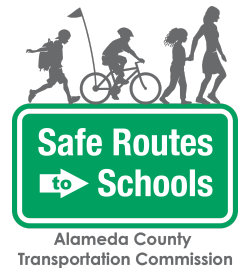


May Ongoing Walk and Roll



Theme: Bike Month

As the days get longer and the weather gets warmer, we welcome the extra time we have to enjoy outdoor activities. May's Walk and Roll theme is **Bike Month**. Below are a few ways to make it easier to bike more during the summer.

GIVEAWAY! As an incentive to participate in more ongoing activities as the end of the school year approaches, the Safe Routes to Schools Program is doing a random giveaway to schools who host an ongoing event (Walk and Roll Day, Walking School Bus, or Bike Train). To be entered into the giveaway, reach out to your site coordinator to let them know about the event you plan to host.

Activities your child or students might want to do before your walk and roll event:

- Check out what fun bike events and workshops are happening near you with [Bike East Bay!](#)
- Families can use [our helmet fitting sheet](#) as a reminder for how to safely put on a helmet before biking. Then, students can use their own helmet to practice putting it on safely before each ride.

Activities your child might want to do during your walk and roll event:

- Celebrate Bike to School Day on Thursday, May 11 or whichever day your school has chosen!
- Bike on Bay Area Bike to Work Day on May 18 and stop by an energizer station. [Find one near you!](#)
- Find some members of your community, and plan your route to bike to school together that day.

Make sure to use [these helpful tips](#) on your walk!



The Alameda County Safe Routes to Schools Program is a program of the Alameda County Transportation Commission (alamedactc.org) and is funded with Alameda County's local sales tax Measure B, regional, state, and federal funds.