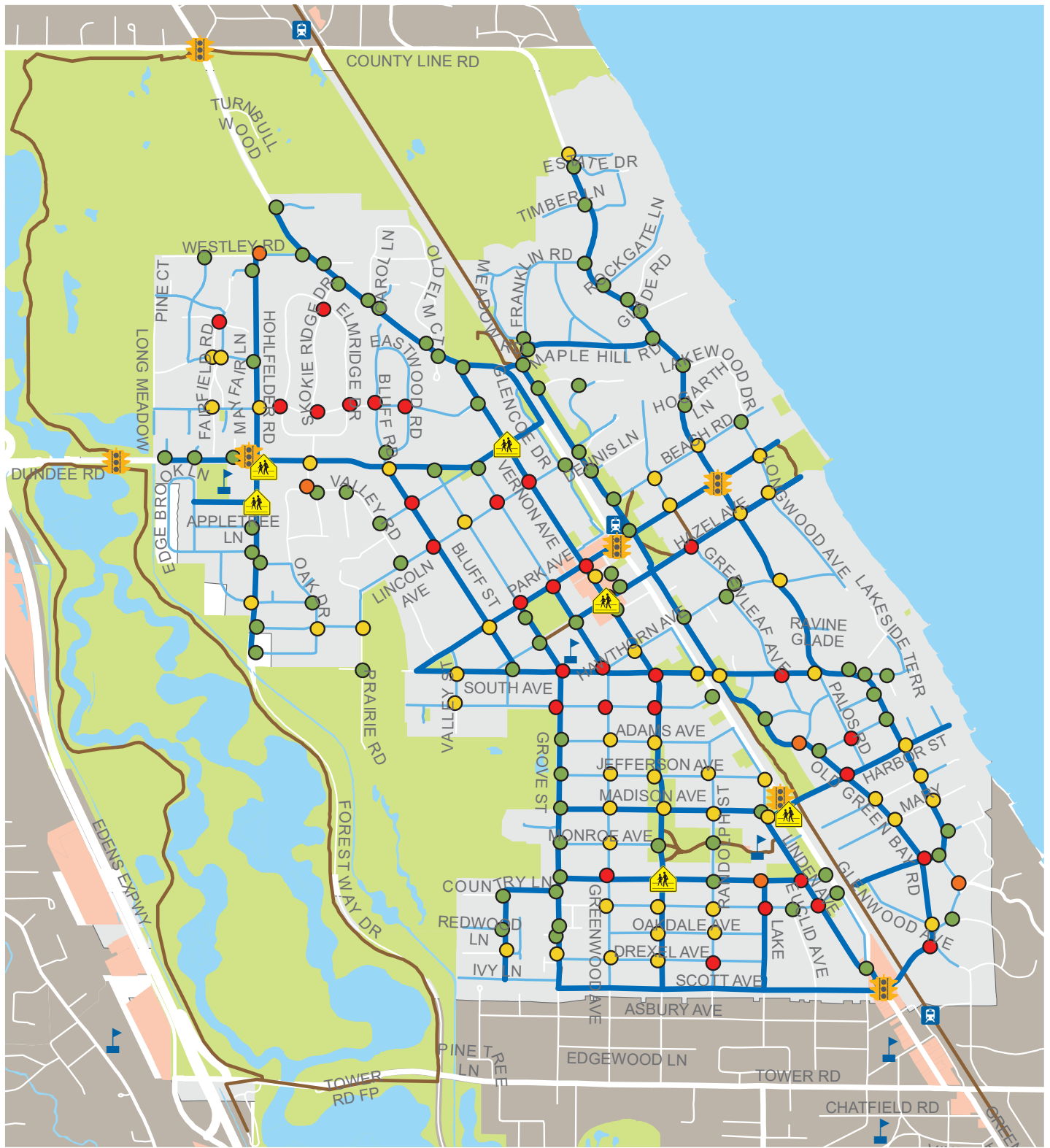
Thank you for joining in our efforts to promote healthy habits for all!










A handwritten signature in black ink that reads 'C Wang'.

