

Why Bike to School?

May is bike month and bicycle activities can help promote individual health and recreation as well as have positive impacts on the community and the environment.

Bike Month helps:

- Get more people riding more often and safely to improve physical activity levels.
- Increase the voice and visibility of the cycling community.
- Lead the way toward improved facilities and the cycling environment.
- Promote cycling as a transportation alternative.

It is a widely held belief that when there are more cyclists on the road, they are more visible, motorists are better prepared to deal with them, and the rate of accidents involving vehicles lowers. We also know that cycling for transportation is better for the environment and individual health. The more cyclists on the road, and the more visible, the more the city and county governments help us to improve facilities and conditions for bicycling. Help bicyclists in the city become more visible by joining us by riding through Bike Month... and beyond.



Biking to School

May is the perfect time to begin biking to school because its Bike Month. Riding a bicycle can be an adventure full of fun and excitement. However, children also need to remember that they share the road with cars, trucks, pedestrians, and other cyclists. The *Health & Wellness Coalition of Wichita* is encouraging parents to choose appropriate routes and take this opportunity to reinforce the rules of the road for safe cycling. Parents can bike with their kids to school or organize a bike-pool with other parents. The *Health & Wellness Coalition of Wichita* is dedicated to promoting physical activity and good nutrition for every generation in the greater Wichita area. What better time to get moving then now?

Bike Safety

The Health & Wellness Coalition of Wichita would like to remind you of a few important safety tips pertaining to bicycle riding.

- Always wear an approved bicycle helmet every time you ride.
- Wear light-colored, close-fitting clothing.
- Make sure your bicycle is not too big or small. You should be able to straddle your bicycle comfortably, with both feet touching flat on the ground. Check brakes, tires, tire pressure and handle bars every time you ride.
- Ride defensively, be alert, and watch for traffic and other riders.
- Ride single-file and only one person on a bicycle.
- Look left-right-left when approaching an intersection and walk the bike across busy streets.
- Do not show off on your bike.

Parents can bike with their kids to school or organize a bike-pool with other parents.

E-mail information about your bike adventures to the *Health & Wellness Coalition of Wichita* (debbie.williams@ymcawichita.org) or call Debbie at 264-4066 ext. 221.