



North Natomas

Transportation Management Association

Regency Park

Two Feet Tuesdays NEWS



Regency Park April 2011

Get Ready for "May is Bike Month!"



Natomas elementary and middle schools are participating in the 2011 May is Bike Month. This regional campaign, also

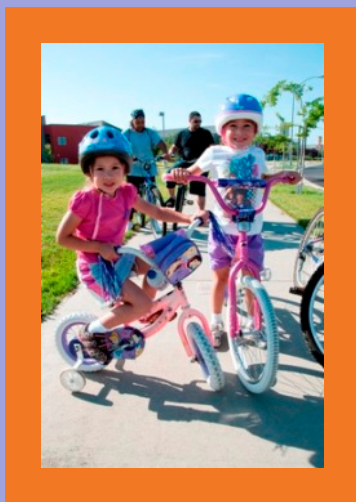
called "Million Mile May" encourages cycling as an alternative form of transportation to improve air quality and promote health.

Please encourage your child to ride their bike during the month of May. If you live within one mile of your school, it is only a 10-minute ride, which is considered one full trip. Students will record their trips each day in class, which allows them to win weekly prizes. Parents, you can also participate with your neighbors and co-workers in bicycling to work and for errands and recreation. If you want to join your child as they pedal their way to helping the region make it to a million miles, visit www.MayIsBikeMonth.com for more information or contact North Natomas TMA at (916) 419-9955.

Bike to School Day

Give power to the pedals and make sure your family bikes to school on May 3rd! This will be a great opportunity to bond with friends and family.

In celebration of "May is Bike Month", we encourage all students to ride their bikes in May, but especially on May 3rd. Students who arrive to school via bike will receive a special treat!



Fix-It Fair!

Clean out those garages and bring your bike to the Fix-It Fair on Tuesday, April 26th from 3:30 to 6:30 p.m. on the blacktop near the back gate. In preparation for "May is Bike Month," bike mechanics will provide FREE repair and tune-ups.

The North Natomas TMA's Bike Doc will also be at the event to assist with your bike needs, so what are you waiting for? Mark it on your calendar! Bikes will be repaired on a first-come, first-served basis. One bicycle per person, please.



Brand new helmets will also be on sale at the event for only \$5! Remember it's the law - any child under 18 must wear a helmet when riding a bike!

Project Ride Smart

This spring, the North Natomas TMA is happy to bring "Project Ride Smart" to Regency Park Elementary. Cycling instructors, in partnership with 5th grade teachers, will teach this comprehensive bike safety course. Students will practice blacktop drills as well as on-street instruction.

Students will learn a variety of skills including bike control, safety, awareness, rules of the road and much more. By the end of the course, the kids will be confident bike riders who are excited to use their new skills when cycling to school.



UPCOMING EVENTS:

April 5 - PTA Meeting 6:30 p.m.

April 8 - PTA Talent Show

April 26 - Fix-It Fair

Every Tuesday - Two Feet Tuesday!

IN PARTNERSHIP WITH
TWIN RIVERS 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 - 419-9955



Two Happy Feet



Malaya Harmen

First grader Malaya Harmen doesn't shuffle-step when she's walking to school on Two Feet Tuesdays, though she could if she wanted. Rain or shine, Malaya journeys to Regency Park Elementary, gets her program card punched and revels in picking a colored charm. This tip-toeing half-pint is learning how to dance through tap, jazz and ballet classes but rounds it out with books, bike rides and singing. Did

you know that she hasn't missed a day of school since kindergarten?

Get Up To \$250 in Bike Rebates - Deadline April 30th

Biking weather is here and the pavement and trails are calling! In celebration of the season, the Bicycle and Accessory Rebate Program is now accepting applications.



Adults may receive up to \$250, or 40 percent, back on a new bike and \$100 back on children's bikes. Don't forget the bells and whistles with an additional accessory rebate worth up to \$50. The accessory rebate applies to adults only.

Rebate recipients are chosen and notified by a committee and will be required to attend a cycling clinic before a rebate check can be issued.

Applications must be postmarked by April 30th. Visit www.NorthNatomasTMA.org to apply.

Sisters Who Socialize

Meet Isabel and Lauren Gatdula: two sisters who practically cheer for Two Feet Tuesdays, the program that makes walking to school a perfect alternative to driving. Why all the jubilation, girls? Because taking it step-by-step means a hearty morning dose of gab time with friends and a "charming" surprise when they get to their destination. (Each participant gets to choose from a variety of colored charms and other prizes.)



Isabel and Lauren Gatdula

On days they don't walk (which are few), both jump on their bikes or scooters, head to the park or play a spirited game of Uno with the family.



Celebrate Earth Day on April 22

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