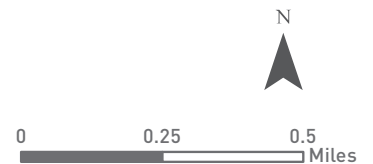
Catherine Wang  
*Superintendent*



# Suggested Walking and Biking Routes | Village of Glencoe



- |   |                 |   |                 |   |                 |
|---|-----------------|---|-----------------|---|-----------------|
|  | Crossing Guard  |  | 3-Way Stop Sign |  | Primary Route   |
|  | Traffic Signal  |  | 2-Way Stop Sign |  | Secondary Route |
|  | 4-Way Stop Sign |  | 1-Way Stop Sign |  | Off-Street Path |



# Helping Students Learn Pedestrian & Bicycle Safety Skills

## About the Map

The Glencoe School District has developed school walking and biking route maps as a way to encourage more students and families to choose to walk and bike to and from school. The maps are designed to show parents the locations of crossing guards, traffic signals, and stop signs in our community. Primary routes are the main routes we encourage students to use to travel to school, the secondary routes feed into the primary routes and will be mostly traveled upon by those who live along them.

We encourage parents to review walking and bicycling safety skills with their children, preferably while on a walk or bike ride. Below are tips and tricks that all pedestrians and cyclists should know and practice.

## Walking Safety Skills

1. Obey all traffic signs and signals.
2. Choose routes that have fewer cars driving at lower speeds.
3. Look for cars at all driveways and intersections.
4. Where possible, cross at intersections with traffic signals or stop signs.
5. When crossing, stop at the curb and look for cars in all directions (left, right, left, to the front and behind).
6. Wait until no traffic is coming and start crossing; keep looking for traffic as you cross the road.
7. Always walk across the road. Do not run.
8. Wear reflective gear if it is dark or conditions limit visibility, such as rain or snow.
9. Talk with your child about what you're doing and why as you walk.

## Bicycling Safety Skills

1. Wear a helmet. Glencoe law requires every person under the age of 16 to wear a helmet to protect from injuries during a fall.
2. Be aware on sidewalks. Children should ride on sidewalks until they gain skills to ride on streets around the age of 12. Teach them to be aware of driver blind spots such as shrubs, fences, and buildings.
3. Walk your bike in crosswalks: When crossing at a crosswalk, children should dismount and walk their bike.
4. Stop first and look. Teach children to look left, right, and left again for approaching traffic. Emphasize that they have to turn their head when looking for traffic.
5. Ride in the direction of traffic. Riding against the flow of traffic on a street or pathway is a major contributing cause of bicycle crashes for children.
6. Ride in a straight line. Teach your children not to swerve or weave in and out of parked cars when riding on streets.
7. Buy the right size bike. Your child should be able to stand over the top bar of the bike with their feet flat on the ground with an inch or two of clearance over the top bar.
8. Check their bike frequently. Inspect your child's bike and perform regular "quick checks."

## Children Ages 4 to 6:

1. Have limited judgment, making it hard for them to know where or when it is safe to cross the road.
2. Cannot gauge the speed of oncoming traffic.
3. Can be impulsive and lose concentration easily.
4. Have a hard time staying focused on one task, such as crossing the road.

## Walk Together and Model for your Child

This age group needs to walk with adults who will make safety a priority. Children age four to six still are learning what it means to be safe. They should always be with an adult while walking. The best way for children to learn is by repeating safe walking skills with an adult. Please model safe choices and do not walk with your phone out or headphones on.

# Suggested Walking and Biking Routes | South School



Crossing Guard



Stop Sign

Primary Route

Secondary Route

Off-Street Path



Traffic Signal



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9. Talk with your child about what you're doing and why as you walk.

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6. Ride in a straight line. Teach your children not to swerve or weave in and out of parked cars when riding on streets.
7. Buy the right size bike. Your child should be able to stand over the top bar of the bike with their feet flat on the ground with an inch or two of clearance over the top bar.
8. Check their bike frequently. Inspect your child's bike and perform regular "quick checks."

## Children Ages 7 to 9:

1. Need supervision as they learn more complicated pedestrian safety skills.
2. Can begin to identify safe crossing sites with help and practice.
3. Can begin to learn how to identify traffic and stay focused while crossing the street with help and practice.
4. Need reminders to keep the phone/headphones away while walking or biking.

