



Free Resources & Simple Steps Towards Safer Routes to School for Your Students

2017 NJSBA Workshop

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Annual Schools Sponsors



Sustainable Jersey for Schools Underwriters



Small Grants Underwriters



Platinum Founding Sponsors



Bronze Sponsor



Program Partners



Sustainable Jersey for Schools



- Modeled off of the municipal program
- Free and voluntary
- NJ based and consensus driven
- School level certifications but requires School Board and district level support



Sustainable Jersey Program Participants



Municipal



Schools

Municipal
445 Communities
201 certified

Schools
278 Districts
691 Schools
194 schools certified

Why Participate?



- Framework for action
- Access to resources
 - Tools, technical support, training
 - \$1.4M from Sustainable Jersey
- Positive impact on school community
- Move towards a sustainable future
- Recognize and reinforce progress





A BRIGHTER FUTURE

FOR SCHOOLS SUSTAINABLE JERSEY

• CERTIFIED •

one school at a time

ABOUT

ACTIONS &
CERTIFICATION

EVENTS &
TRAININGS

GRANTS &
RESOURCES

MEDIA &
COMMUNICATIONS

SUPPORT US

REGISTER



APPLY TO BE A POWERSAVE SCHOOL

15 schools will get free support & resources to educate students about energy efficiency

HEADLINES



**34 Sustainability Grants
Awarded to New Jersey
Schools**

APR 25, 2017



**Sustainable Jersey for
Schools Announces
Availability of \$120,000 to
Fund Health and Wellness
Actions in Schools**

APR 13, 2017

ABOUT SUSTAINABLE JERSEY FOR SCHOOLS

Sustainable Jersey for Schools is a certification program for New Jersey public schools that want to go green, conserve resources and take steps to create a brighter future, one school at a time. [Learn More](#)

PARTICIPATING DISTRICTS & SCHOOLS

View the map of participating districts and schools, and register your district or school today! [View Map](#)



UPCOMING EVENTS



**Teaching and Learning
with Monarch Butterflies
Duke Farms**

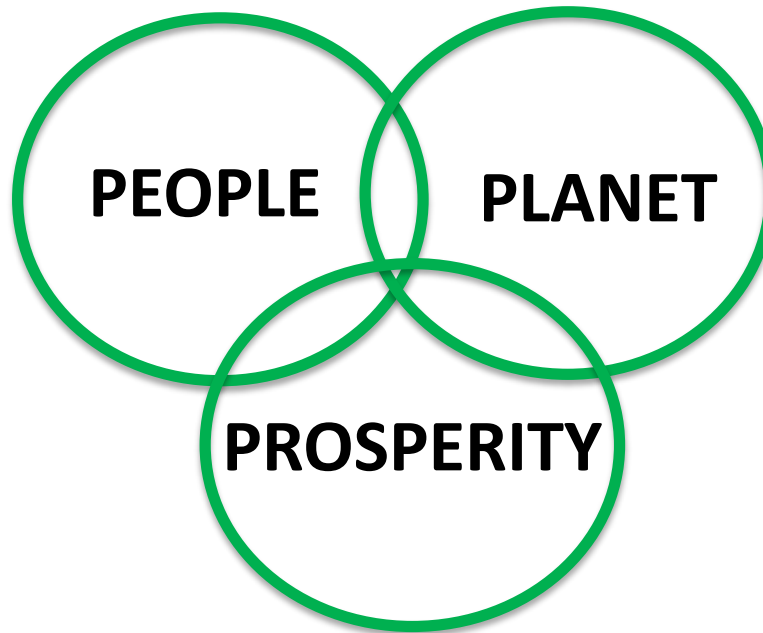
AUG 03, 2017 - 08:30 AM TO
AUG 04, 2017 - 04:00 PM



Certification Action Categories

PEOPLE

- Diversity & Equity
- Food & Nutrition
- **Healthy School Environments**
- **Safe Routes to School**
- School Culture and Climate
- Student & Community Outreach
- Student & Staff Wellness



Components of Sustainability

PROSPERITY

- | | |
|-----------------------|-------------------------|
| • Student Learning | • iSTEAM |
| • Energy Efficiency | • Leadership & Planning |
| • Innovative Projects | • Learning Environment |

PLANET

- Climate Mitigation & Renewable Energy
- Green Cleaning
- Green Design
- Green Purchasing
- School Grounds
- Waste Management & Recycling

Active Transportation Related Actions

- Safe Routes to School District Policy
- School Travel Plan for Walking and Biking
- Pedestrian and Bicycle Safety and Promotion Initiatives
- Anti-Idling Education & Enforcement Programs
- Outdoor Air Quality Awareness Program



Sustainable Jersey Action Outline

Safe Routes to School District Policy 10 Points District

Why is it important?

Who should lead and be involved with this action?

Timeframe


Project costs and resource needs


What to do, and how to do it ("How to")

What to submit to earn points for this action

Spotlight: What New Jersey schools are doing

Resources

 Print Action Description

 Download PDF Version

Safe Routes to School is a nationwide movement aimed at encouraging elementary and middle school students to walk or bicycle to school. The goal of New Jersey's Safe Routes to School initiative is to get children walking and bicycling to school where it is safe and to make it safe where it is not. In order to earn points for this action a school district must have a Wellness Policy or Active Transportation Policy in place that enables walking and biking to school, and includes a commitment to collaborate with municipal, county or state transportation, land-use planning, law enforcement, and other agencies to plan, construct, and encourage the use of safe, accessible, and convenient pedestrian and bicycle routes to school.

Why is it important?

Increasing childhood obesity rates, combined with the fact that students tend to participate in less physical activity as they move into adolescence, have helped draw the attention of policymakers to the benefits of "active commuting"—that is, pedestrian and other active modes of transportation such as walking, biking, rollerblading, scootering, and skateboarding. The U.S. Surgeon General has recommended routine walking and biking as part of an active lifestyle that is associated with decreased risks for heart disease, diabetes, hypertension, and colon cancer, as well as an increased sense of well-being.

