

GA rides Bike Month Challenge

**SPRING**  
INTO **GEAR**  
MAY 5-19

sponsored by GEORGIA COMMUTE OPTIONS

GEORGIA COMMUTE SCHOOLS

**BIKE TO  
SCHOOL DAY**

**HAPPY RIDING!**

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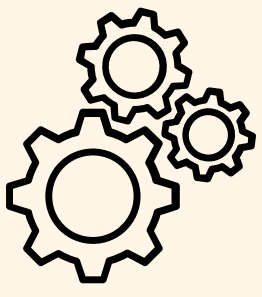
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## SPRING INTO GEAR MAY 5-19

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### GET READY!

From **May 5-19th**, our parent program, Georgia Commute Options, is hosting the *GaRides Bike Month Challenge - Spring Into Gear!* a two week bike challenge aimed at encouraging families to bike in their communities!

#### Kids Age 13+

Sign up to log rides to and from school & get entered to win prizes!

#### Under 13

Encourage & accompany your child and their friends to ride their bikes to and from school and get a fun participation certificate and freebies from Georgia Commute Schools!

### GET SET!

- Sign up and start recording your trips on GaRides.com
- Connect with your children's school and work together on celebrating *Spring into Gear!*

### GO!

**Fasten those helets on and start riding!**

**National Bike to School Day is May 8**

*Your student's school may be putting on their own **Bike or Walk to school day!** Plus, we're hosting a special drawing for faculty, staff, families, and students over the age of 13 who record a bike trip to school on this day on the GaRides app to be entered to win a **\$100 gift card!***

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# 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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