

**Montlake Elementary and Cascade Bicycle Club Education Foundation invite you to join our team for Bike to School Month, May 2010!**

Dear Montlake Families:

May is Bike to School Month, designed to encourage bicycle commuting and mentor new riders. Registration (on back) is due May 1<sup>st</sup>!

Help your child become a competent and independent cyclist. You know your child and your route to school best, but in general young children are not prepared to ride on the street alone. Most elementary school children ride with their parents or another adult. Please consider this a family project, one that introduces kids to the fun of cycling & their parents too!

Everyone who rides at least once wins a prize!

All participants who ride on May 21<sup>st</sup>, Bike to School Day-earn a reflective "slap bracelet"

1-14 trips earn cool reflective bike stickers.

15+ trips earn a star blinky bike light.

Please fill out the form below and return to Mrs. Goubert by Thursday, April 28<sup>th</sup>. I will send home bicycle safety information, "passport" and instructions.

You keep track of your trips each day you ride\* and turn in your passport at the end of May. We'll add your trips to our school total and deliver your prizes!

Happy Riding!

Mrs. Goubert

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**R. S. V. P. by April 28th 2010 for May 1<sup>st</sup> start!**

Yes! I would like to participate by cycling to school\* and keeping track of my trips for the Montlake Elementary's Bike to School Team.

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

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

**Email or Phone number:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Questions? Contact Mrs. Goubert, [smgoubert@seattleschools.org](mailto:smgoubert@seattleschools.org)**

\* Because every child cannot cycle safely to school, and because the "work" that kids do also includes sports, music lessons, trips to the library, play dates, etc..., trips for Bike to School Month can include any trip made by bicycle somewhere your child needs to go, round-trip.

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## **Bike to School Passport, May 2010**

Welcome to Bike to School Month! Your Bike-to-School Passport Calendar is on the back of this sheet. Record each day you bike to school (or somewhere you need to go)\*, tally your total trips, and turn in your passport to (\*\* add location) by (\*\*date—**June 2 is latest**). We will deliver your prizes and add your trips to our school total for Cascade Bicycle Club's area-wide Bike to School challenge.

\*(Because every child cannot cycle safely to school, and because the "work" that kids do also includes sports, music lessons, trips to the library, play dates, etc., trips for Bike to School Month can include any trip made by bicycle somewhere he or she needs to go, one round-trip per day.)

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.
- 2. RIDE RIGHT,** go with the flow of traffic, single file.
- 3. STOP AND LOOK BOTH WAYS BEFORE ENTERING THE STREET.**
- 4. OBEY ALL TRAFFIC SIGNS, SIGNALS, AND LAWS.** Stop at stop signs, red and yellow lights.
- 5. IF YOU ARE RIDING ON THE SIDEWALK, RIDE SLOWLY, AND CHECK FOR CARS** each time you enter a street, crosswalk, or intersection. Slow down and look for cars at driveways too.
- 6. SCAN AND SIGNAL BEFORE TURNING.**
  1. Look back, front & side ("scan") to make sure there are no cars coming.
  2. Signal left or right.
  3. Scan again and when it's safe move into the correct lane position and turn.
  4. If you do not feel safe turning in traffic, use the crosswalks instead.

Questions? Contact Anna Crandall at [ypa@cascadebicycleclub.org](mailto:ypa@cascadebicycleclub.org).

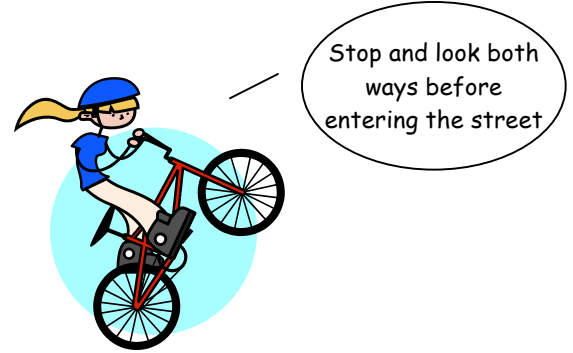
For more information visit Cascade's website at <http://www.cbcef.org/bts/index.html>.

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# Bike to School Passport

## May 2010

- Everyone who rides on BTS day gets a slap bracelet
- 1-14 trips wins cool reflective stickers
- 15+ trips wins a star blinky light



Name \_\_\_\_\_

Total Trips: \_\_\_\_\_  
Grade \_\_\_\_\_

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3   biked to school today!	4   biked to school today!	5   biked to school today!	6   biked to school today!	7   biked to school today!
10   biked to school today!	11   biked to school today!	12   biked to school today!	13   biked to school today!	14   biked to school today!
17   biked to school today!	18   biked to school today!	19   biked to school today!	20   biked to school today!	21   biked to school today! BIKE TO SCHOOL DAY!
24   biked to school today!	25   biked to school today!	26   biked to school today!	27   biked to school today!	28   biked to school today!
Wear a helmet every time you ride!		RIDE ON THE RIGHT!		Scan and signal before turning!

Teacher \_\_\_\_\_