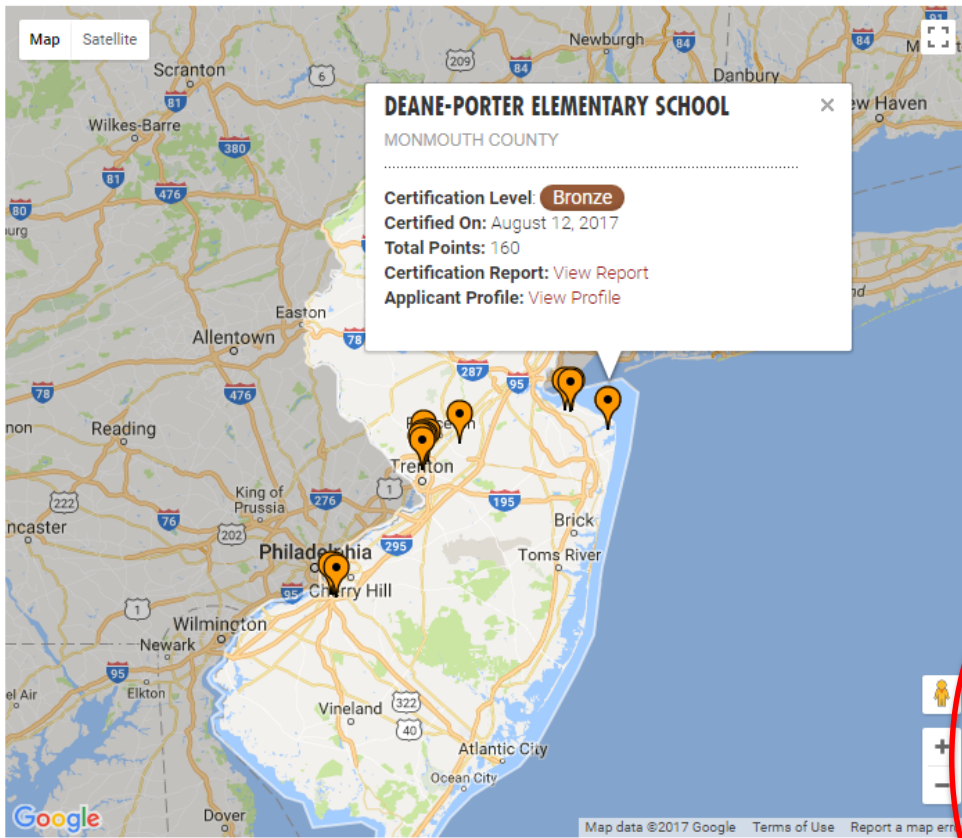
In the past several decades, the percentage of trips made by walking has declined

Website Search Feature

Participating Districts and Schools

279 Registered Districts 693 Registered Schools 194 Schools Certified

Map view List view



Update Search Reset

FILTER THIS MAP

BY TYPE

- District
- School
- All

BY STATUS

- Registered
- Bronze Certified
- Silver Certified
- Any Certified
- Any

BY CERTIFIED ACTION

SEE INSTRUCTIONS BELOW

Student and Staff Wellness

Student Safety

- Safe Routes to School District Policy
- Pedestrian and Bicycle Safety and Promotion Initiatives
- Safe Driving Awareness Programs for High School Students
- School Travel Plan for Walking and Biking

- Allows you to look at documentation provided by certified schools
- Can download approved policies, plans, and other materials
- Quick and easy way to research what other districts are doing related to specific actions

SEARCH FEATURES

Website Search Feature



Sustainable Jersey for Schools Community Certification Report

[Download PDF Version](#)

This is the Sustainable Jersey for Schools Certification Report of Woodside Avenue Elementary School (Bergen), a Sustainable Jersey for Schools bronze certified applicant.

Woodside Avenue Elementary School (Bergen) was certified on August 14, 2017 with 210 points. Listed below is information regarding Woodside Avenue Elementary School (Bergen)'s Sustainable Jersey for Schools efforts and materials associated with the applicant's certified actions.

Contact Information

The designated Sustainable Jersey for Schools contact for Woodside Avenue Elementary School (Bergen) is:

Name:	Ann Jameson
Title/Position:	Principal / Main Office
Address:	305 Woodside Avenue Franklin Lakes, NJ 07417
Phone:	201 891-5600

STUDENT SAFETY

Safe Routes to School District Policy **10 Points** District

Program Summary:

The Franklin Lakes Public Schools has updated Policy Regulation 3542.1 to include a section on Safe Routes to School. The Superintendent and School Business Administrator completed a Safe Routes to School webinar on January 11, 2017. The information learned was shared with the Green Team, administration and the Board. On June 10, 2014 Board of Education approved use of funds to support the installation of sidewalks leading to Woodside Avenue School. The District collaborated with the Borough of Franklin Lakes on a NJ DOT Discretionary Aid grant, for funding to install sidewalks at all schools. The District has already, enhanced signage around schools and worked with the Franklin Lakes Police Department on a plan to upgrade flashing school zone signs that include speed limit displays.

