



North Natomas

Transportation Management Association

H. Allen Hight

Walking Wednesdays NEWS



H. Allen Hight May 2011

Bike a Million Miles?

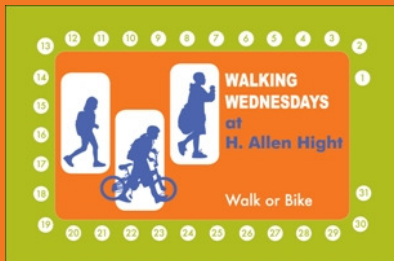


A million miles may seem an impossible goal, but look around. The swell in fluorescent spandex pants and whacky helmet mirrors

whizzing around town is not a coincidence. It is a telltale sign of serious road warriors contributing to the regional campaign, "May is Bike Month" aka "Million Mile May" where Sacramento area residents (both kids and adults) pedal their way toward a million cumulative miles.

Walking Wednesdays...That's a Wrap. Get Your Prize!

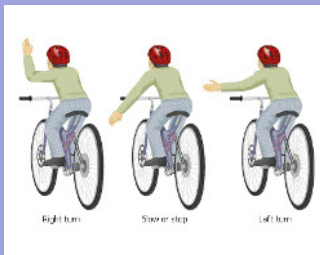
The school year is wrapping up and so are Walking Wednesdays. Don't miss out on your opportunity to win a prize and be recognized for the number of weeks that you have walked or biked to school. Meet us before school on May 25th at the original Walking Wednesdays spot to redeem your reward!



Three Road Rules You Should Know

1) Who has more road rights, bicycle or car?

We've all been there—stuck behind a bicyclist who just won't move over. You start venting in vein and yelling to the windshield, but did you know that California law gives equal rights to both cyclists and motorists? It's true. So, next time you feel the frustration fumes start to smolder, take a deep breath and remember cyclists have the right to be there, too!



2) **Follow the flow!** When riding your bike, you should always ride in the same direction as traffic. Conversely, when walking, you should always make your way against traffic unless you're on a sidewalk.

3) **Good gestures go a long way.** We ask cars to watch out for cyclists, but we also need to remind bicyclists that it is their job to communicate. One of the most sure fire ways to get your point across is to use traditional hand signals. Left arm out means left turn; left arm bent up means right turn; and left arm bent down means you are stopping. Perfecto!

Take Your Child to the Clinic!

For an extra boost of safety, take your kids to the smart cycling clinic on May 25th at the North Natomas Library at 6:00 p.m. Geared toward parents and children, this course covers many aspects of bicycle safety including rules of the road and suggestions for making riding easier and more pleasurable. Did we mention this event is free? Please call the North Natomas TMA for more information. 916-419-9955

The student body of H. Allen Hight will enter this event full force, competing against 10 other Natomas schools for the 2011 perpetual trophy, in an attempt to cycle 8,000 trips. (A 10-minute bicycle ride is considered one trip.) All types of bike rides count, including trips to and from school and all recreational biking. Participating children will log trips each day in the classroom and prizes will be awarded weekly. So...On your mark. Get set. Go!



UPCOMING EVENTS:

- May 2 - 6 - Teacher Appreciation Week
- May 7 - H. Allen Hight & Natomas Middle School Cultural Fair
- May 19 - Open House
- May 25 - Kids Bike Clinic, North Natomas Library 6:00 p.m.
- MAY IS BIKE MONTH!**

IN PARTNERSHIP WITH
NUSD SAFE ROUTES TO SCHOOL

Natomas
Unified School District
Connecting students to their future

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



What's Hot in Bike Fashion? Helmet Hair!

You may think donning a shell around your head squishes your style or points directly to a bad hair day, but it's much better fashion sense than the alternative: brain injury or death. The most serious injuries among cyclists are to the head, however wearing a helmet reduces these types of casualties up to 85 percent. But here's the catch: they only work when worn properly. On top of safety concerns, California law states that any child under 18 years must wear a helmet when doing anything on wheels, i.e. riding a bike, rollerblading or scootering. Below are the six steps to fitting a life-saving helmet:

Step 1) Size-Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads can help with a proper fit.

Step 2) Position-The helmet should sit level on your head and low on your forehead-one or two finger-widths above your eyebrow.

Step 3) Buckles-Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps.

Step 4) Side Strap-Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

Step 5) Chin Strap-Buckle the chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

Step 6) Final Fitting-Open your mouth wide... big yawn! The helmet should pull down on the head. Last, shake your head back and forth. Your helmet should not move! (Though you might end up a tad dizzy.)

Fourth Grader Gets in the Groove



Aaliyah Kirkpatrick

Fourth grader Aaliyah Kirkpatrick makes Walking Wednesdays a part of her weekly routine and tries to get in at least 10 minutes of cycling every day. On the weekends, Aaliyah and her family venture out on longer two-wheeled journeys. This is perfect training for her goal this summer to ride from her house to Elkhorn Boulevard and back again without stopping! First Natomas, then Amgen!

Walking Wednesdays Student Wins River Cats Tickets

Congratulations to Brendan Orellana who won four tickets to a River Cats game for his submission in the Walking Wednesdays contest. Brendan is an avid Walking Wednesdays participant and frequently rides his scooter to school, logging a little more than a mile each way. Along the trip, Brendan gets front row seats to a menagerie of wildlife including birds, ducks, rabbits, bugs and sometimes even owls. He has expressed how important it is to stay healthy and riding his scooter around town keeps him on track.



Brendan Orellana

Find and circle the words listed on the right in the puzzle. Then, write down your un-circled letters to decode the secret message!

R I E D E Y O U	HELMET
R B I N K S E I	LANE
S I G N A L N M	PEDAL
A P Y F B L E C	RIDE
A H E L M E T U	SAFETY
S T E D I R E M	SIGNAL
Y A Y I A S B I	
K E M O N L T H	

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