



Mayisbikemonth.com
2009

Sacramento Region

Dear Parents/Guardians:

Your child's school is participating in **May is Bike Month**. Students will track the number of miles he/she rides a bicycle during the month of May.

What is May is Bike Month?

May is Bike Month is a regional program to encourage cycling as an alternative mode of transportation, to improve air quality and enhance physical fitness. **May is Bike Month** is open to schools, individual youths and adults. You may visit us online at www.mayisbikemonth.com for more information.

Can a child participate if their class or school is not part of the program?

YES! If your child's class or school is not participating, your child may participate as an individual youth. Please visit www.mayisbikemonth.com to register your child online.

log
your miles

Why ride your bike?

- Improve air quality by riding a bike to school and making trips around your community
- Improve your general health and fitness
- Set an example for your community
- Save money on gas

REMEMBER:

Helmets are the law. For more information about bike safety for kids, go to www.mayisbikemonth.com/helmets