- [Safe Routes to School District Policy Documentation](#)
- [Safe Routes to School District Policy Documentation](#)
- [Franklin Lakes Board resolution to support town grants at all schools](#)
- [Safe Routes to School District Policy Documentation](#)

STUDENT AND STAFF WELLNESS

Policies to Promote Physical Activity **10 Points** District

Program Summary:

For More Information



- Visit us at www.sustainablejerseyschools.com
- Call Sustainable Jersey Staff
 - Renee Haider
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lambertv@tcnj.edu



Free Resources & Simple Steps toward Safer Routes to School for your Students



NEW JERSEY

Safe Routes to School

www.saferoutesnj.org

RUTGERS

U.S. Department of Transportation
Federal Highway
Administration



The Link:

Physical Activity = Student Achievement



Physical activity criteria

Physical Education classes

Recess

In-class physical activity

Before & after school physical activity



Academic performance criteria

Grades

Test scores

Academic behaviors

Cognitive skills

Physical Activity = Student Achievement



	Centers for Disease Control and Prevention	Fedewa & Ahn	National Academy of Sciences
Year	2010	2011	2013
Paper Type	Meta-analysis of (50) different studies	Meta-analysis of (59) different studies	Literature review of over 150 studies
Findings	<i>Evidence that physical activity can improve children's grades, test scores, and cognitive abilities</i>		

The Link:

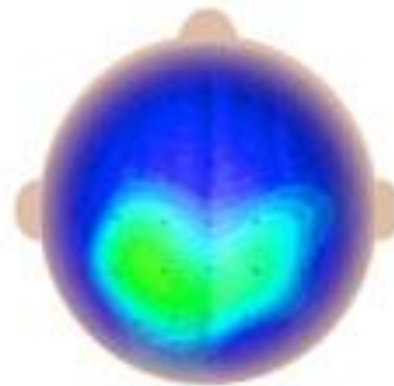
Physical Activity & Brain Health

active kids learn better

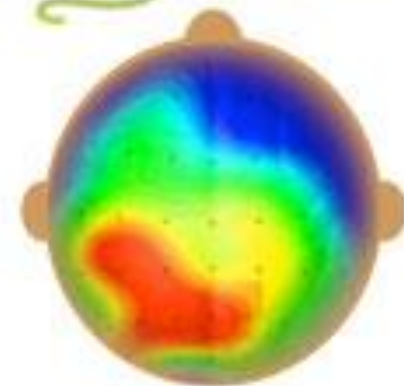
BRAIN SCANS OF STUDENTS TAKING A TEST:



Red areas are very active;
blue areas are least active.

