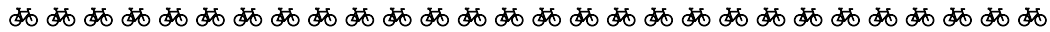


Loyal Heights Elementary School and the Cascade Bicycle Club Education Foundation  
invite you to join our team for  
**Bike to School Month, May 2013**



May is Bike to School month, a nationwide event designed to encourage bicycle commuting, mentor new riders, and foster a love of bicycling. When you bike to school with your child you:

- help your child become a safe, knowledgeable and independent cyclist.
- create daily exercise habits that help keep your child active and healthy.
- reduce car traffic and air pollution.

We envision participation in Bike-to-School month as a family project, one that may also introduce parents to the fun of cycling with their kids! You know your child and your route to school best, but in general young children are not prepared to ride on the street alone. Most elementary school children ride with their parents or another adult. Check out these incentives...

- All participants who ride on BTS Day (May 8) will receive a red and blue rubber bracelet
- 1-14 trips earn a cool bike key chain
- 15+ trips earns flashing red bike light

Because every child cannot cycle safely to school and because kids may also ride their bike to sports, music lessons, 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.

**Here's what we have planned for Bike to School month at Loyal Heights....**

April 27 (Saturday) Bike to School Kick off event from 10 a.m. to noon on the LH ES playground featuring bike skills workshops, bike maintenance station, helmet sale/helmet fitting, snacks and more! This event is free and open to all Loyal Heights students.

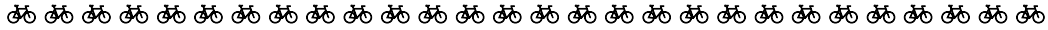
Bike to School Morning Welcomes (healthy snacks and lots of hoopla for kids that ride their bikes to school), 9:00-9:35 a.m. on:

- Wed, May 1
- Wed, May 8 (National Bike to School Day) Prizes, snacks, bike trains and more!
- Mon, May 13
- Fri, May 17
- Tues, May 21
- Friday, May 31

So, how do you participate? It's easy! Fill out the attached form and return to **the BTS box outside of the Loyal Heights School office** by **April 29**. We will provide you with bicycle safety information, calendar and instructions. You keep track of your trips each day you ride and turn in your calendar at the end of the month. We'll add your trips to our school total and deliver your prizes.

**For more information**, check out Cascade's website at <http://www.cbcef.org/bts/index.html> or contact Loyal Heights Bike to School Coordinators, Shannon Koller ([shannon.m.koller@gmail.com](mailto:shannon.m.koller@gmail.com)) and Paula Shaw ([gpsshaw@comcast.net](mailto:gpsshaw@comcast.net)).

## Bike to School month, May 2013 Registration Form



### Registration Form, Bike to School month, May 2013

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

Name: \_\_\_\_\_

Parent's Email: \_\_\_\_\_

Teacher/Room: \_\_\_\_\_ 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.

Photo/Video Release: I authorize the use, reproduction, and/or publishing of photographs and/or video that may pertain to my child, taken at Loyal Heights Bike to School events, including images and/or voice without compensation. I understand that this material may be used by Loyal Heights Elementary School PTA, and/or their partners (Cascade Bicycle Club, Seattle Public Schools) in various publications, websites or for other related endeavors. This authorization is continuous and may only be withdrawn by my specific recission of this authorization. Consequently, Loyal Heights Elementary PTA and their partners may publish photographs or video footage, in a manner deemed appropriate in order to promote and publicize cycling, sustainable transportation, child wellness or related topics. Under no circumstances will my child's image be published with their individual name connected to the image(s) other than associating them with Loyal Heights Elementary School or Seattle Public Schools. I understand and agree to the above. \*

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Parent signature here

Questions: Contact Shannon Koller ([shannon.m.koller@gmail.com](mailto:shannon.m.koller@gmail.com)) or Paula Shaw ([gpshaw@comcast.net](mailto:gpshaw@comcast.net)).

**Return this form** to the Bike to School box outside of the Loyal Heights Main Office.

A calendar to keep track of your rides and more information about bike safety and Loyal Heights bike events will be emailed to the email address you provide on this form.