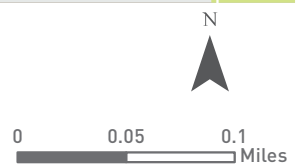
## Teach Lifelong Skills

These years are the time to teach skills that prepare children to be safe walkers throughout their lives. Children age seven to nine can begin to learn more complicated pedestrian safety tasks. Please be sure your child consistently demonstrates safe pedestrian skills while walking near or around traffic before you allow them to walk/bike to school alone. Revisit these safety issues often to make sure they are still practicing safe behavior.

# Suggested Walking and Biking Routes | West School



-  Crossing Guard
-  Traffic Signal
-  Stop Sign
-  Primary Route
-  Secondary Route
-  Off-Street Path



# Helping Students Learn Pedestrian & Bicycle Safety Skills

## About the Map

The Glencoe School District has developed school walking and biking route maps as a way to encourage more students and families to choose to walk and bike to and from school. The maps are designed to show parents the locations of crossing guards, traffic signals, and stop signs in our community. Primary routes are the main routes we encourage students to use to travel to school, the secondary routes feed into the primary routes and will be mostly traveled upon by those who live along them.

We encourage parents to review walking and bicycling safety skills with their children, preferably while on a walk or bike ride. Below are tips and tricks that all pedestrians and cyclists should know and practice.

## Walking Safety Skills

1. Obey all traffic signs and signals.
2. Choose routes that have fewer cars driving at lower speeds.
3. Look for cars at all driveways and intersections.
4. Where possible, cross at intersections with traffic signals or stop signs.
5. When crossing, stop at the curb and look for cars in all directions (left, right, left, to the front and behind).
6. Wait until no traffic is coming and start crossing; keep looking for traffic as you cross the road.
7. Always walk across the road. Do not run.
8. Wear reflective gear if it is dark or conditions limit visibility, such as rain or snow.
9. Talk with your child about what you're doing and why as you walk.

## Bicycling Safety Skills

1. Wear a helmet. Glencoe law requires every person under the age of 16 to wear a helmet to protect from injuries during a fall.
2. Be aware on sidewalks. Children should ride on sidewalks until they gain skills to ride on streets around the age of 12. Teach them to be aware of driver blind spots such as shrubs, fences, and buildings.
3. Walk your bike in crosswalks: When crossing at a crosswalk, children should dismount and walk their bike.
4. Stop first and look. Teach children to look left, right, and left again for approaching traffic. Emphasize that they have to turn their head when looking for traffic.
5. Ride in the direction of traffic. Riding against the flow of traffic on a street or pathway is a major contributing cause of bicycle crashes for children.
6. Ride in a straight line. Teach your children not to swerve or weave in and out of parked cars when riding on streets.
7. Buy the right size bike. Your child should be able to stand over the top bar of the bike with their feet flat on the ground with an inch or two of clearance over the top bar.
8. Check their bike frequently. Inspect your child's bike and perform regular "quick checks."