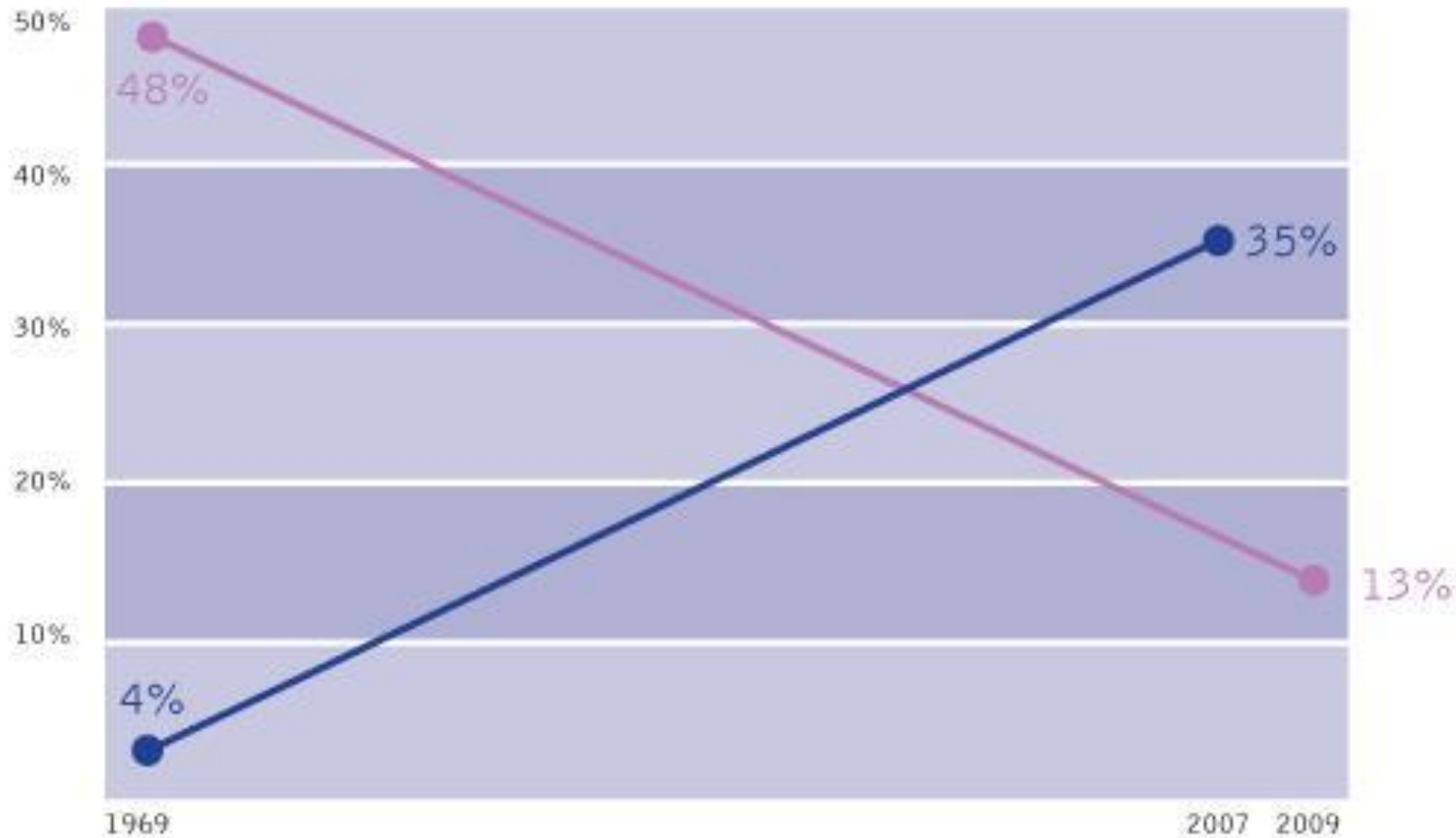


after 20 minutes of sitting quietly



after 20 minutes of walking

↓ Physical Activity = ↑ overweight and obese children



● U.S. children (grades K-8) who usually bicycle or walk to school

● U.S. children (6-11) who are overweight or obese

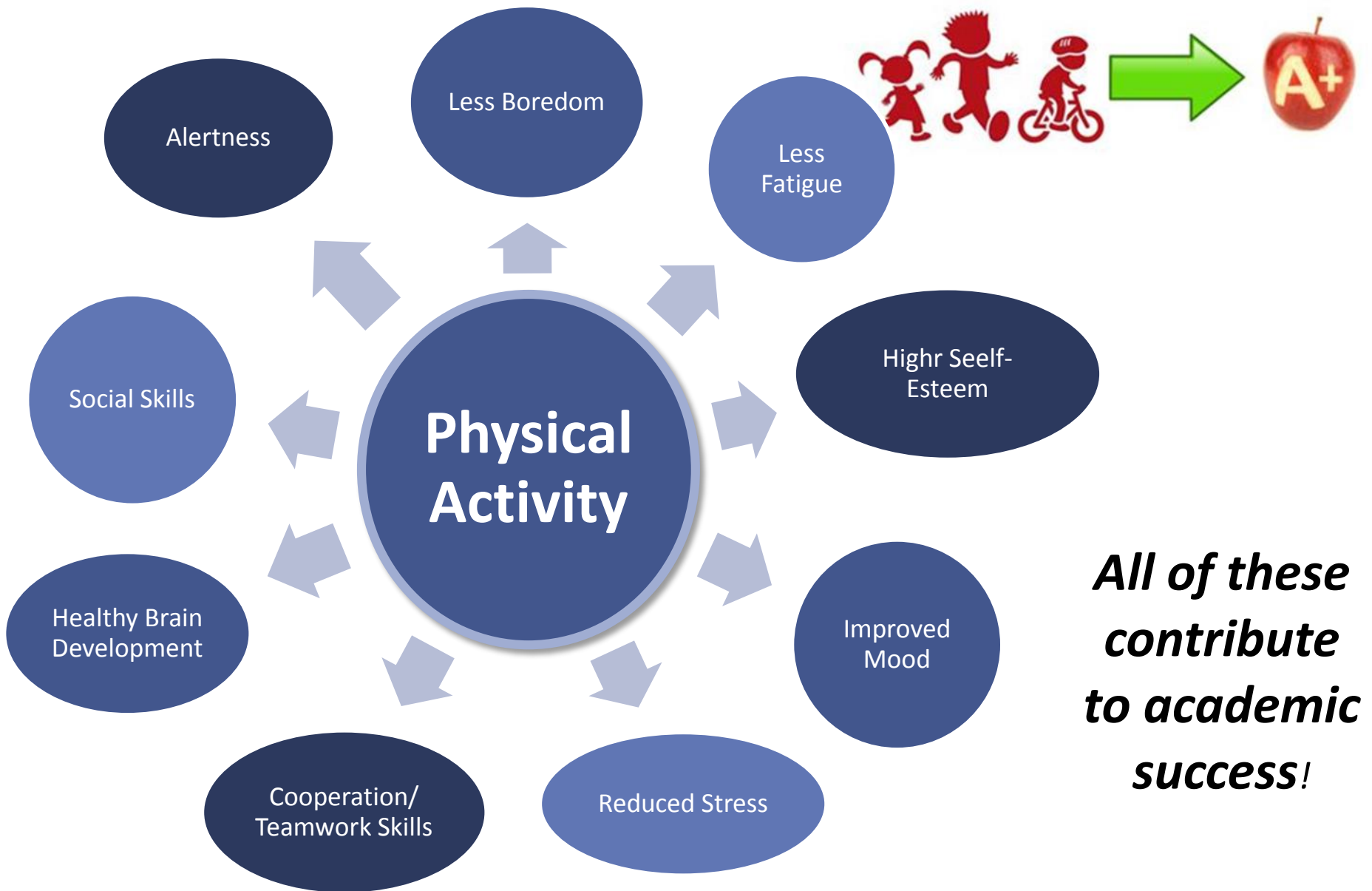
Source: J. Pucher and R. Buehler, City Cycling (2012)

Children who bike or walk to school simply learn better!!



- More attentive and better able to concentrate
- Advanced mental alertness by half a school year
- More beneficial toward mental development than having breakfast and lunch

Source: Egelund et al. (2012). Study of over 20,000 school children



***All of these
contribute
to academic
success!***

The Importance of the Link:

A Decline in Physical Fitness in favor of Instructional Time

- Cuts in physical education programs
 - budget constraints
 - increased focus on instruction time/test preparation
- Children *do not* regain lost physical activity time when not in school.
- Children engage in far less activity than the recommended 30-60 minutes per day.



The decline in physical activity may have a negative impact on academic achievement.

National Academies of Sciences Recommendations:



- ✓ *Schools and governments should consider the role of **physical activity in students' academic performance, health, and development when making policy decisions.***
- ✓ *Effective strategies for incorporating physical activity at schools should include:*
 - *After-school programming*
 - *Organized sports*
 - *Daily recess/more active PE*
 - *Active transport to/from school => **Safe Routes to School!!***

How can NJ Safe Routes to School help?

