



North Natomas

Transportation Management Association

Westlake Charter Walking Wednesdays and Fridays NEWS



Westlake 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.



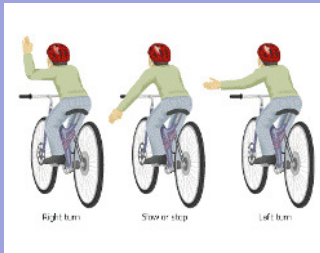
Walking Wednesdays...That's a Wrap. Get Your Prize!

The school year is wrapping up and so is the walk and bike to school program! 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 at the original Walking Wednesdays and Fridays spot before school on June 10th 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 helping 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 Westlake Charter will enter this event full force, competing against 10 other Natomas schools for the 2011 perpetual trophy, in an attempt to cycle 7,400 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 16 - WAVE meeting 6:30 p.m.
- May 17-20 - Westminster Woods 5th Grade Field Trip
- May 25 - Kids Bike Clinic, North Natomas Library 6:00 p.m.
- June 10 - Walking Wednesdays and Fridays Prize Distribution

MAY IS BIKE MONTH

IN PARTNERSHIP WITH
NUSD SAFE ROUTES TO SCHOOL



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.)

Volunteer Voice of the Month



Ann Alan

Before volunteering: "It is way too far to walk!"
After volunteering: "This is no big deal."— Ann Alan, Walking Wednesdays and Fridays volunteer. Ann enjoys joining the walking school bus because it's fun and healthy! Plus, she's told us that the kids' conversations are hilarious!



Willie Kinsey

Athlete in Training

If 5th grader Willie Kinsey didn't walk to school, he says he would just be standing around and waiting in line for the bell to ring! More importantly, he would miss out on Mr. Capp's one liners—told along the way by Mr. Capp himself. When he's not commuting by foot, Willie is shooting hoops, tagging bases or throwing a spiral, so it's no surprise that he wants to become a professional athlete when he grows up. Of course this will mean less walking and more running!

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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