



Whittier's *Bike Everywhere* Calendar

May 2018

Your *Bike Everywhere* Calendar is on the back of this sheet. Add up your **bike minutes** each day you bike to school (or somewhere you need to go)*, tally your total minutes, and turn in your calendar to the Bike Everywhere box outside the gym by June 4th. I will add your trip minutes to our school total for Cascade Bicycle Club's area-wide Bike Everywhere challenge.

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 Mr. Pule at 252.1706 or bspule@seattleschools.org

For more information visit Cascade's website at: <http://www.cascade.org/learn-school-based-programs/bike-school>

* Because some children cannot cycle safely to school, and because the "work" that kids do also includes sports, music lessons, trips to the library, etc., commuter trips for Bike Everywhere will include any trip made by bicycle. Add up your total minutes each day!



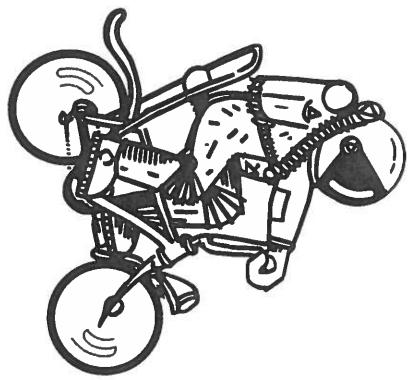
HOW IT WORKS

- Keep track of the total number of minutes you ride each day.

- Calculate your total minutes ridden for the month.

3. Give your completed calendars to your Bike to School coordinator, OR enter your total minutes online with the help of an adult at www.cascade.org/BTS

4. Your participation automatically enters you into a raffle to win prizes!



BIKE TO SCHOOL MONTH

Name: _____

School: _____

Teacher: _____ Grade: _____

Are you a new Bike to School Month rider? (Circle one) YES NO

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		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 I biked for _____ minutes!	11 BIKE TO SCHOOL DAY	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!		

Help your school collect the most minutes ridden to earn the Golden Pedal Award!