NEW JERSEY
Safe Routes to School



www.saferoutesnj.org

Goals of NJ Safe Routes to School:

1. Where it's safe, get kids walking and biking to school.
2. WHERE IT'S NOT SAFE, MAKE IT SAFE.





Benefits of NJ Safe Routes to School:

- Less roadway congestion
- Less fuel consumption/
transportation cost savings
- Cleaner air
- All children, including
those with disabilities
can participate
- Healthier and happier students



Active Transportation Actions:

1. Safe Routes to School District Policy
2. School Travel Plan
3. Pedestrian/Bike Safety Initiatives



SRTS District Policy Action: 10 points/school



- School districts adopt an Active Transportation or School Wellness Policy encouraging walking and bicycling to school.
- All schools enrolled earn points.

Quick tips:

- ❖ *Present a draft to the school board with background info and benefits – public comment is available at every meeting.*
- ❖ *Identify and encourage advocates to attend to show support.*



School Travel Plan Action: 10 Points/school



- STP maps out how to improve pedestrian and bicycle travel to and from school to improve safety and increase students who walk or bike to school.
- Include 6 required elements.

Quick tips:

- ❖ **Identify where students walk/bike and where they would walk/bike if they could.**
- ❖ **Prioritize changes by cost & time.**
- ❖ **Include decision makers – council, public works, school admin, etc.**



Pedestrian & Bike Safety Initiatives Action: 10 Pts



- School must complete TWO events (walk to school day, bike rodeo, poster contest, safety presentation, etc.) **AND**

- One active transportation best practice:
 - Bicycle Parking & Storage
 - Kiss and Walk Zones
 - Staggered Dismissal
 - Staff walking/biking program

OR

- One infrastructure improvement
 - Install or fix sidewalks
 - Stripe crosswalks
 - Install signals, signs
 - Add bike lanes

NJ Safe Routes to School Recognition Program:

2017 is the 5th year of the program!

NEW JERSEY
Safe Routes to School



www.saferoutesnj.org

- Recognition of municipalities and schools for commitment and support of Safe Routes to School
- Offered once per year: January 31st

Benefits of the program:

- Gain recognition both locally and statewide for efforts towards enhancing and promoting SRTS.
- Earn Sustainable Jersey points for their municipality.
- Earn Sustainable Jersey for Schools points for their school or district.
- Earn points for SRTS Infrastructure grant applications through NJDOT

NJ SRTS Recognition Levels: Schools

BRONZE LEVEL:

1. Endorsement/Support letter or Resolution of Support
2. Hold at least **TWO** pedestrian or bike safety programs:
 - Walk/Bike to School Day
 - Bike Clinic/Rodeo
 - Bike or pedestrian safety education
 - Mileage clubs, contests
3. Implement **ONE** active transportation best practice:
 - Bike parking/storage
 - Staggered Dismissals
 - Walking Club for staff
 - Infrastructure improvement near school



Completion of Bronze level earns 10 points for Sustainable Jersey for Schools certification.

NJ SRTS Recognition Levels: Schools

SILVER LEVEL:

1. Meet Bronze level requirements
2. Complete at least **ONE** of the following requirements:
 - 1) Walkability or Bikeability Assessment around the school.
 - 2) School-wide Student Travel Mode Tallies
 - 3) Ongoing year-round active travel program (Walking Wednesdays, Walking School Bus, etc.)
 - 4) Complete **two** SRTS activities (Pedestrian or bicycle safety programs, Walk to School Days, etc.)



NJ SRTS Recognition Levels: Schools

GOLD LEVEL:

1. Meet Silver level requirements
2. Show ongoing support from PTA, PTO, School Green team, School Wellness Council, etc.
3. Complete **ONE** of the following:

a) School Travel Plan with all 6 components

This also earns 10 points for Sustainable Jersey for Schools certification

b) Adopt a SRTS District Policy supporting active travel to school.






This also earns 10 points for Sustainable Jersey for Schools certification

c) Innovative bike/walk to school project, subject to approval.



NJ SRTS Recognition Program earns points toward Sustainable Jersey for Schools certification!



	
<ul style="list-style-type: none"> Two SRTS events and one active transportation best practice – toward Bronze Recognition 	<ul style="list-style-type: none"> 10 points toward school for Pedestrian & Bicycle Safety and Promotion Initiatives action.
<ul style="list-style-type: none"> School Travel Plan -- toward Gold Recognition 	<ul style="list-style-type: none"> 10 points for school toward School Travel Plan for Walking and Bicycling action
<ul style="list-style-type: none"> Adopt SRTS/Active Transportation School District Policy - toward Gold Recognition 	<ul style="list-style-type: none"> 10 points for the school district toward SRTS District Policy action.

NJ Safe Routes to School Costs:

NEW JERSEY
Safe Routes to School



www.saferoutesnj.org

Walking and Bicycling to and from school costs NO additional money!

NJ Safe Routes to School
offers a variety of
programs **FREE to schools**
and school districts!



Walk and Bike to School Days

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Safe Routes to School



www.saferoutesnj.org

Walking School Buses



Bicycle Rodeos



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Bicycle and Pedestrian Safety Presentations



