

# Learn it. Do it. Live it!

## LOCAL TECHNICAL ASSISTANCE PROGRAM

Four Local Technical Assistance Coordinators (LTACs) are available on a part-time basis to assist local SRTS programs. Each LTAC is assigned to work in a particular region of the state, shown on the map to the right. Their work involves both direct contacts with local communities and VDOT District Offices, and on broader activities that support SRTS statewide and locally.

### Not sure how your LTAC can help your local SRTS program?

#### Have you heard about SRTS and want to learn more?

You've just learned about SRTS and would like some basic information on the Virginia program and SRTS in general; your LTAC can provide a general overview and help you understand how your school can get moving!

Your LTAC can help you in many ways. For example:

- The LTAC can discuss SRTS and assess needs for your school
- Encourage Walk or Bike to School Day, discuss basic planning needs
- Encourage conducting student travel tallies, provide an orientation to the online system
- Describe VDOT SRTS Program, website, resources, funding opportunities

#### Have you gotten started, such as hosting a walk or bike to school day event?

Your first walk or bike to school event was a big success. Students and parents are asking for more and you realize that you need more information and resources. The website is a good start, but you could use some person-to-person assistance.

Your LTAC can:

- Provide guidance in assembling a SRTS Committee
- Provide guidance and encouragement in VDOT non-infrastructure program funding
- Encourage conducting parent surveys
- Provide guidance on expanding reach/partnerships for events (community)
- Provide guidance on safety education

#### Do you already have a SRTS Committee and are ready to take the next step?

It's time to move forward with infrastructure improvements and complementary activities that will make it safer and more comfortable for students to walk and bike to school. Not sure how to get started on writing a Safe Routes to School Travel Plan?

Your LTAC can:

- Orient contact to various SRTS Plan guidelines and materials
- Coordinate assistance from VDOT District Engineer as needed
- Provide guidance on possible non-infrastructure strategies (telephone review of list of strategies)

#### Are you implementing a SRTS Plan?

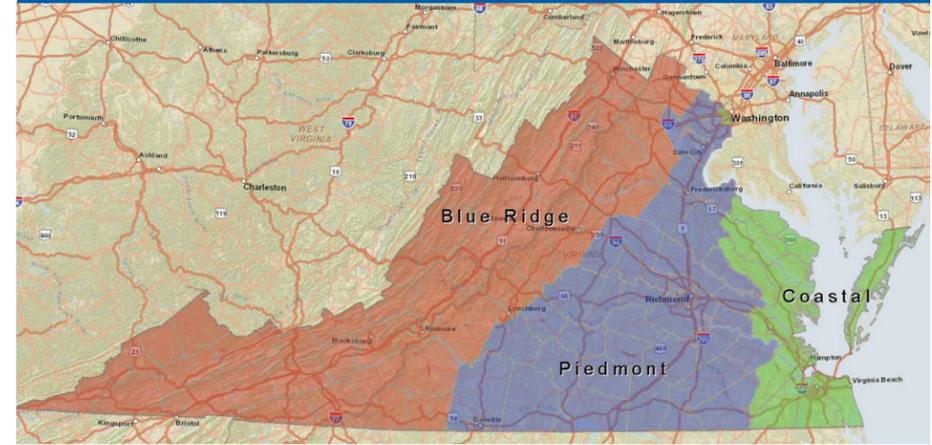
With SRTS plan in-hand, you are ready to apply for funding. You're not sure if SRTS is the only or best place to look. And, you want to prepare a strong application.

Your LTAC can provide guidance in several areas, such as:

- Funding from the Virginia Department of Transportation and other sources
- How to develop a sustainable program
- Evaluation techniques
- Annually updating your Comprehensive School Travel Plan or SRTS Activities and Programs Plan

Flip this page over to meet the LTACs!

