



Your **Cycling** Connection



## Welcome to Bike to School Week 2015!

Encouraging your students to ride a bicycle this spring is easy as **1-2-3**. Riding to school builds physical activity into the daily routine, helps the environment, increases concentration in class and provides a foundation for a healthy lifestyle and a lifelong love of cycling. Plus it's fun! Use these suggestions to get as much of the school community riding as you can. Track the number of participants and submit your results by **June 5** and your school is entered to win some great prizes, plus you will be contributing valuable information that helps improve cycling conditions in your area. Now all you have to do is...

- #1 - Spread the word** Get your school riding! Read on for best ways to do this.
- #2 - Fill the Road with Wheels** Record riders each day by using the tracking poster.
- #3 - Win great prizes** This year it's easier than ever to be entered for a chance to win.

## Tracking Trips is FUN

Bike to School Week is trying something new this year – a tracking poster. We want to make it as easy as possible for you to run the event, and to keep track of the number of trips taken during the week. The poster this year has been designed to be fun, interactive, promotional, as well as a participation tracker all in one.

### Using the tracking poster

- Create a display in the main entrance of your school.
- Use the included stickers to record each bike trip: **one day – one rider – one sticker**.
- At the end of the week let us know how you did – count the stickers or simply email us a photo!

Note: Schools are welcome to track all forms of active transportation to keep participation in this event inclusive, however we are asking that you use the **Bike Wheel stickers** included to track **biking only**, and any other sticker you want to track all other forms of active transportation.

### Sending in your results

- Email a photo of your full poster, or count up the stickers and send us a total in order to be eligible for this year's great prizes, and for all the glory!
- Indicate how many trips were by bike separate as opposed to other Active Travel trips to be eligible for bike-specific prizes.

**Results due June 5, winners announced the following week**



Your **Cycling** Connection



**HASTE**  
HUB for ACTIVE SCHOOL TRAVEL

## Welcome to Bike to School Week 2015!

### Ready

- Gather a team of helpers – students, staff and parents can work together.
- Encourage others in your school to join you of course! Get plenty of people signed up to ride.
- Create a HUGE BtSW display in the main entrance with the new poster – track, celebrate, and promote in one place
- Send notices home to parents asking to help get students' bikes road ready.
- Organize a route planning session for new riders. Try HASTE's fun online or iPad iSchoolTravel calculator! Map student's routes to school and measure their CO2, health, and gas savings when choosing more active travel to and from school.
- Distribute local bike maps, available in most municipalities in the Lower Mainland from community centers, libraries, and city hall.
- Look for donations from local businesses and bike shops to get additional prizes for your school

### Set

- Talk Bike to School Week up at assemblies, on the P.A., at staff meetings, to your friends and in your classes.
- Ask HUB about hosting a cycling skills workshop for school participants so that everyone has the skills and confidence to ride safely. Subsidies are available for schools that can cover part of the cost.
- Do you have space for all the bikes? Arrange for adequate bike parking at your school for the week.
- If you don't have enough bike racks, ask your principal to request one or the PAC if they would consider financing one. All registered schools get 10% off a rack purchased from Urban Racks and when you log your trips with Bike to School Week you could win a free one! In the mean time, schools have used fences, locked courtyards, or unused space in the school.
- Set dates for special events during the week - This could be a breakfast for hungry riders, or fun celebration at lunch or after school.

### Ride!

- Ask a local bike shop if they would send a mechanic to do free bike checks near the start of the week.
- Organize a Bike Train for the week where volunteers lead rides that encourage participants to ride together – more info on how these work at [hastebc.org](http://hastebc.org)
- Host a cycling event at your school. Celebrate all the cyclists who come in that day! Have food to fuel hungry riders, set up a bike decoration station, and focus on fun. Contact [schools@bikehub.ca](mailto:schools@bikehub.ca) for help with planning a celebration at your school, we may be able to attend or provide additional resources
- Run a bike parade at your school to get students showing off their stylish bikes.
- Track those riders and submit to win at [bikehub.ca/bike-to-school](http://bikehub.ca/bike-to-school)

**Get riding and fill the road with wheels!**