



GUIDEBOOK
Version 1. 2006-07

Golden Sneaker Award

Table of Contents

Introduction.....	1
Instructions for Homeroom Teacher and/or Student Council Representative	2
Contest Announcements	3
Checklists	4
Volunteer Job List.....	5
How to Make a Golden Sneaker Award	6
Student Sign-in Sheet	7
Class Travel Log	8



Golden Sneaker Award is a program of Safes Routes to Schools, a project of the Transportation Authority of Marin..

Introduction

Golden Sneaker Award



The Golden Sneaker Award contest is a competition 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. They also win an ice cream or pizza party, or some other special classroom activity. This contest fosters teamwork and allows students who cannot walk or bike to school to participate in this group transportation contest.

Some schools choose to “even out” the competition by splitting up the grades into more evenly matched levels that compete with each other. An example of grades that could compete against each other is: kindergarten and first graders, second and third graders, fourth and fifth graders. The contest can be conducted in both elementary and middle schools.

Instructions for Homeroom Teacher or Student Council Representative

Golden
Sneaker
Award

- It is easiest to begin the contest on the first Monday of the month and end it on the last Friday of the month.
- It is recommended to run the competition for only two or three months in a row.
All participating homerooms should agree to the number of months to run the contest before beginning.
- Ask your students to keep track of each time they walk, bike, carpool or ride the bus to or from school each week.
**A one-way trip by one of these methods earns one point;
a round trip earns two points.**
- Use the sample form in this guide to track how students arrive at and leave school on a weekly basis.
Asking for the students' numbers on each Friday is a good method to use.
Make a copy of this form for each month of the contest.
- You must return the form to the main office by the last Friday of every month in order for your class to be considered for the monthly prize.
- Winners will be announced on the loudspeaker the following Monday.
- A representative from the winning class should pick up the Golden Sneaker Award from the office and arrange a time during the month for the pizza or ice cream party.
- Once a date, time and location for the party is decided, please provide this information to _____ (name of PTA contact).

Contest Announcements



LOUDSPEAKER ANNOUNCEMENTS

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 a pizza or ice cream party!

Winners

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, bike, carpool or bus 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 contest that awards students who walk, bike, carpool and bus to school. The class will receive a point for each time a student uses one of these methods to get to or from school. At the end of the month, the homeroom with the most points will get to display the Golden Sneaker Award in their classroom and will also win an ice cream or pizza party. *Optional statement to include: In order to make the competition as fair as possible, the following grades will compete with each other: kindergarten and first graders, second and third graders, fourth and fifth graders. 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 event
- 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 contest
- 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

Golden Sneaker Award Volunteer Job List

Task	Name	Phone #	Email	Dates Working
PTA/Administrators communication and pizza/ice cream party negotiations				
Instruction distribution to teachers				
Posters/banners creation				
Posters/banners display				
Newsletter article coordination				
Loudspeaker announcement coordination				
Golden Sneaker construction				
Class tracking check-ins				
Class tracking forms collection				
Class participation tallying				
Pizza/ice cream party coordination				
PTA attendee				

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

- A one-way trip by any of these methods is worth one point
- Round trip is worth two points.

Week 2

Date	Walked	Biked	Bussed	Carpooled
Total Points				

CLASS GRAND TOTAL =

Week 3

Date	Walked	Biked	Bussed	Carpooled
Total Points				

Week 4

Date	Walked	Biked	Bussed	Carpooled
Total Points				

SAFE ROUTES TO SCHOOLS PROGRAMS



SAFE ROUTES
TO SCHOOLS
MARIN COUNTY



Safes Routes to Schools is a project of the Transportation Authority of Marin.