

All
aboard!



May 7th
2014

Join the Alki Bike Train!

A bike train is a safe and fun way to bike to school as a group. In honor of National Bike To School Day on May 7th, parents and students are invited to join one of two bike trains that will converge at Alki Elementary. You are welcome to join the train at any point along the route: refer to the map. After a group picture, students will be able to store their bikes for the day in the courtyard next to Mr. Kegel's classroom and then enjoy a healthy breakfast and awards ceremony. All bikers will receive prizes and special awards will be given to the Safest Riders and the Most Visible Rider (be creative)! This year we are lucky to have some guest riders who will join us, including Superintendent Jose Banda and representatives from Cycle U Bike Store and Cascade Bicycle Club. We may even make the news!

Parents/guardians, please note: Teachers are leading this event, but **YOU** are responsible for supervising the safety of your child by biking along. You must accompany your children in order for them to participate. So, get out your bike, set a great example for your kids, and join the fun!

Bike Train #1: Beach Drive Express

Meet at Me-Kwa-Mooks Park on Beach Dr. SW at 7:30am or join us anywhere along the route.



Bike Train #2: Alki Ave. Express

Meet at Anchor Park on Harbor Ave. SW at 7:30am or join us anywhere along the route.



FReE Bike Tune-ups!!

CYCLE
University

Tuesday, May 6th. 3:00-4:00pm Alki Elementary Playground

Get your bike ready for the big day! Cycle U Bike Doctors will be fixing up bikes on Tuesday, May 6th from 3:00 to 4:00pm on Alki Playground. That's right: free bike repair! On our playground! What a deal! Thank you Cycle U!

While you're at it, why not bike the whole month?!!

Alki Elementary and the Cascade Bicycle Club Education Foundation invite you to join us for **Bike to School Month, May 2014**

Dear Alki families,

May is National Bike Month and Bike to School Month! Bike Month is a month-long event designed to encourage people of all ages to engage in active transportation through cycling. In addition to being an enjoyable activity, bicycling can lead to lifelong healthy habits. This year's theme is "Wheels in Motion," making the connection between being healthy and active and academic achievement. Kids who ride their bikes to school arrive awake and ready to learn!

We envision Bike to School Month as a family event that is inclusive and may also introduce parents to the joy of cycling. Because of this, we encourage families to ride together whenever possible. Whether you bike with your child to school, the park or to the grocery store, you are:

- ✓ *Creating daily exercise habits that help keep your child active and healthy*
- ✓ *Modeling safe and responsible riding while fostering your child's independence*
- ✓ *Reducing car traffic and air pollution*

The Cascade Bicycle Club invites you and your student to join our friendly Bike to School Challenge, during which students can win fun and safety-oriented prizes for recording their minutes of activity in May. In addition, all students to who bike to school on National Bike to School Day (May 7) will receive a cool prize from Cascade Bicycle Club!

Once you've registered your child for Bike to School Month, we will provide you with bicycle safety information and a calendar to record your child's minutes of activity. Please turn in your calendar at the end of May so your school can total their total minutes in time to receive prizes!

For more information check out Cascade's website at <http://www.cbcef.org/bts/index.html> or contact Lindsey Parker at Cascade Bicycle Club (ypa@cascadebicycleclub.org) or Mr. Kegel at Alki (tekegel@seattleschools.org).

Golden Pedal Award: New for 2014, the Golden Pedal Award will be given to the Elementary school with the most new Bike to School Month riders!

* 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.

R.S.V.P. Form, Bike to School Month, May 2014 (fill out, sign, cut out and return to your teacher)

Yes! I would like to participate by biking to school* and keeping track of my trips for the **Alki Elementary Bike to School Team**.

Student Name: _____

Email: _____

Teacher: _____ Grade: _____

Parents: I give permission for my child to participate in Bike to School Month and I will provide the support he/she needs to do so safely.

(parent signature here)