

Winterfest in Thief River Falls

Bike TRF is always finding ways to encourage bike riding all year round. Throughout the year, they host several events such as Bike and Walk to School, a 2-day free bike swap/exchange, Rosewood gramble, pub crawls, a bike rodeo, and other activities. Towards Zero Deaths partners with Bike TRF to help with bike and traffic education. Bike TRF also funds bike/repair stations that are located around Thief River Falls for the community to use.

Winterfest is an event that is hosted by the Eagle's Club in Thief River Falls to raise money for Trails to Treatment. Trails to Treatment is a grant program administered by the North Country Horsemen Saddle Club, a non-profit organization based out of Middle River, MN. Trails to Treatment is a cancer fund created to assist those in need of funding during their treatment of cancer.

A fat tire bike ride was part of the Winterfest activities. This was a great opportunity to invite bike riders to get out and enjoy the winter weather. The bike route included the Northland trails and then a ride on the Red Lake River.

There were three routes; 12.7 miles, 9.5 miles, and 4.8 miles. Fortunately, the weather was beautiful which was a nice bonus.

A **HUGE** shout out to Bike TRF who brings bike education, traffic safety, health and wellness, and **fun** to the TRF community!



3rd Annual Teen TZD Conference

The Teen TZD Conference is scheduled for April 26, 2023 in Thief River Falls. Registration will be coming soon and you don't want your school to miss out! This conference is packed full of traffic safety education, multiple sessions on mental health, and it also serves as a career expo for students that may be interested in the 4 E's, enforcement, EMS, engineering, and education.

The main focus for the conference is Anger/Road Rage and Healthy Coping Mechanisms. This year's sessions include:

- First Aid: CPR, detect strokes, bleeding, choking, etc.
- Epilepsy/Seizures
- Coping with Anger/Grief
- Aggressive Driving Behavior
- Stress: where is it coming from, how to cope, when is too much?
- Self-Defense
- BCA Lab/Drug Taskforces
- What Do You Do to Become a Firefighter
- Road Design and How Engineering of Roads Makes Our Roads Safer
- How to Respond when Someone Tells You They Are Self-Harming/Suicidal
- Unhealthy vs. Healthy Relationships
- Life With an Addict
- Coping Skills in Uncomfortable or Potentially Dangerous Situations
- Everything You Want to Know and Afraid to Ask
 - Human/sex trafficking
 - How to stay safe in college/parties
 - Sexting/underage photos/pornography
 - What happens when you are arrested?

2023 Enforcement Update:

- DWI (optional): March 16-18 -St. Patrick's Day
- Distracted: April 1-30
- DWI (optional): Every Thur-Sat, May 11-Sept 2, 2023
- Seatbelts and child restraints: May 22-June 4
- Speed: July 1-31

Weekly Traffic Fatality Update

- In 2023 through March 6th, there were 34 traffic-related deaths on Minnesota roadways. This is 31% less than there were at this time last year (49).
- Pedestrian deaths are at 7 compared to 4 last year same time.
- Snowmobile fatalities are at 4 so far this year.

April is National Alcohol Awareness Month

Alcohol Awareness Month is a national public health awareness campaign sponsored by the National Council for Alcoholism and Drug Dependence. During the month, the goal is to increase awareness and understanding of the causes and treatment of the nation's #1 public health problem: alcoholism. It is a good time to reflect on drinking patterns and the role that alcohol plays in our lives, affects us as individuals, families, communities, and society.

According to the National Safety Council, in the US alone, someone is killed by a drunk driver every 45 minutes. Alcohol is responsible for nearly half of auto vehicle crashes where a teen is killed (46%). In 40% of traffic deaths in the US at any age, alcohol is involved.

It's no surprise to anyone that drinking and driving are unsafe, illegal, and easily preventable. Impairment begins with the first drink. Before taking that first drink, please be responsible and have a plan that includes a safe and sober ride home.

National Distracted Driving Awareness Month

This is a great time to regroup and take responsibility for the choices we make when we're on the road. The National Safety Council estimates show that our roads are the most dangerous they've been in years. Diving distraction-free is a lifelong commitment. How can we do better?

- Turn off all electronic devices while driving and place them somewhere out of reach.
- Set a good example for young drivers in the car.
- Talk with teens about responsible driving.
- If you are a passenger, speak up if the driver uses an electronic device while driving.
- Always keep your eyes on the road, your hands on the wheel, and your mind focused on driving.



Mark your Calendars!

- 2023**
- NW Region TZD Steering Committee Teams Meeting –March 9, 2023 @ Bemidji MnDOT Headquarters (in-person only) from 10:0-11:30am.
 - Daylight Savings Time—March 12th @ 2:00am, spring forward one hour.
 - NW Region TZD Workshop—April 25, 2023, Legacy Center, Thief River Fall Register at www.minnesotatzd.org/events/workshop/northwest/2023
 - Teen TZD Conference—April 26, 2023, Evangelical Free Church, Thief River Falls
 - TZD State Conference - November 14-15, 2023 (T-W), Mayo Civic Center, Rochester



Traffic Trivia

Question: How many people die in a fatal crash each year due to distracted driving?



Answer:
Approx 8 per day,
3,500 per year (CDC)