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AYEA is a program of the National Wildlife Federation (www.nwf.org)

Demonstration Project: Bike to School Day

The third week in May is Anchorage's bike to work week. We could make it a bike to school day/week.



What is it? A day or week set aside to promote biking to school or the workplace.

What do you need?

- A group of people to organize the event, recruit/ publicize, and review the safest routes with others.
- Support and permission from school district and school.
- Posters, maps, and safety brochures.
- Possibly food donations and prizes to reward students for biking.

Steps to Take:

- Organize a bike-to-school-day committee.
- Make a plan, set a date and start thinking about who can help this be successful. Set a goal! How many people do you want to get to bike and why?
- At least six weeks before the date get the word out! Talk to friends, make posters, make announcements at school, in the school newsletter and school paper. Let the media know (e.g. radio, TV, newspaper...)
- Make a sign up sheet for students interested in order to keep track of numbers.
- Recruit volunteers for the day of (students, parents, teachers...) at least three weeks in advance.
- Educate your peers about safe biking and provide routes for them to take.
- Coordinate a bike pool system, or make sure people have a friend to cruise with.
- Make sure there is adequate space to secure bikes.
- Give something back to the bikers. There are many things you can do to encourage your peers to bike. You can have a competition, give out prizes, or provide food and drinks before class. The possibilities are endless!

-Evaluate your success! How many people actually rode their bikes? How did the event itself run? Maybe even due a poll to see what improvements could be made for the participants.

Why Bike to school?

- Encourage healthy lifestyles through physical fitness and being active.
- Reduce emissions, help combat global warming.
- Reduce level of air and water pollution.
- Cut traffic congestion and speed near schools.
- Encourage safer routes for pedestrians to walk or bike.

Other Cool Things to do!

- Partner with a local bike shop to hold tuning sessions.
- Ask if other people want to get involved or donate. Gather support of local organizations and merchants. Ask them to partner with you for the benefit of the community. Create a database of potential partners such as: Bike clubs and coalitions, bike shops, chambers of commerce, community centers, restaurants, museums, zoos, etc...

Sources: <http://www.bikeleague.org/programs/bikemonth/promo.php> ;
<http://www.muni.org/healthchp/BiketoWorkDay.cfm> ;
<http://www.iwalktoschool.org>

Example of a successful bike to school day:

Date: 21 Sep 2004
FrontRange Earth

School: Cole Middle
Denver, CO

Air pollution was a
the Cole Middle
program – but it had a

solution. To combat the pollution in their area, the youth planned a Bike to School Day. They even got to school at 6:45 a.m. the day of the event to ensure it ran smoothly. They hung signs, gave out snacks, passed out raffle tickets and worked with a volunteer who helped folks fix their bikes. The kids partnered with a local hospital that donated free helmets to all the students who showed up on their bikes!



Author/Source:
Force

School Location:

problem for students in
School service learning
fun, two-wheeled