



GUIDEBOOK

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# Golden Sneaker Award

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The Golden Sneaker Award program and this guidebook was developed by Marin County Safe Routes to Schools, a project of the Transportation Authority of Marin.

## Introduction

# Golden Sneaker Award



The Golden Sneaker Award contest is a challenge between homeroom classes that rewards the class with the greatest number of students who walk, bike, carpool or ride the bus to school in a given month. The class keeps track of how often its students commute by these modes at the end of each week, and calculates the totals per commute mode at the end of the month. The class with the most participation overall (regardless of the mode breakdown) wins the Golden Sneaker Award and gets to display their award throughout the month. The class can also receive a pizza party, or some other special classroom activity. This challenge fosters teamwork and allows students who cannot walk or bike to school to participate in this group transportation contest.



# Contest Announcements



## LOUDSPEAKER ANNOUNCEMENTS

### Beginning of Contest

Next week we begin our Golden Sneaker Award challenge. Each homeroom will see if they can have the most number of students who walk or roll to school. The winning homeroom will get the Golden Sneaker Award. So lace up those shoes and let's see how many cars we can leave at home.

### During the Contest

Are you walking and rolling to school. Grade \_\_\_ is holding the lead in the Golden Sneaker Award, but grade \_\_\_ is not far behind. Everyone wins when more of us walk and roll to school. Keep up the good work!

### End of Contest Month Reminder

Golden Sneaker Award Totals Sheets are due today in the office. Make sure you turn in your sheet for a chance to win the Golden Sneaker!

### Winners Announcement

Congratulations to Homerooms \_\_\_\_\_ (name winners) for capturing the Golden Sneaker Award. Your class can enjoy the \_\_\_\_\_ (select ice cream or pizza) party they won next month, if you walk or roll to school. We thank you for making decisions that reduce traffic and pollution around our school.

## NEWSLETTER ANNOUNCEMENTS

This year, homerooms can chose to participate in a challenge that awards students who walk and roll to school. The class will receive a point for each time a student walks, bikes, carpools (or takes the bus) to get to school. At the end of the month, the homeroom with the most points will get to display the Golden Sneaker Award in their classroom. **Start a healthy habit now and have fun!**

# Checklists



## Supplies

- Contest instructions with monthly tracking chart
- Promotional banners, flyers, posters, etc.
- Golden Sneaker Award

## Contest Coordination Tasks

- Inform the school administration and the PTA of the challenge
- Meet with PTA about financing the pizza/ice cream parties for the winning classrooms
- Photocopy enough instruction/tracking chart sheets to give to teachers for each month
- Distribute instructions/tracking charts to teachers and decide the duration of the challenge
- Recruit volunteers and enter them on your volunteer list
- Create and post promotional banners, flyers, posters, etc.
- Post contest announcement in the school newsletter
- Make Golden Sneaker Award
- Check in with classes mid month to make sure they are keeping track of their points
- Ask Principal to make loudspeaker announcements and provide script
- Collect class tracking sheets from office on contest's last day
- Tally participation numbers for each class
- Coordinate pizza/ice cream party with PTA

# How to Make a Golden Sneaker Award

This method is suggested by a team leader, but as long as you can figure out a way to mount a painted sneaker on a post, you're "golden"!

Golden Sneaker Award



## Materials

- Size 14 (or larger) sneaker
- One-foot length of 4 by 4 post
- Two flat boards or one flat board and preferably something recessed, like a fence cap
- Four 2" bolts or large screws
- Drill
- Gold spray paint

## Instructions

- 1.** Obtain a very large sneaker.
- 2.** Cut the 4 by 4 post into a one-foot length.
- 3.** Place one end of the post onto the fence cap so it stands straight up and creates a pedestal. Bolt pieces together.
- 4.** Place flat board on top of 4 by 4 and attach.
- 5.** Drill two holes in the sneaker and the flat board and fasten bolt to the shoe from underneath.
- 6.** Spray paint the whole thing.
- 7.** Add a plaque (see picture).



# Class Travel Log

## Week 1

Date	Walked	Biked	Bussed	Carpooled
Total Points				

Use this form to report the total of each mode of travel for each day

**CLASS GRAND TOTAL =**

## Week 2

Date	Walked	Biked	Bussed	Carpooled
Total Points				

## Week 3

Date	Walked	Biked	Bussed	Carpooled
Total Points				

## Week 4

Date	Walked	Biked	Bussed	Carpooled
Total Points				

# SAFE ROUTES TO SCHOOLS PROGRAMS



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