Ready to contact the LTAC in your region?  
 Email: [info@virginiarts.org](mailto:info@virginiarts.org)  
 Toll free: 1-855-601-7787



Blue Ridge		Piedmont		Coastal
COUNTIES				
Albemarle	Lee	Amelia	King George	Accomack
Alleghany	Loudoun	Appomattox	King William	Arlington
Amherst	Madison	Brunswick	Louisa	Essex
Augusta	Montgomery	Buckingham	Lunenburg	Gloucester
Bath	Nelson	Campbell	Mecklenburg	Isle of Wight
Bedford	Orange	Caroline	New Kent	James City
Bland	Page	Charles City	Nottoway	King and Queen
Botetourt	Patrick	Charlotte	Pittsylvania	Lancaster
Buchanan	Pulaski	Chesterfield	Powhatan	Mathews
Carroll	Rappahannock	Cumberland	Prince Edward	Middlesex
Clarke	Roanoke	Dinwiddie	Prince George	Northampton
Culpeper	Rockbridge	Fairfax	Prince William	Northumberland
Craig	Rockingham	Fluvanna	Goochland	Richmond
Dickenson	Shenandoah	Goochland	Greensville	Surry
Greene	Russell	Halifax	Hanover	Westmoreland
Giles	Scott	Hanover	Henrico	York
Grayson	Smyth	Henrico		
Fauquier	Tazewell			
Frederick	Warren			
Floyd	Washington			
Franklin	Wise			
Henry	Wythe			
Highland				
CITIES				
Bedford	Martinsville	Colonial Heights		Alexandria
Bristol	Norton	Danville		Chesapeake
Buena Vista	Radford	Emporia		Fredericksburg
Charlottesville	Roanoke	Fairfax		Hampton
Covington	Salem	Falls Church		Newport News
Galax	Staunton	Franklin		Norfolk
Harrisonburg	Waynesboro	Hopewell		Poquoson
Lexington	Winchester	Manassas		Portsmouth
Lynchburg		Petersburg		Suffolk
		Richmond		Virginia Beach
				Williamsburg



