



Whittier's *Bike Everywhere* Calendar May 2017

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 2nd. I will deliver your prizes and 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 **somewhere your child needs to go**. Add up your total minutes each day!