

Walking To School

A local school district in Montgomery County spends \$6.5 million in transportation out of a \$94 million budget. The fact is that many of the children in this district, which is comprised of three relatively small, contiguous local communities, could easily walk or ride a bicycle to school. The reason they cannot is because there are no sidewalks in most of this area nor are there safe bicycle paths on heavily trafficked roadways. Funds to build these pedestrian routes would likely be included in new transportation funding. These funds would help to reduce transportation costs and help our children stay healthier with daily exercise.



“I’d like to walk to school, but it’s not safe when there’s no sidewalk.”

Walking and moderate physical activity for at least 30 minutes a day can help reduce the risk of coronary heart disease, improve blood pressure and blood sugar levels

Walking at 3 mph for an hour and bicycling 12 mph for an hour is a great way to burn calories

For every hour of walking, life expectancy may increase by two hours.

Walkers and Bicyclists



Active transportation, walking and bicycling, accounts for 10 percent of all trips in America. Half the trips in America are within a 20-minute bike ride and one-quarter are within a 20-minute walk. Providing safe and accessible routes for walkers and bicyclists should be considered as an essential part of any comprehensive transportation plan. Active transportation not only makes a difference in the quality of life in communities, but also leads to a substantial reduction in our dependence on cars and fossil fuels. With only a modest increase in bicycling and walking we could reduce driving by 70 billion miles annually.

This would cut oil dependence and climate pollution from passenger vehicles by 3—8 percent.