Walk and Bike Assessments , School Travel Plans, Policies

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www.saferoutesnj.org



Find Your Safe Routes to School Regional Coordinator

NEW JERSEY Safe Routes to School



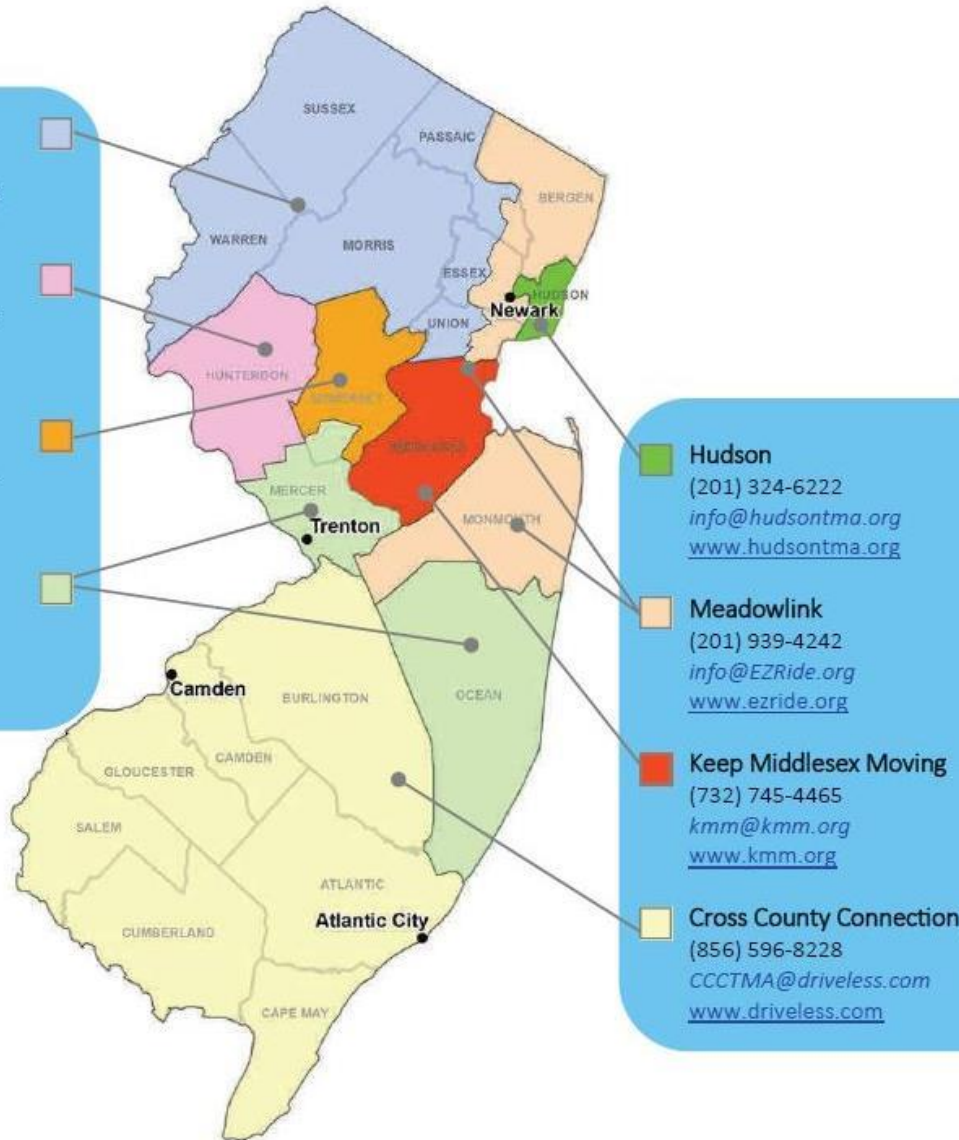
www.saferoutesnj.org

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info@TransOptions.org
www.transoptions.org

HART
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info@HARTTMA.org
www.harttma.com

Ridewise
(908) 704-1011 ext. 11
staff@ridewise.org
www.ridewise.org

Greater Mercer
(609) 452-1491
tma@gmtma.org
www.gmtma.org



Hudson
(201) 324-6222
info@hudsontma.org
www.hudsontma.org

Meadowlink
(201) 939-4242
info@EZride.org
www.ezride.org

Keep Middlesex Moving
(732) 745-4465
kmm@kmm.org
www.kmm.org

Cross County Connection
(856) 596-8228
CCCTMA@driveless.com
www.driveless.com

FREE technical assistance with Safe Routes to School Programs!



NJ Safe Routes to School and Sustainable Jersey for Schools

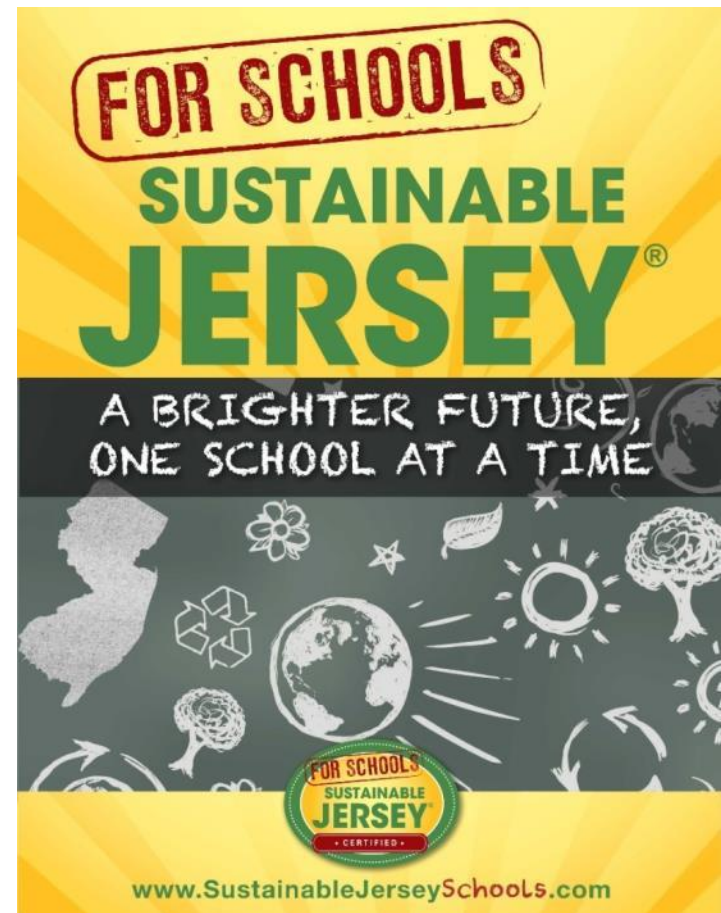
Free technical assistance for Sustainable Jersey for Schools actions such as:

- School District Policies
- School Travel Plans
- Bicycle and Pedestrian Safety Promotion
- Anti-Idling

NEW JERSEY
Safe Routes to School



www.saferoutesnj.org



Grant Funding for Schools: Infrastructure

Federal Funding:

Safe Routes to School

Transportation Alternatives Program (TAP)



State Funding:

Municipal Aid

Transit Village

Bikeways

Safe Streets to Transit



Safe Routes to School (SRTS) Grants

SRTS Grant Goals:

- Increase walking & bicycling
- Improve safety
- Reduce traffic & fuel consumption
- Reduce air pollution

Tip: Organize large projects into phases of no more than approx. \$300,000



Safe Routes to School (SRTS) Grants

Who is eligible to apply?

