



HBS Virtual SPRING BIKE/WALK Week

Bike to School Day 2020: From a Distance



<https://mailchi.mp/964b6816f48b/events-for-bike-to-school-day-2020?e=beac3ba086>

This year, we can't gather together to celebrate Bike to School Day, but it's still a great time to focus on safety, fun and community connection. We're offering a week of ideas from May 4 to May 8 to help you do just that. Though not every idea will fit every neighborhood, we encourage you to pick among the options that make sense for your area and fit with local public health guidance. And, of course, if you can get outside for a walk or bike ride every day, great! Please help continue the

strong sense of community that makes Bike to School Day so powerful by posting pictures on [Facebook](#), [Instagram](#) or [Twitter](#) and using the hashtag #BiketoSchoolDay.

Monday, May 4

INSPIRE: Decorate your sidewalk, windows or bike with signs of encouragement to bike and walk for your neighbors. For motivation to get biking, older students and caregivers can check out this [inspirational video from People for Bikes](#).

Tuesday, May 5

PREPARE: Conduct a bike safety and helmet fit check. Do you have a bicycle? If so, have you done a basic safety check? Check the [fit of your helmet](#) and teach others in your family how to properly fit their helmets. Then, do the [ABC Quick Check](#) with help from the League of American Bicyclists. If you're teaching a new bicyclist to ride, check out this instructional [REI video](#) for beginners.

Wednesday, May 6

GET OUT THERE: Get out for a walk or ride with your family! Can you take a [test ride to your school](#) or around your neighborhood? Or take a walk to hunt for chalk art or signs created by others near you? Share a photo of your family or a location on your route with the tag #BiketoSchoolDay.

Thursday, May 7

SHARE: Do you have safety concerns with walking or biking around your neighborhood? [Learn more about who can help address those concerns](#) using this list from PBIC and reach out.

Friday, May 8

TALK: Hold a [five-minute interview](#) with family members about their experience walking or biking. Look into online resources and biking and walking activities encouraged by your state or community transportation departments and advocacy groups.

Spread the word by sharing this lineup and posts from our [Facebook](#), [Instagram](#) or [Twitter](#) accounts with your community!

Looking for more ideas to promote walking, biking and Safe Routes to School? [Check out this database from the Safe Routes Partnership](#).

Feel free to share your daily bike/walk, family fun with me. I miss spending time with you and teaching our annual spring bike/walk education unit. I hope this will bring some excitement and continued commitment to biking/walking safely.



Go Bobcat Bicyclers/Walkers!

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