

CITY OF SAN JOSÉ

Walk n' Roll Newsletter

May 2022

BIKE MONTH



May is National Bike Month!

Spring is here, with warm weather and beautiful flowers. What better way to enjoy the season than by riding a bike!

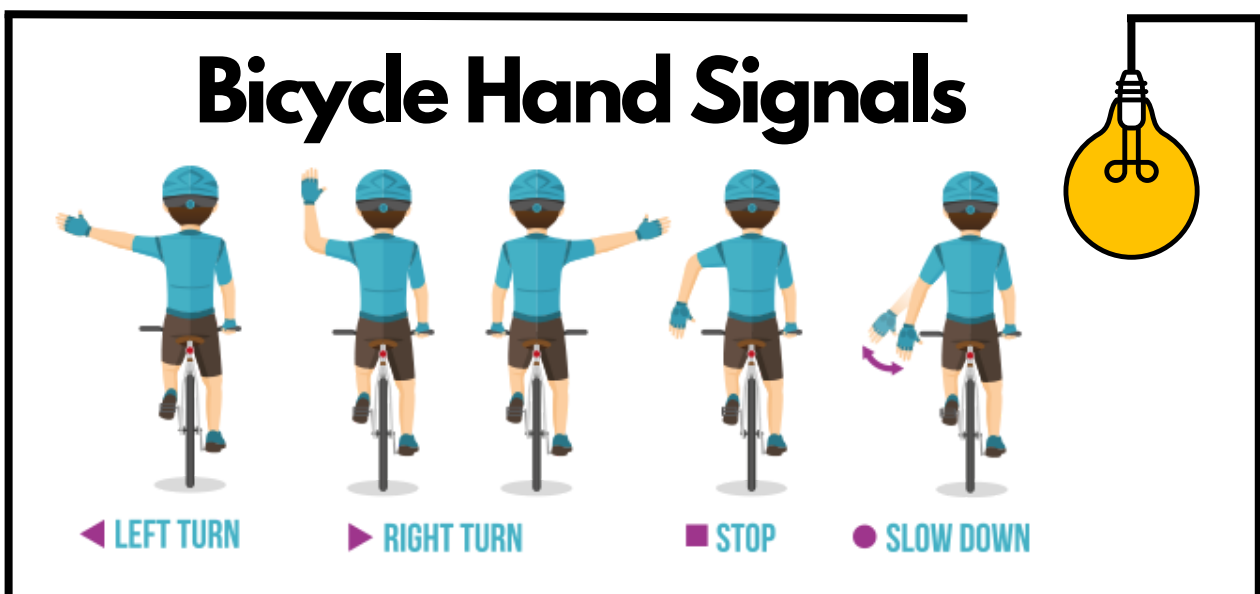
The month of May is recognized as National Bike Month. Since 1956, the [League of American Bicyclists](#) has promoted May as a great time for people to try biking for fun and as a way to get to work or to school. Check out their website for lots of great tips on how to bike safely, how to lock your bike and even how to carry groceries while you ride! If you're nervous about riding alone, try getting your friends together for a group ride. Check out our [Walk n' Roll safety video](#) to learn the basic rules of the road!

While May is the traditional month to celebrate biking, our Walk n' Roll team promotes safe biking for students year-round. We offer free, after-school "bike rodeos" where kids get to learn about safe biking by riding their bikes through a course we set up on campus. They learn about road rules in a safe, car-free space as well as how to adjust their helmets for a proper fit. We often partner with a bike mechanics to offer free bike repair, too! Interested? Send an email to Ann Jasper, Walk n' Roll Program Manager at ann.jasper@sanjoseca.gov.

Featured articles

Why Bike Now?

There is no better time than now! If you have been thinking about it, today is a great day to go for it! Use Bike Month as the perfect opportunity to start. Celebrate bicycling to work, to school, or to the park with friends. San Jose has a network of bike lanes for everyone to use and encourage people to bike more often. It is important to take care of both our physical and mental wellbeing. The stress from our everyday lives can take a toll, and you are not alone. One bike ride might not solve all the problems, but it can help preserve your physical and mental health. It does not require you to be an expert and you don't need a lot of time. Even a short ride can be beneficial. Strap your helmet on and get riding!



Helmet Safety

Using a bicycle, scooter, skateboard, or rollerblades are fun and healthy ways to get around. But before you roll, make sure safety is your goal! The best way to do that is to put on a helmet before you go for your ride. Wearing a helmet reduces the risk of head injuries and it protects your brain. Did you also know that California law requires anyone under the age of 18 to wear a properly fitted and fastened helmet when doing the above activities? Don't get caught without one! And even though adults are allowed to ride without one, everyone should wear a helmet when planning to ride their bike, scooter, skateboard, or rollerblades.

Lastly, be sure to replace your helmet if it has been in a crash or if it is older than 4 years. Helmets are not made to withstand more than one impact, so remember: one crash and it's trash! And when it is time to get rid of your old helmet, always get one that is brand new. Never buy a used helmet because you do not know if it is in working condition.



Events

Walk n' Roll at Santa Teresa Elementary!

Santa Teresa Elementary kicked off their participation in the Walk n' Roll program with safety presentations for the whole school, where students learned the basics of being safe while walking or biking to school. Many students asked great questions about crosswalks, traffic signals and bike helmets.

A lot of the students were also excited about participating in Santa Teresa's first-ever Walk n' Roll Day on April 13! Parents and staff worked together with our Walk n' Roll team to celebrate walking and biking to school. Over half the students walked and biked that day with parents, friends or as part of the Walking School Bus.

Parent volunteers and Walk n' Roll staff handed out stickers and pencils to everyone who walked or rode their bikes. So many students biked that the bike rack was full!



Would you like to hold your own Walk n' Roll Day? We're happy to help! Please contact Ann Jasper at Ann.Jasper@sanjoseca.gov.

Celebrating Bike to School Month!

The Santa Clara County Safe Routes to School (STRS) is hosting a Bike Rack Decorating Contest to celebrate Bike to School Month! To join, make sure you register your school by May 6th, 2022. It is a way to show off your school spirit and creativity. Your school will be entered to win the Golden Bike Award and the first 20 schools to register will receive a bike rack contest starter kit!

But that's not all! In the spirit of Bike Month, you are all encourage to track your miles and minutes of active transportation during the week of May 16th-20th as part of the "I Biked to the Moon" event! The moon is 286,9000 miles away - will you and your school be able to reach the moon? Make sure to also register your school by May 6th, 2022. The first 18 schools to register will receive 120 bike lights for free!

We are looking forward to celebrating National Bike Month with you all. Stay safe and have fun!

