Biking and Walking to School

I’m Nethra Raju and I am an 8th grader at Grover Middle School. As part of my Girl Scouts Silver Award, I chose to do a project about promoting biking and walking because my family and I love to bike and walk to places whenever we can and it has a lot of benefits. Thank you to the West Windsor Bike and Pedestrian Alliance for letting me put these webpages on their website.

Biking and walking to school has many benefits to the students. However, many people who live close to school neglect the opportunity to walk or bike to school. Sometimes, parents are reluctant to allow their children to walk or bike to school due to safety concerns. Due to the high volume of traffic around the schools, parents tend not to encourage and even discourage kids to bike or walk despite living close to the schools. In some cases, kids want to take the easier option of taking the bus or being dropped off by a parent instead of biking or walking to school even though biking and walking to school have many benefits and can be safe and fun when done carefully.

Benefits of Biking to School
Safety when Biking to School
New Signal Pattern at Route 571 and Clarksville Road
Safe Routes to WWP Schools
Benefits of Biking to School

Better Academic Performance
- Biking regularly can double cell production in the brain.
- Physical exercise has been shown to increase brain structure and function.
- Biking to school is a quick and effective method of exercise.
- Biking is a great way to improve one’s confidence.

Health Benefits
- Biking regularly increases mobility of joints.
- Biking provides an aerobic workout as it widens blood vessels and is good for the heart.
- Bones can become stronger as a result of biking regularly.
- The release of endorphins in the brain reduces levels of stress, anxiety, and depression.
- Lungs become stronger as a result of biking regularly.

Good for the Environment
- Biking uses minimal fossil fuels.
- Biking creates no pollution.
Safety When Biking to School

- Wear a properly fitted helmet. Two fingers should be able to slide between your chin and the strap.
- Make sure your bike seat is at the right height for you.
- Wear neon or reflective clothing so drivers can see you.
- Go with the flow of the traffic.
- LOOK before crossing.
- Try to bike with 2 or more friends as a safety precaution.

Link to Bike and Pedestrian Safety Jeopardy Game:
https://docs.google.com/presentation/d/1HTiMr1tHJqWm9Zaodx84TBb0Dsl3dlTdi44Fna2YA-lQ/edit - slide=id.p
New Signal Pattern at Route 571 and Clarksville Road

A new signal pattern at Route 571 and Clarksville Road was implemented a few weeks ago. Only when a pedestrian pushes the button, the white walking signal will be displayed, but the cars will be stopped in all directions to make the crossing safer. Additionally, motorists will no longer be able to turn right on red.

Picture above shows the cars stopped on all side.
Safe Routes to WWP Schools

Dutch Neck Elementary School
Maurice Hawk Elementary School
Town Center Elementary School
Wicoff Elementary School
Millstone River School
Village School
Community Middle School
Thomas Grover Middle School
High School North
High School South
Dutch Neck Elementary School

- Is there a bike rack?
  - Yes,
- What main roads have sidewalks?
  - Edinburg Road, New Edinburg Road, Village Road East,
- Are there any pedestrian crossings?
  - Yes. There is one on Village Road East into the school’s entrance, and two at the intersection of Edinburg Road and Village Road East.
- Are any of these pedestrian crossings manned?
  - Yes. The one on Village Road East into the school’s entrance.

Map shows main roads with sidewalks. Sidewalks continue past marked points.
Image shows the bike rack outlined in black. This bike rack is located at the right side of the school facing the park.
Maurice Hawk Elementary School

- Is there a bike rack?
  - Yes,
- What main roads have sidewalks?
  - Clarksville Road, Penn Lyle Road and North Post Road. There are also sidewalks through the neighborhood to the school.
- Are there any pedestrian crossings?
  - Yes. There are 4 at the intersection of Clarksville Road and North Post Road, one on Clarksville Road into the school’s entrance and 4 at the intersection of Clarksville Road and Penn Lyle Road.
- Are any of these pedestrian crossings manned?
  - Yes, the one on Clarksville Road into the school’s entrance.

