



# North Natomas

Transportation Management Association

Regency Park

## TWO FEET TUESDAYS NEWS



Regency 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.

### Two Feet Tuesdays Takes a Bow... For Now

The school year is wrapping up and so are Two Feet Tuesdays. 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 31st at the original Two Feet Tuesdays spot to redeem your reward!



### Velocipede Mania!

On May 3rd 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!



### 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 kids, 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 Regency Park will enter this event full force, competing against 10 other Natomas schools for the 2011 perpetual trophy, in an attempt to cycle 21,000 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 3 - Bike to School Day
- May 9-13 - Teacher Appreciation Week
- May 25 - Kids Bike Clinic, North Natomas Library 6:00 p.m.
- May 31 - Two Feet Tuesdays Prize Distribution

**MAY IS BIKE MONTH!**

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



### 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.)

### For the Love of Scooterin'



Ava Lewis

Ava Lewis, Mrs. Booker's kindergarten student, has a love for learning—and riding her scooter. On Two Feet Tuesdays, she rolls down the road to school and then speeds to the check-in table to receive her next charm. Outside the classroom, you'll find her swimming, playing with friends and, of course, scootering.

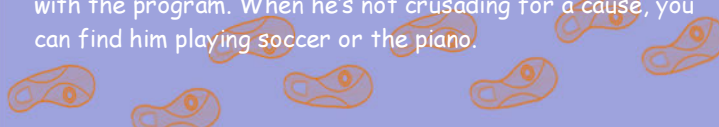
### The Next John Muir in the Making

While the renowned naturalist John Muir spent his time fighting to save the wilderness, 5th grader Maxim Zaplava is busy blazing an environmental path of his own as he flashes his Two Feet Tuesdays card that is punched full of different holes, representing his constant participation in the different alternative transportation programs.



Maxim Zaplava

"I like to save the environment so I do as much as I can," he says. In addition to walking the walk, Maxim also talks the talk, encouraging other students, families and friends to get with the program. When he's not crusading for a cause, you can find him playing soccer or the piano.



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	

-----  
-----  
----- !