## Children Ages 10 and Older:

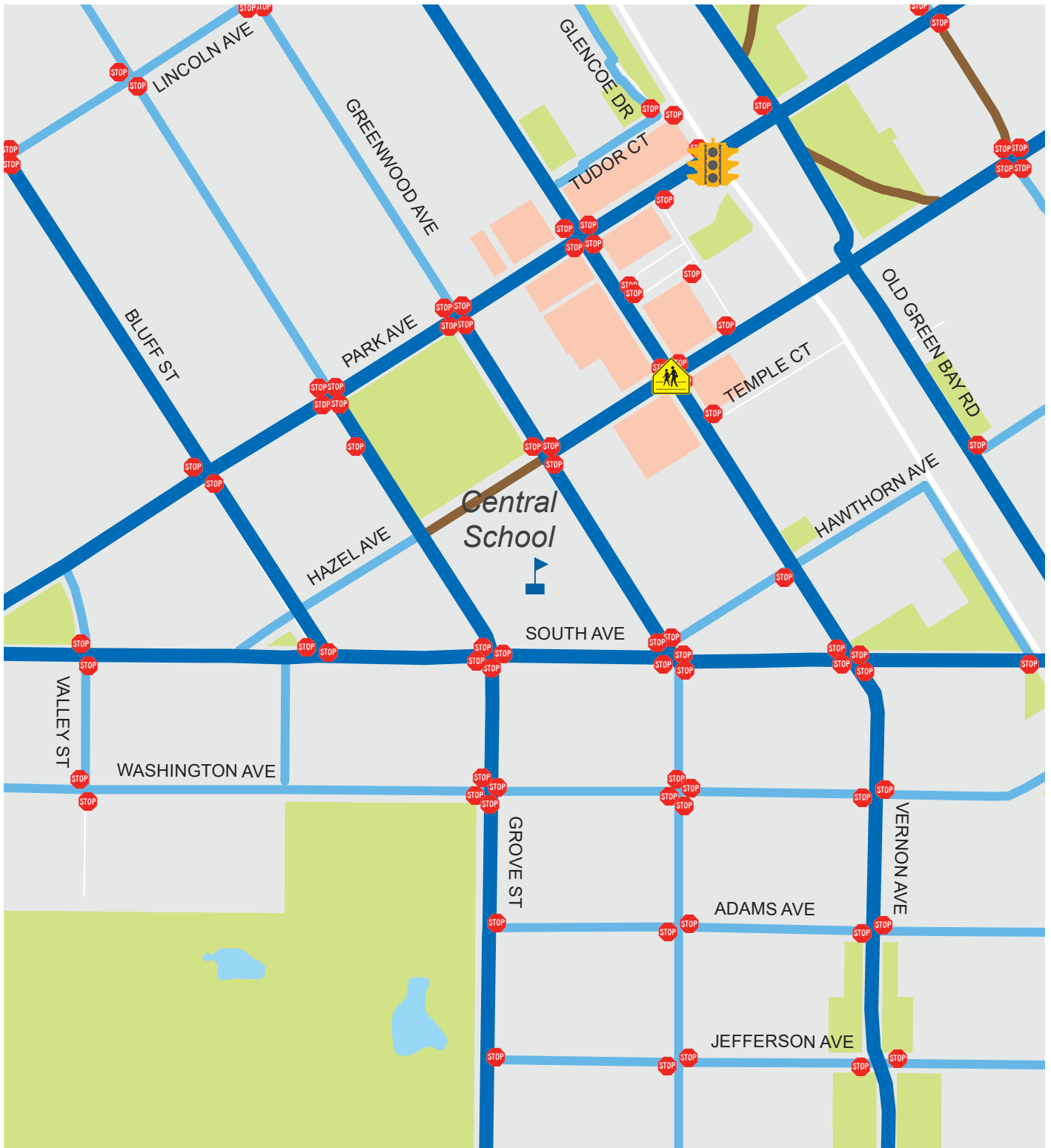
1. Need specific instruction and modeling as they learn more complicated pedestrian safety skills.
2. Can identify safe crossing sites with help and practice.
3. With help and practice, can identify traffic and stay focused while crossing the street.
4. Need reminders to keep the phone/headphones away while walking or biking. Keep the focus on the road.

## Teach Lifelong Skills

Children age ten and older gradually can learn more complicated pedestrian safety tasks. Please be sure your child consistently demonstrates safe pedestrian skills while walking near or around traffic before you allow them to walk/bike to school alone. As children grow, revisit these safety issues often to make sure they are still practicing safe behavior.



# Suggested Walking and Biking Routes | Central School



	Crossing Guard		Stop Sign
	Traffic Signal		Primary Route
			Secondary Route
			Off-Street Path

N



0 0.05 0.1 Miles



# Tips for Teaching Your Children Pedestrian & Bicycle Safety Skills

## About the Map

The Glencoe Park District has developed walking and biking route maps to the Takiff Center and Glencoe Beach as a way to encourage more families to choose to walk and bike to and from parks. The maps are designed to show the locations of traffic signals, and stop signs in our community. Primary routes are the main routes we encourage families to use to travel to parks, the secondary routes feed into the primary routes and will be mostly traveled upon by those who live along them.

