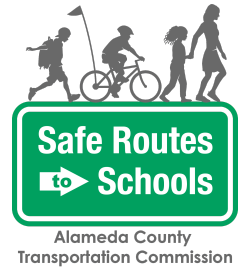


# May Ongoing Walk and Roll



**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.

## 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 16th or whichever day your school has chosen!
- Bike on Bay Area Bike to Wherever Day also on May 16th 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](http://alamedactc.org)) and is funded with Alameda County's local sales tax Measure B, regional, state, and federal funds.*