



North Natomas

Transportation Management Association

Natomas Park

Walking Wednesdays NEWS



Natomas Park 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.

The student body of Natomas Park will enter this event full force, competing against 10 other Natomas schools for the 2011 perpetual trophy, in an attempt to cycle 8,600 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!

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 June 8th at the original Walking Wednesdays spot to redeem your reward!



Volunteer Voice of the Month

"Walking Wednesdays is a great reminder of how fun riding your bike and walking really is. The kids really get into it." - Deann Titone, Walking Wednesdays Volunteer. You can find Deann greeting the afternoon kinders with an encouraging smile as they walk and bike to class.



Deann Titone

Velocipede Mania!

On May 11th be a part of Bike to School Day, where scores of families, friends and students cycle to school in celebration of May is Bike Month. Of course, feel free to ride as much as possible the entire month, but don't miss out on this event. Students who arrive at school on a bike will receive a special treat!



UPCOMING EVENTS:

- May 6 - 6th Grade Spring Dance
- May 11 - Bike to School Day
- May 25 - Kids Bike Clinic, North Natomas Library 6:00 p.m.
- June 8 - Walking Wednesdays Prize Distribution
- 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 kim@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.)

Four G's Gets Four River Cats Tickets!

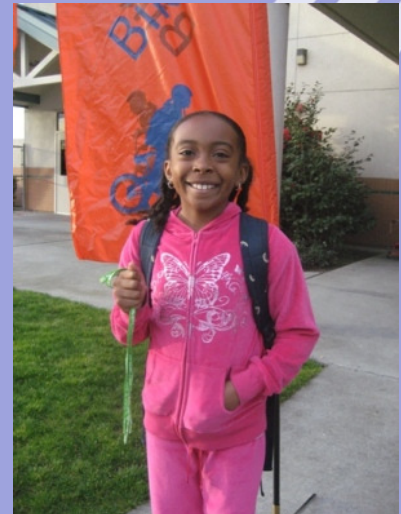


Rory Marco

Congratulations to Rory Marco who won four tickets to a River Cats game for her Walking Wednesday submission, where she described her pedestrian commute as consisting of Four G's: Good for the body, Grand fun, Great talk time with parents and Good for the environment. Genius, Rory!

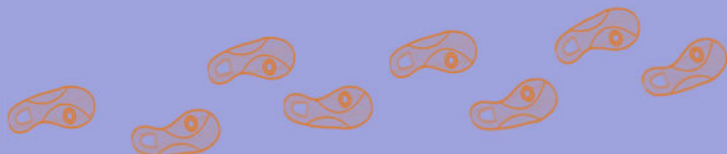
Pitching for the Environment

Chatting with friends, saving the environment and staying healthy—all reasons why Kaionna Hanna sticks with Walking Wednesdays and why she persuades other students to walk or bike to school, too. When she is not advocating for alternative modes of transportation, you can find her pitching



Kaionna Hanna

and catching for the Natomas girls' softball team. No batters walking to first base while she's on the mound!



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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