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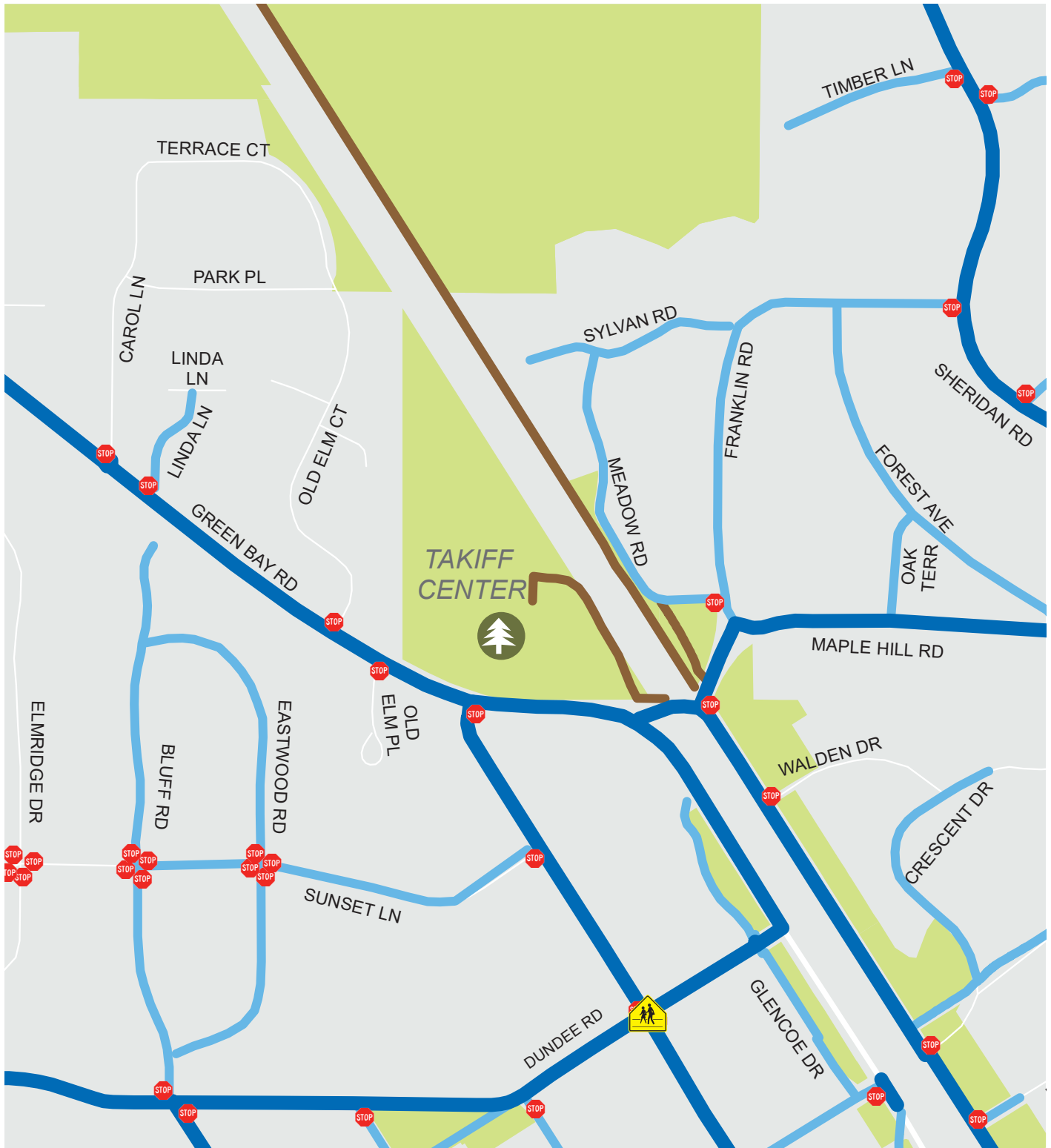
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7. Buy the right size bike. Your child should be able to stand over the top bar of the bike with their feet flat on the ground with an inch or two of clearance over the top bar.
8. Check their bike frequently. Inspect your child's bike and perform regular "quick checks."

