

Adale M. Martin

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Bike Norfolk: Do you own a bicycle? Tell us about it, we love to hear about bicycles!

Adale Martin: I own a powder blue Sun cruiser that's decked out with a red basket, bell, and cup holder. My husband, two boys, and I are bikers, which is the reason I have a bike rack permanently attached to the back of my car. My pride and joy is my 1960 tandem Schwinn that was handed down from my grandparents.

BN: Are you familiar with [Bike Trains and Walking School Buses](#)? If so, will you help make them commonplace in Norfolk?

AM: Bike Trains and Walking School Buses (BTWSB) are a part of Norfolk Public School's safe routes to school program. It's a perfect example of how parents/guardians can mentor children on how to safely navigate their commute to and from school. With the national bus driver shortage, the BTWSB are safe alternatives that promote health, community, education, and an environmentally friendly alternative.

BN: Do you support a funded dedicated position within NPS to manage and promote the [Safe Routes to Schools Program](#)?

AM: Yes, I support funding a dedicated position to promote the safe routes to schools program.

BN: In the past several decades there's been a dramatic [decline](#) in the number of students to bike/walk to school. What will you do to reverse this trend away from a dependence on school buses?

AM: Parents and guardians want to be confident that their child will arrive to their destination safely; whether it's by bus, bike, or foot. This means making sure that there is a designated space for everyone. NPS can work with the City of Norfolk to ensure a safe infrastructure in school zones (signs, lights,

crosswalks, sidewalks, bike lanes) and promote an educational campaign that reminds walkers, bikers, and drivers of the rules, situational awareness, and to practice patience.

BN: In what ways can walking and bicycling infrastructure be improved to allow for more children to travel safely to school?

AM: I have a freshman in high school who wants to ride his bike to school. While he has demonstrated that he knows the rules, wears a helmet, and will stay alert, my biggest fear is distracted drivers. About 1 of every 5 people killed by distracted drivers in 2018 were not in vehicles—they were walking, riding bikes, or otherwise outside of vehicles. (NHTSA.gov) Drivers need to take their role in safety seriously by removing any and all distractions and staying focused on the environment around them.

BN: We love to ride bikes! Would you like to go for a bicycle ride with us?

AM: Yes, the Martin family would love to go for a bicycle ride with Bike Norfolk! My husband and son are hearing impaired. We want to learn more about helmets and safety gear for riders who wear hearing aids.

