

Dear Parents/Guardians,

May is national Bike Month and Bike to School Month! Bike month is a month-long event designed to encourage people of all ages across the country to engage in active transportation through cycling. In addition to being an enjoyable activity, bicycling can lead to lifelong healthy habits.



We envision Bike-to-School month as a family event that is inclusive and may also introduce other family members to the joy of bicycling. Because of this, we encourage families to ride together whenever possible. Whether you bike with your child to school, the park, or to the grocery store, you are:

- ✓ *Creating daily exercise habits that help keep your child active and healthy*
- ✓ *Modeling safe and responsible riding while fostering your child's independence*
- ✓ *Reducing car traffic and carbon emission*

The Cascade Bicycle Club invites you and your student to join our friendly Bike to School challenge, where students can receive fun and bike-oriented prizes for recording their minutes of activity in May. In addition, all students who bike to school on National Bike to School Day (Wednesday, May 10) will receive a cool prize!

Once you've registered your child for Bike to School Month, we will provide you with a calendar to record your child's minutes of activity. Please turn in your calendar by Wednesday, June 7, so our school can total their collective minutes in time to receive prizes!

For more information about Bike to School Month and bicycle safety resources visit Cascade at cascade.org or contact our Bike to School Coordinators: Ged Vanderkolk Bike@Spirtridge.org

Child's Name: _____ Grade: _____

Teacher's Name: _____ Parent's email: _____

By signing below I (Parent/Guardian) _____ give permission for my child to participate in Bike to School Month and will provide the support necessary for him or her to bike safely to and from school whenever possible for our family.

Furthermore, I understand and agree that neither Cascade Bicycle Club, its officers or agents, nor the instructors(s), or other volunteers, may be held liable in any way for any occurrence or accident in connection with Bike to School Month and I further agree to save and hold harmless Spirtridge Elementary, Spirtridge Elementary PTSA, the Cascade Bicycle Club, its officers and agents, and the instructor(s) from any claim by me, my family, estate, heirs or assigns arising out of my child's participation in Bike to School Month.

**Please note that, in general, young children are not prepared to ride on the street alone. We strongly encourage elementary school children to ride to school with their parents or another adult who can help reinforce traffic safety principles and monitor their riding if they are not ready to ride on their own.*

Parent/Guardian Signature

Date

Please return this form to Spirtridge by May1st, 2017