# Suggested Walking and Biking Routes | Takiff Center



	Crossing Guard		Stop Sign
	Traffic Signal		Primary Route
			Secondary Route
			Off-Street Path

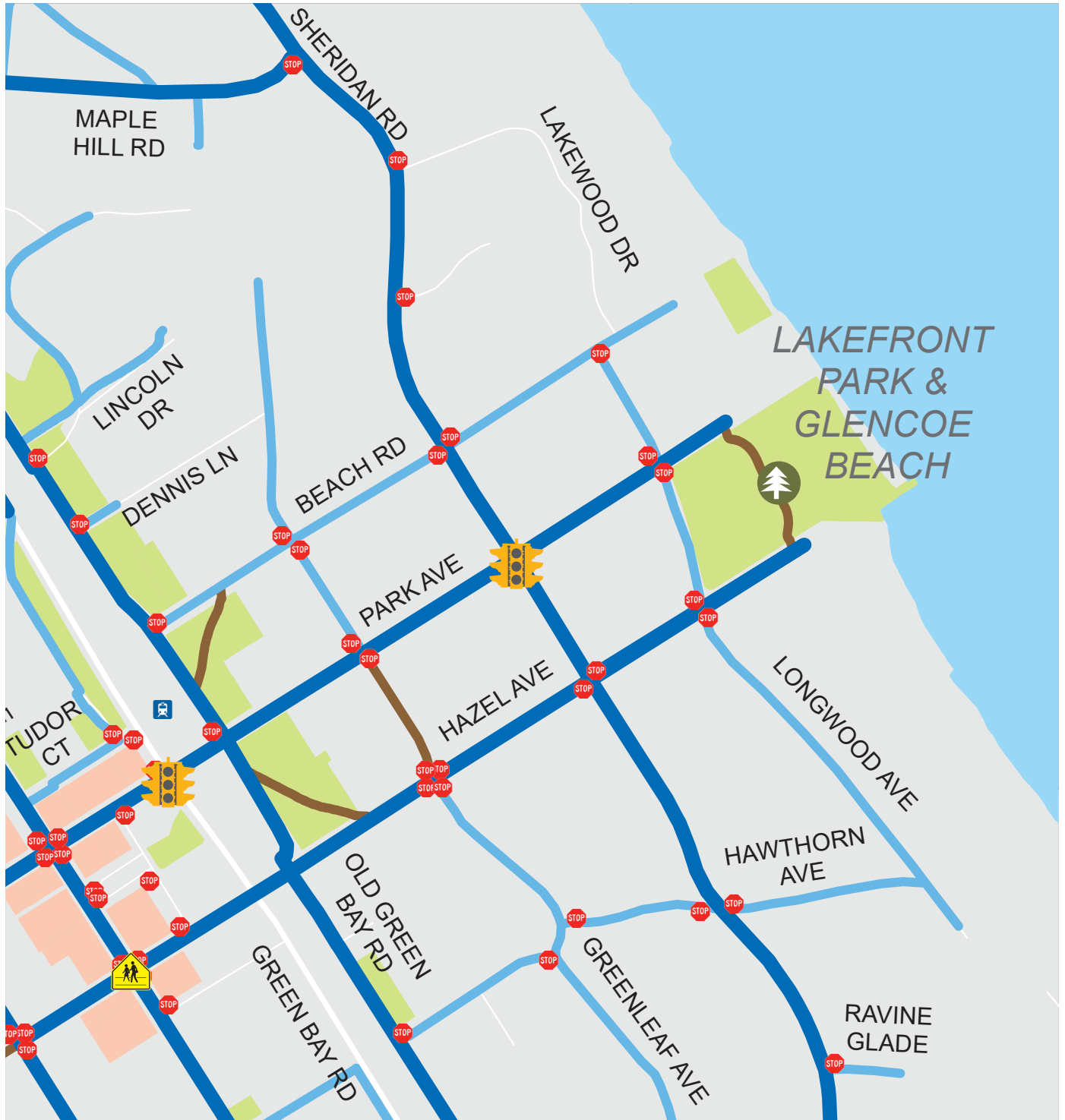


N



0 0.05 0.1 Miles

# Suggested Walking and Biking Routes | Glencoe Beach



Crossing Guard



Stop Sign



Primary Route



Secondary Route



Off-Street Path



Traffic Signal



0 0.05 0.1 Miles