

GArides Bike Month Challenge



HOST A BIKE & ROLL TO SCHOOL DAY

Bicycling is a great way to bring your community members together to celebrate the season, have fun and get pedaling for better health.

We are encouraging students, families, and school staff to get out and ride! Not only will it help kick start a healthy and fun habit before school breaks for summer, but you will also be eligible to win prizes! Set up a Bike or Roll to School event between May 5-19 to participate.

SET UP A BIKE & ROLL DAY AT YOUR SCHOOL:

PLAN YOUR EVENT

Select a day between May 5-19, 2024 to designate as Bike & Roll to School Day for your school or class and let GCS know the date of your event.

WEDNESDAY, MAY 8 IS NATIONAL BIKE & ROLL TO SCHOOL DAY

We suggest this date as a good option to host your own Bike or Roll to school day! Plus, we're hosting a special drawing for faculty, staff, families, and students over age 13 who record a bike trip to school this day to be entered to win a \$100 gift card.

A few other ideas that can help you with your event include:

- Select a **Bike and Roll to School day champion** (an administrator, PTA member, etc). to oversee the planning
- Map out **bike parking** locations
- Plan a **bike bus** lead by a school staff or family member, where students and designated adult leaders bike together as a group. This allows you to map a safe route and have power in numbers! You could meet at a park, local community center, or other central area and bike together to school from there (or do the reverse after school).

DISTRIBUTE EVENT INFORMATION TO FAMILIES AND STAFF

For Families: Enter the blank information on the **GCS Spring into Gear Flyer** and distribute to your class or school community.

For Faculty and Staff: Enter the information into the email template to share information about participating with teachers and other school staff.

Send reminders before the event! Plus, encourage students, families, and staff who are **ages 13+** to sign up and track their rides to be entered for the chance to win prizes!

ON EVENT DAY

Welcome cyclists to school!

Don't forget to count how many students rode a bike to school that day!

Event Date:

# Faculty & Staff Who Biked	# Students Who Biked

AFTER THE EVENT

Fill out the Spring into Gear May Bike Month certificates (attached) and distribute to participating students.

Report to GCS how your school or classroom did by sharing your bike tracker and/or photos via email! You may even earn prizes for your participation!

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INTO GEAR**

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