Map shows main roads with sidewalks. Sidewalks continue past marked points.
Blue indicates sidewalks through the neighborhoods near Maurice Hawk.
Image shows the bike rack outlined in black. This bike rack is located at the right side of the school.
Town Center Elementary School

- Is there a bike rack?
  - No.
- What main roads have sidewalks?
  - Wyndhurst Drive.
- Are there any pedestrian crossings?
  - Yes. One on Wyndhurst Drive into the school’s entrance.
- Are any of these pedestrian crossings manned?
  - No

Map shows main roads with sidewalks. Sidewalks continue past marked points.
Wicoff Elementary School

- Is there a bike rack?
  - No
- What main roads have sidewalks?
  - Parkway Avenue, Edgemere Avenue, Plainsboro Road and Dey Road.
- Are there any pedestrian crossings?
  - Yes. One on Plainsboro Road into the school’s entrance, one at the intersection of Parkway Avenue and Trumball Road and 3 at the intersection of Plainsboro Road and Parkway Avenue.
- Are any of these pedestrian crossings manned?
  - No

Map shows main roads with sidewalks. Sidewalks continue past marked points.
Millstone River School

- Is there a bike rack?
  - Yes, at the back of the school facing the playground.
- What main roads have sidewalks?
  - Grovers Mill Road and Maple Avenue.
- Are there any pedestrian crossings?
  - Yes. One from the entrance of the school and High School North and one between Millstone River and Community Middle School and three at the intersection of Grovers Mill Road and Maple Avenue.
- Are any of these pedestrian crossings manned?
  - No

Map shows main roads with sidewalks. Sidewalks continue past marked points.
Image shows the bike rack outlined in black. This bike rack is located at the back of the school facing the playground.
Village School

- Is there a bike rack?
  - Yes, in front of the school.
- What main roads have sidewalks?
  - New Village Road, Village Road East, Southfield Road, Old Trenton Road and Edinburg Road.
- Are there any pedestrian crossings?
  - Yes. There are 4 at the intersection of New Village Road and Edinburg Road, 4 at the crossing of New Village Road and both North and South Longfellow Drives, 4 at the crossing of New Village Road and Stockton Lane, 4 at the intersection in front of the school between New Village Road and Shannon Way and 2 at the intersection between New Village Road and Southfield Road.
- Are any of these pedestrian crossings manned?
  - No

Map shows main roads with sidewalks. Sidewalks continue past marked points.
Image shows the bike rack outlined in black. This bike rack is located at the front of the school.
Community Middle School

- Is there a bike rack?
  - Yes, on the left side of the school.
- What main roads have sidewalks?
  - Grovers Mill Road and .
- Are there any pedestrian crossings?
  - Yes. One between Millstone River and Community Middle School and three at the intersection of Grovers Mill Road and Maple Avenue.
- Are any of these pedestrian crossings manned?
  - No

Map shows main roads with sidewalks. Sidewalks continue past marked points.
Image shows the bike rack outlined in black. This bike rack is located on the left side of the school.
Thomas Grover Middle School

- Is there a bike rack?
  - Yes, at the back of the school.

- What main roads have sidewalks?
  - New Village Road, Village Road East, Southfield Road, Old Trenton Road and Edinburg Road.

- Are there any pedestrian crossings?
  - Yes. There are 4 at the intersection of New Village Road and Edinburg Road, 4 at the crossing of New Village Road and both North and South Longfellow Drives, 4 at the crossing of New Village Road and Stockton Lane, 4 at the intersection in front of the school between New Village Road and Shannon Way and 2 at the intersection between New Village Road and Southfield Road.

- Are any of these pedestrian crossings manned?
  - No
Image shows the bike racks at Grover Middle School. These bike racks are located at the back of the school near the entrance to the commons.
High School North

- Is there a bike rack?
  - Yes, at the front of the school.
- What main roads have sidewalks?
  - Grovers Mill Road and Maple Avenue.
- Are there any pedestrian crossings?
  - Yes. One from the entrance of the school and Millstone River School and three at the intersection of Grovers Mill Road and Maple Avenue.
- Are any of these pedestrian crossings manned?
  - No

Map shows main roads with sidewalks. Sidewalks continue past marked points.
Image shows the bike rack outlined in black. This bike rack is located at the front of the school.
High School South

- Is there a bike rack?
  - Yes, there are two locations which have bike racks. One location is at the entrance closest to the student parking lot and the other is at the entrance on Penn Lyle Road.
- What main roads have sidewalks?
  - Penn Lyle Road, Clarksville Road, Princeton Hightstown Road, and Harris Road. There are also sidewalks through the neighborhood behind Maurice Hawk.
- Are there any pedestrian crossings?
  - Yes. There are 4 at the intersection of Princeton Hightstown Road and Clarksville Road and 4 at the intersection of Clarksville Road and Penn Lyle Road.
- Are any of these pedestrian crossings manned?
  - Yes, at the intersection of Clarksville Road and Princeton Hightstown Road.
Map shows main roads with sidewalks. Sidewalks continue past marked points.
Blue indicates sidewalks through the neighborhoods near Maurice Hawk. The Lille Street sidewalk can be used to walk to places without walking on the main road.
Image shows the bike rack outlined in black. This bike rack is located at the entrance closest to the student parking lot.

Image shows the bike racks outlined in black. This bike rack is located at the entrance off Penn Lyle Road.