



## National Bike to School Challenge – and **BIKE/WALK EVERYWHERE**.

We invite all students, parents and staff to join our National Bike to School Challenge, where riders will receive prizes for recording their minutes of activity in May. Stay active and healthy, perhaps beat our record of participations.

### **LET'S FILL UP OUR BIKE RACKS!!**

Attached is your Bike-to-School log sheet Calendar. Record each day you bike or walk to school or anywhere. Fill out your calendar completely and turn them into our Bike-to-School box in the Main Office by June 2<sup>nd</sup>. Prizes will be delivered to your class the following week.



**REMEMBER:** National Bike to School Day is **Wednesday May 10<sup>th</sup>**. Report to the Primary Playground before 9:30am to get your prize. Lines are longest at 9:30am so arrive early!

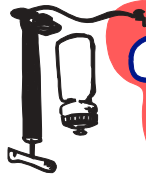
### **EACH TIME YOU RIDE, REMEMBER THE FOLLOWING SAFE CYCLING PRACTICES:**

1. **WEAR A HELMET**, everywhere and every time you ride. Do the EYES, EARS, MOUTH check to make sure your helmet fits and straps are snug and make sure the front of your helmet covers your forehead completely.
2. **RIDE RIGHT**, go with the flow of traffic, single file.
3. **STOP AND LOOK BOTH WAYS BEFORE ENTERING THE STREET**. Never weave between parked cars on the street or in parking lots.
4. **OBEY ALL TRAFFIC SIGNS, SIGNALS, AND LAWS**. Stop at stop signs, red and yellow lights. Make sure drivers see you and are looking at you.
5. **IF YOU ARE RIDING ON THE SIDEWALK, RIDE SLOWLY, AND CHECK FOR CARS** and be especially careful at driveways, intersections and cross walks.
6. **SCAN AND SIGNAL BEFORE TURNING**
  - a. Look back, front & side ("scan") to make sure there are no cars coming.
  - b. Signal left or right.
  - c. Scan again and when it's safe move into the correct lane position and turn.
  - d. If you do not feel safe turning in traffic, use the crosswalks instead.

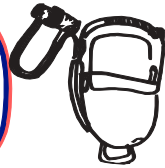
*Ms. Shaw and our volunteer will be stationed at the welcome table on the primary playground on **Wednesday, May 10<sup>th</sup>**, greeting riders with stickers to show Otter's pride.*

*Volunteers are needed to lead bike trains to school from various neighborhood locations. Volunteers are also needed to pass out prizes on May 10<sup>th</sup> morning, please contact Ms. Shaw ([jlshaw@seattleschools.org](mailto:jlshaw@seattleschools.org)) or Tien Mai ([vr.bikeTeam@gmail.com](mailto:vr.bikeTeam@gmail.com)).*

*Turn in the **Calendars to the Bike2School box in the main office by June 2<sup>nd</sup>**, to be tallied for school's collective minutes of riding. The calendar can be downloaded from [www.viewridgeschool.org](http://www.viewridgeschool.org): [Bike/Walk Everywhere Challenge Calendar](#)*



# BIKE TO SCHOOL



2017



Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_

School: \_\_\_\_\_



## HOW IT WORKS

1. **Keep track of the total number of minutes you ride each day.**
2. **Total your minutes and earn a prize!**
3. **Please write clearly and drop calendar in Bike2School Box in the Main Office.**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
I biked for _____ minutes!	1 I biked for _____ minutes!	2 I biked for _____ minutes!	3 I biked for _____ minutes!	4 I biked for _____ minutes!	5 I biked for _____ minutes!	6 I biked for _____ minutes!
7 I biked for _____ minutes!	8 I biked for _____ minutes!	9 I biked for _____ minutes!	10 <b>May 10th is Bike to School Day!</b> _____ minutes!	11 I biked for _____ minutes!	12 I biked for _____ minutes!	13 I biked for _____ minutes!
14 I biked for _____ minutes!	15 I biked for _____ minutes!	16 I biked for _____ minutes!	17 I biked for _____ minutes!	18 I biked for _____ minutes!	19 I biked for _____ minutes!	20 I biked for _____ minutes!
21 I biked for _____ minutes!	22 I biked for _____ minutes!	23 I biked for _____ minutes!	24 I biked for _____ minutes!	25 I biked for _____ minutes!	26 I biked for _____ minutes!	27 I biked for _____ minutes!
28 I biked for _____ minutes!	29 I biked for _____ minutes!	30 I biked for _____ minutes!	31 I biked for _____ minutes!	Turn in this calendar to your Bike to School coordinator.		

Thanks to our  
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Seattle Children's  
HOSPITAL · RESEARCH · FOUNDATION



AAA reminds you  
to wear your helmets  
every time you ride.



**My Total Minutes in May** \_\_\_\_\_ !

Are you a new Bike to School Month rider? ☐ YES ☐ NO