

# Bike to School Passport

## May 2011



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 and ride 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 WATCH FOR CARS**

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 Jenny Almgren at [ypa@cascadebicycleclub.org](mailto:ypa@cascadebicycleclub.org).

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



# Bike2School Month: May 2011

NAME: \_\_\_\_\_

GRADE: \_\_\_\_\_

TEACHER: \_\_\_\_\_

NUMBER OF TRIPS: \_\_\_\_\_

### Cascade Bicycle Club

1-14 Trips earns you an awesome bike key chain

15+ Trips earns you a cool bike bell so you can let people know you're coming!

Show everyone that you love to ride your bike with a cool "I heart my bike" sticker by riding to school on May 20th!

**Go out and ride!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 I biked to school today!	3 I biked to school today!	4 I biked to school today!	5 I biked to school today!	6 I biked to school today!	7 <b>GREAT JOB!</b>
8	9 I biked to school today!	10 I biked to school today!	11 I biked to school today!	12 I biked to school today!	13 I biked to school today!	14 <b>KEEP IT UP!</b>
15	16 I biked to school today!	17 I biked to school today!	18 I biked to school today!	19 I biked to school today!	20 <b>BIKE 2 School Day!</b>	21 <b>YOU'RE AWESOME!</b>
22	23 I biked to school today!	24 I biked to school today!	25 I biked to school today!	26 I biked to school today!	27 I biked to school today!	28 <b>ALMOST THERE!</b>
29	30 I biked to school today!	31 I biked to school today!				