**MEET THE LTACS**

<p><b>Blue Ridge</b></p>	<p><b>Piedmont</b></p>	<p><b>Coastal</b></p>	<p><b>Program Manager</b></p>
 <p>Katie@VirginiaSRTS.org</p> <p><b>KATIE HEUSER</b> is the LTAC for the Blue Ridge region.</p>	 <p>Jim@VirginiaSRTS.org</p> <p><b>JIM ELLIOTT</b> administers the QuickStart and Walkabout mini-grants programs and is the LTAC for the Piedmont region.</p>	 <p>Dan@VirginiaSRTS.org</p> <p><b>DAN REED</b> is the LTAC for the Coastal region. He leads communications and outreach for Virginia SRTS Program.</p>	 <p>Wendy@VirginiaSRTS.org</p> <p><b>WENDY PHELPS</b> leads the LTACs as LTAC Program Manager.</p>
<p><b>How have your experiences, both personally and professionally, prepared you to be an LTAC?</b> I studied and researched all types of transportation in college. I have also learned a lot from the past months as Virginia SRTS Program Assistant, and I look forward to being more involved as the Blue Ridge LTAC. I have always been interested in being a teacher, so being involved with SRTS has fulfilled that desire to better the lives of students, if in a different sort of way.</p> <p><b>Did you bike and walk to school as a student?</b> I was a car-rider in elementary school, but my middle school was a block away from my house. I have great memories of walking to and from school with my friends everyday. One day, I forgot my jersey for a volleyball game, so (with my coach's permission) I ran home and back before the first serve!</p> <p>In my high school, there was a lot of status attributed to classmates who drove their own cars. I'm glad Safe Routes is teaching students at a young age that walking or biking is the environmentally-friendly, economical, and fun way to go!</p> <p><b>Do you walk and bike for transportation?</b> Where I used to live, I had to drive everywhere. Now that I live in a city, I'm discovering how much I enjoy walking or biking to visit friends or run errands. Now, I can get to know my new home better via active transportation.</p> <p><b>Please share a favorite hobby or an interesting fact about yourself.</b> I love to travel, and sometimes I document my trips with mini videos. It's fun to look back on experiences with my family or friends, and I know my older self will love to see what I was like when I was younger.</p>	<p><b>How have your experiences, both personally and professionally, prepared you to be an LTAC?</b> I've worked as an LTAC for the Virginia Safe Routes to School program since 2012 and have worked on various aspects of Safe Routes to School since 2008. It's been amazing to see the Virginia SRTS program grow over the years, and I'm continually inspired by the people I meet who are working to implement SRTS at the local level in Virginia.</p> <p><b>Did you bike and walk to school as a student?</b> I walked and biked to school almost every day from elementary school through high school. Partly this was a function of the times (parents not as fearful as today). Partly it was a function of the specific environment I grew up in (sunny California in the age of budget cuts and no school buses). And partly it was a function of being a kid whose eyes weren't good enough to drive. In the end though, I had some good friends I would walk with regularly and I remember some amazing side adventures, including taking the long way to school through the park.</p> <p><b>Do you still bike and walk for transportation?</b> Yes, I still mostly bike or walk for transportation. Sometimes I wish I lived a little further from work, since I don't rack up the National Bike Challenge miles like some of my colleagues. I also believe I should be get extra points for carrying my kids to school on the back of a regular, non-electric-assist cargo bike.</p> <p><b>Please share your favorite hobby or an interesting fact about yourself.</b> My favorite hobby is something I do relatively rarely, which is backpack. There's something about carrying my home on my back, eating freeze dried meals, and hiking through beautiful, wild places that puts things into perspective and makes me feel like I'm living large.</p>	<p><b>How have your experiences, both personally and professionally, prepared you to be an LTAC?</b> I learned to ride a bike late – I was 14, and my friend had gotten a new bike and basically forced me to ride it one afternoon – but it changed my life. On a bike, I was able to go places I couldn't reach on foot, and I saw my community, and the world, in a new way. Not long after, I knew I wanted to help other people bike and walk more. For five years I've worked as a transportation planner in many communities across the Commonwealth. I've designed bike lanes, sidewalks, and trails, raised awareness of different transportation options, and researched residents' travel habits to help communities understand where to invest in more walking and bicycling infrastructure.</p> <p><b>Did you bike and walk to school as a student?</b> Growing up, I dreamed of being able to walk or bike to school, but I couldn't because my school was a 30 minute bus ride away. Walking or biking to school is a crucial way for kids to learn independence while getting exercise, which is why I'm excited to help students across Virginia get to school by foot or bike.</p> <p><b>Do you still bike and walk for transportation?</b> I've been biking for transportation for most of my adult life, and it's a great way to start my day! I'm fortunate to live in a neighborhood where I can get to most of my daily needs on foot or bike. I walk or bike to work, the grocery store, to spend time with friends, and to explore my community.</p> <p><b>Please share your favorite hobby or an interesting fact about yourself.</b> In my free time, I like to see live music, to travel to new places and eat ice cream there, and to go for long walks or bike rides.</p>	<p><b>How have your experiences, both personally and professionally, prepared you to be an LTAC?</b> My early jobs - tutoring, camp counselor, ESL teacher - were all centered around working with kids, but in college I majored in Environmental Studies. I wrote my thesis about sustainable development and became interested in urban planning. Safe Routes to School has been a great way for me to combine my past experiences with my current desire to expand the number of transportation options available within a community.</p> <p><b>Did you bike and walk to school as a student?</b> I always lived a few miles from school, so I grew up as a bus rider. Most of my biking and walking took place after school in the cul-de-sac in front of my house. While I had a bike when I was younger, once I hit middle school, roller blades were my preferred method of getting around the neighborhood.</p> <p><b>Do you bike and walk for transportation now?</b> As much as possible! I'm really lucky to live about three miles from work and try to run home from the office a couple of times a week. It's a great stress reliever and I don't have to worry about fitting in a workout once I get home.</p> <p><b>Please share your favorite hobby or an interesting fact about yourself.</b> My perfect weekend would include going on a bike ride with friends, cooking a delicious meal, and relaxing at home with a good book.</p>