- Municipalities
- Counties
- School districts and schools

What projects are eligible?

- Infrastructure projects that enable children in grades K-8 to walk and bicycle to school
- Within 2 miles of a K-8 school



SRTS Infrastructure Grant Examples

Projects can include installation of:

- ADA compliant sidewalks
- On and off-road bicycle facilities
- Trails to schools
- Bicycle parking
- Day-lighting crosswalks
- Traffic Calming:
 - Lighted crosswalks, flashing crosswalk signs, permanent radar display, speed tables, raised crosswalks, raised intersections, bulb outs
- Pedestrian bridges to school

Not eligible:

- Education programs
- Projects that only serve high schools
- Projects that only serve to make drop-off and pick-up zones easier to use



Transportation Alternatives Program (TAP)

What are TAP projects?

- Community-based, local level
- Non-traditional surface transportation projects (both land & water)
 - Expand travel choice
 - Strengthen local economy
 - Improve quality of life
 - Protect the environment
- \$150,000 – 1 million per project



Sustainable Jersey Grants Program

MUNICIPAL PROGRAM

Sponsor	Awards	Total \$
Gardinier (Energy)	31	\$545k
NJDOH	4	\$32k
PSEG	159	\$1.1M
Walmart	151	\$1M
TOTAL	345	\$2.8M

SCHOOLS PROGRAM

Sponsor	Awards	Total \$
Gardinier (Energy)	11	\$155k
NJEA	146	\$540k
NJDOH	89	\$349K
PSEG	136	\$400K
TOTAL	382	\$1.4M

Funding Levels
 \$2k - \$35k
 Since 2009
727 projects in
 New Jersey
 municipalities and
 schools has been
 funded



Small Grant Cycle Timeline

MUNICIPAL PROGRAM

<u>Sponsor</u>	<u>Announcement</u>	<u>Application Deadline</u>
Gardinier (Energy)	Late Summer	End of October
PSEG	Mid-November	End of February

SCHOOLS PROGRAM

<u>Sponsor</u>	<u>Announcement</u>	<u>Application Deadline</u>
Gardinier (Energy)	Late Summer	End of October
NJEA	Late Summer	End of October
NJDOH (Health)	Mid-March	Early June
PSEG	Early November	Beginning of February

**Please note funding cycles are subject to change and official announcement will be made when funding cycles become available*



New Funding Opportunity



Sustainable Jersey for Schools Grants Program Funded by PSEG

2018 Application Information Package

Announcement Date: Tuesday, October 24, 2017
Application Due Date: Friday, February 9, 2018
Link to Application: On the [Grants and Resources](#) section of sustainablejerseyschools.com

Questions: Email grants@sustainablejersey.com or call Kaitlyn Vollmer on 609-771-3189. General questions regarding the Sustainable Jersey for Schools Program should be directed to schools@sustainablejersey.com or Veronique Lambert on 609-771-3427.

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- New grants cycle fund by PSEG announced
- Applications due Feb. 9
- \$10,000 Project Grants
- \$2,000 Green Team Grants
- Half of Participating Districts have received at least one grant!



HIGHLAND PARK SCHOOL DISTRICT

- Middlesex County, next to Rutgers University
- 1.9 square miles
- Diverse (30 languages spoken)
- Over 1500 students – one third free and reduced school lunches
- 4 Public Schools
- Walking town – only offer hazardous route busing for a few students
- First Green Community in New Jersey - Silver Sustainable Jersey Certified Municipality





Our School Successes

- Primary and Elementary Schools are both Gold NJ SRTS Recognition Program Recipients
- All public schools are Bronze certified with Sustainable Jersey for Schools
- Borough and School District awarded SRTS infrastructure grants in 2014 and 2016.





Our First Steps

- Establish a Green Team with parents, teachers, stakeholders – members also on municipal green teams –SRTS implemented via the Green Team
- Identify key issues and set goals & objectives – particularly regarding green initiatives
- Use key/free resources for help:
 - Sustainable Jersey
 - Transportation Management Associations (Keep Middlesex Moving)
 - NJ Safe Routes to School
 - Highland Park Safe Walking and Cycling Committee (SWACC)





Keep up the momentum!

- Make sustainability and active transportation priorities for the district.
 - BOE member is a Green Team member
 - Involve students: Environmental Club
- Adopt policies to encourage walking and bicycling to school
 - Safe Routes to School District Policy
- Get your students moving
 - Walking School Bus
 - Walk to School Days
 - Bike Rodeos





Board Policy on SRTS

- Policy 8504 (Section: Operations), Safe Routes to School
- Located online on the Board homepage or directly at:
<http://www.straussesmay.com/seportal/Public/DistrictPolicy.aspx?policyid=8504&search=safe+schools&id=036100f752da4943b2ed0e3b0326564b>
- Supports the Walking School Bus and Bicycle programs at each school to encourage students to walk and bike to school daily.
- Program info in the Student Handbook.





Implementation of SRTS

- Walking School Buses run by parents.
- Walk to School Days and Bike Rodeos are a partnership between parents, schools, Safe Routes to School, police, Keep Middlesex Moving, and the Borough.
- District School Travel Plan – first bike audit in NJ and walkability audit.





