



# North Natomas

Transportation Management Association

Regency  
Park

## Two Feet Tuesdays NEWS



Regency March 2011

### Apply Now for a Bike Rebate!

As the days get warmer and the rain clouds fade away, we are reminded that bike weather is just around the corner! In celebration of this time of year, we have renewed our Bicycle and Accessory Rebate Program.

Here is how it works. The bicycle rebates may be up to 40% of the pre-tax cost of a new bike, with a maximum amount of \$250 for adult bikes and \$100 for children's bikes. The accessory rebate is for adults only and is 40% of the pre-tax cost of a bicycle accessory, with a \$50 maximum. A committee including board, staff, and community members will review all applications, and notify recipients of their awarded rebate. All rebate recipients will be required to attend a cycling clinic before a check can be issued.

Applications are now being accepted and must be postmarked by April 30th. Visit [NorthNatomasTMA.org](http://NorthNatomasTMA.org) to apply. Hurry and get your application in soon!

### Two Feet Tuesdays Contest

Tell us something about your Two Feet Tuesdays commute for a chance to win four tickets to a Sacramento River Cats baseball game! Simply submit a picture, poster, painting, essay, or something you think might catch our attention about your Two Feet Tuesdays commute. Bring your submission to the Two Feet Tuesdays table located by the school office by March 29th. The winner will be announced in the first few weeks of April! Please remember to include your first and last name along with a phone number or e-mail.



### Meet Cory and Andrew Mehrten

Cory and Andrew enjoy riding their bikes to school with their dad. They rarely miss a Tuesday and they enjoy collecting the different charms week to week.

Cory is in Ms. Ekstrum's 3rd grade class and Andrew is in Ms. Peterson's kindergarten class. They have been participating in the Two Feet Tuesdays program since the beginning of this school year and they love it, especially because they get to ride their bikes to school. They say that the best part of all is being able to spend time with their dad!

Cory's favorite color is red. He likes to play the guitar and ride his bike. Andrew's favorite color is blue. He likes to play the drums and ride his scooter.

Thank you for participating in Two Feet Tuesdays!



Dad, Cory, & Andrew Mehrten



### UPCOMING EVENTS:

**March 2-13** - Barnes and Noble Book Fair

**March 14-18** - Parent Teacher Conferences

**Mystery Tuesday** - Walk or bike every Tuesday because it might be treasure box day!

IN PARTNERSHIP WITH  
TWIN RIVERS SCHOOL DISTRICT

TwinRivers  
UNIFIED SCHOOL DISTRICT

Walk and Bike To School program sponsored by the North Natomas TMA, a nonprofit organization with the mission to foster transportation behaviors that benefit the community through advocacy, programs, education, and services. Contact [mellissa@nntma.org](mailto:mellissa@nntma.org) - 419-9955



### Mark Your Calendars!

In partnership with Regency Park, the North Natomas TMA is bringing you many fun and exciting events this spring.

**April 26th** - Come on out to the Bicycle Fix-it Fair between 3:30 p.m. and 6:30 p.m. where you can find the North Natomas TMA's Mobile Bike Service Station on Regency Park's blacktop. Bike mechanics will provide free repair and tune-ups in preparation for May is Bike Month. One bicycle per person please. Bicycles will be repaired on a first-come-first-served basis. Brand new helmets will be on sale for the low cost of \$5!

**May 3rd** - Bike to School Day - Celebrate May is Bike Month by riding your bike to school! All participants will receive a special treat when they arrive.

Let's celebrate this spring!



### Cycling Clinics

Are you interested in learning more about smart cycling? There will be two free cycling clinics offered to the public covering bicycle safety, rules of the road, and suggestions for making riding easier and more pleasurable.

**April 12th** - Women on Wheels - This event is only for women and taught by women.

**May 25th** - Kids' Clinic - Learn the skills for a fun ride. Bring a parent!

There is no need to bring your bike. All that is required is your willingness to listen and learn!

**Location** - North Natomas Library from 6:00 p.m. to 7:30 p.m. Please RSVP at least one week prior to the clinic at 419-9955.

### Helmet Safety

The law requires all children younger than 18 years to wear a helmet - parents, you can set a good example and wear one yourself. This is because medical research shows that a bicycle helmet can prevent 85% of cyclists' head injuries. Your child can suffer permanent personality changes and learning disabilities from a brain injury. Common long-term effects include concentration difficulties, aggressiveness, headaches and balance problems.

Protecting the front of the head is most important when using bicycle helmets. It is essential that the helmet is always strapped, and that it covers the forehead. Here are a couple of pointers on how to properly fit your child's helmet:

- The helmet must be level on the child's head so that it covers their forehead and should rest only an inch above the eyebrows
- The helmet should be snug and not wobble excessively side to side
- Students should not be able to put more than two fingers through the chinstrap
- Students should not be able to push the helmet more than two inches straight back



**HAPPY St. Patrick's Day!** There are 7 differences between the leprechauns below. Can you spot them all?