Gotta be in it to win it!

- Apply for grants!!
 - ✓ HP awarded Sustainable Jersey for Schools grants for staff wellness program, installation of refillable water stations, butterfly garden.
 - ✓ HP awarded SRTS infrastructure grant in 2014 for lighted crosswalks near schools and in 2016 for curb cuts and bicycle parking near schools.





HIGHLAND PARK SCHOOL DISTRICT

Thank you!

**Mark Krieger
Highland Park Board of Education
boemkrieger@hpschools.net**



TOWNSHIP OF LAWRENCE

MERCER COUNTY NEW JERSEY



Lawrence Township Public Schools:

- 4,000 students
- 7 schools – PreK-12

NEW JERSEY
Safe Routes to School



www.saferoutesnj.org

- 2010 Census population:
 - 33,472 people



Lawrence Township



NEW JERSEY
SafeRoutes
to School



District



Slackwood Elementary,
Lawrence Elementary



Lawrence Intermediate School



Benjamin Franklin Elementary, Eldridge Park Elementary,
Lawrence Township Public School, Lawrence High School,
Lawrence Intermediate, Lawrence Middle, Lawrenceville
Elementary School, Slackwood Elementary

Community-wide Safety Education



St. Lawrence Rehab Bike Rodeo

- Helmet distribution
- Skills course
- Health vendors

Safety Town for entering Kindergartners with the Recreation Department



Trail or Treat- Halloween family bike ride on Lawrence Hopewell Trail

Representation in Mayor Wellness Campaign

Think Positive- Summer police positive reinforcement tickets



Mayors Wellness Campaign
Mercer County



Encouragement



Age-appropriate safety assemblies



Safety Quiz Wheel greets walkers with Bike/Ped questions



Walk This Way

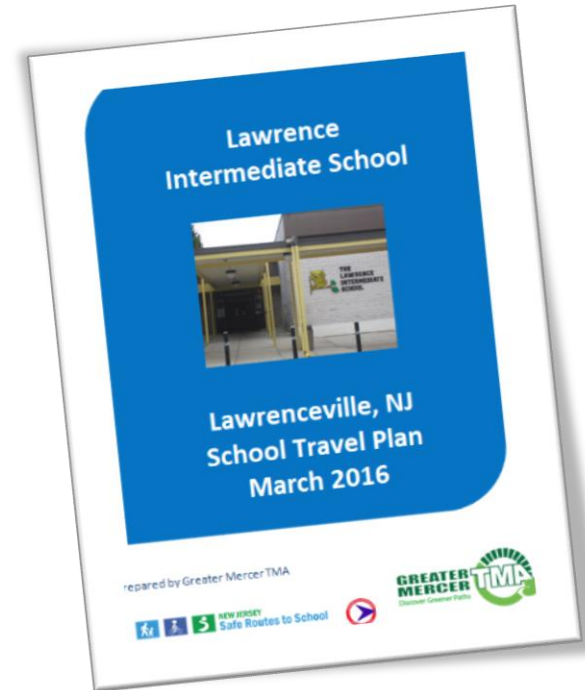
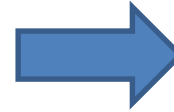


- Students conduct a walkability audit at Lawrence Intermediate School
- Data collection and graphing skills
- Results are reported by students to town council

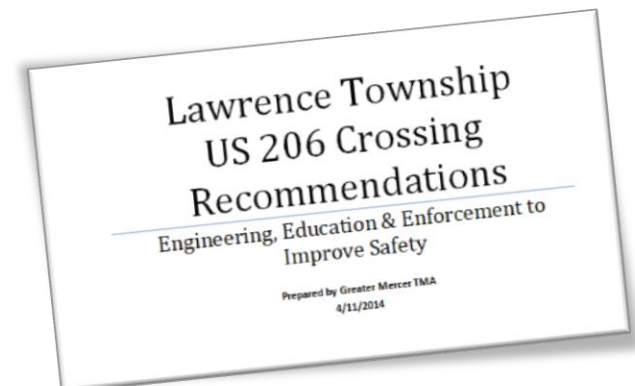
Planning, Engineering and Design Recommendations

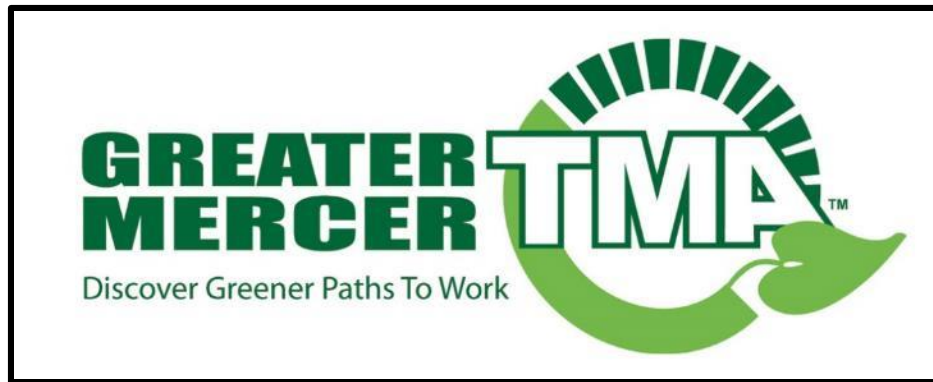
SRTS Travel Plans

- **Travel Tallies** - Baseline analysis
 - Parental, School Official, Police input into infrastructure recommendations
 - SRTS Grant required element



Suggestions are incorporated into larger Rt. 206 Safety Corridor Study featuring schools





Contact Us!

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Contact Us!!

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NEW JERSEY Safe Routes to School



www.saferoutesnj.org



- Visit us at www.sustainablejerseyschools.com
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