

Bike Bus Q & A

Welcome Coach Sam Balto!



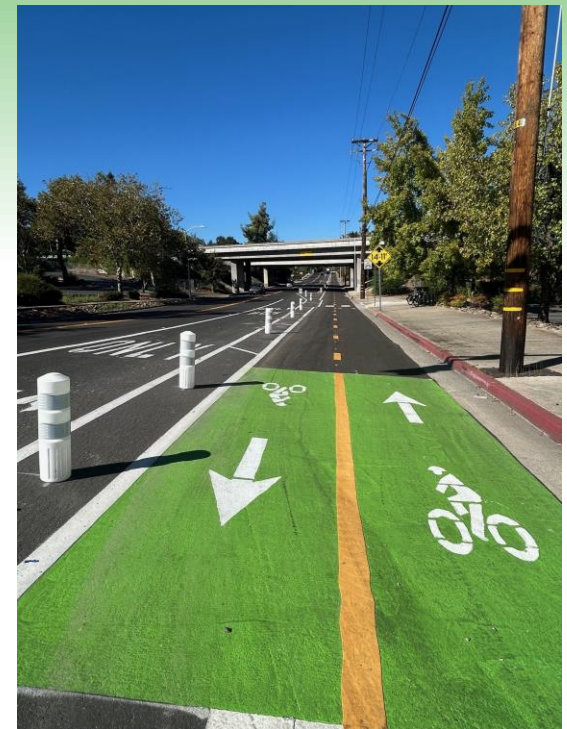
Logistics

- Bike parking
- Bike locks
- Identify school entrance(s)
- Address how students get home (or not?)
- Contact School Resource Officer
- CHP officers (before/at event) Officer Morton:
242-3229 or jmorton@chp.ca.gov



How to Choose a Route?

- Do kids live along the route?
- Central place to meet
- Bike facilities
- Speed limit
- Quiet street
- Crossings (left turns?)
- Pleasant route
- Distance



Group Ride Safety Tips

- Ratio of students to parents (small groups)
- Adult to lead front and back of train, other adult volunteers throughout
- Communicate by talking and using hand signals
- Ride with traffic, on right side of road
- Obey traffic laws
- Single file? Keep bikes 1 length apart for emergency stopping
- OK to bunch up at intersections - avoid impeding motor vehicles
- Helmets required

Helmet Safety in 5 Steps

2 V 1

1. Buy the correct size helmet. (It shouldn't move when the child nods their head.)
2. Position the helmet square on the child's head. (Two fingers above the eyebrows.)
3. Tighten the back for a snug fit.
4. Adjust the side straps to make a "V."
5. Adjust the chin strap (1 finger of space between the strap and their chin).



#KidsBikeHelmetSizing #KidsBikeHelmetSizes #KidsBikeHelmet

Kids Bike Helmet Sizing and Adjustment: 5 Easy Steps

Resources

- Triangle Reflectors
- Banners
- Helmets
- Flyer Template
- Event registration nationally
www.walkbiketoschool.org
- Sign up for local bike challenge
www.shastabikechallenge.org
- Bigfoot Adventure Challenge
Bigfootadventurechallenge.com





Bike Activities 2026

A photograph of three mountain bikers riding on a dirt trail through a wooded area. The lead biker is wearing a yellow helmet and a grey shirt. The middle biker is wearing a black helmet and a black shirt. The third biker is wearing a blue helmet and a red shirt. The trail is surrounded by dry, leafless trees and green grass.

FAMILY CHALLENGE

Hey family adventurers — we need your help finding Bigfoot!





Shasta Bike Month & Challenge

FOR BEGINNERS,
EXPERIENCED
CYCLISTS, AND
EVERYONE IN
BETWEEN



MAY 1-31

LOVE TO RIDE

- SET A GOAL
- RIDE YOUR BIKE
- LOG YOUR RIDES
- WIN GREAT PRIZES



Sign Up and get details at
ShastaBikeChallenge.org

Events & Group Rides

***May 1** - Bike Month Kickoff Party @ The Park

May 2 - 30 - Ride to the Redding Farmers' Market & get a bike bag!

May - Bigfoot Adventure Challenge

May 2 - Get Acquainted Ride w/ Shasta Wheelmen

May 6 - National Bike-to-School Day

May 12, 19 - Bike About Shasta Beginner Rides

***May 15** - Asphalt Cowboys Pancake Breakfast - free ticket for riding!

May 16 - Redding Sports LTD Bike Swap

May 17 - Women, Wheels, and Wine Ride w/ Shasta Wheelmen

May 20 - Ride of Silence w/ Shasta Wheelmen

May 21 - Rip n' Sip Redding Adventure Hub Ride

May 28-29? - Lighted Night Ride

May 30 - President's Low & Slow Ride w/ Shasta Wheelmen & We Ski II

***June 3** - Bike Month & Bigfoot Adventure Challenge Celebration

***Free Valet Bike Parking**

For details, visit ShastaBikeChallenge.org



Shasta Bike Challenge brought to you by



Timeline and Recap

- Week of March 24 -Bike to School Day Training
- Weeks of April 6th – 17th
 - Recruit volunteers (parents, teachers)
 - Contact law enforcement
 - Test ride the route(s)
- Week of April 20—22th
 - Gather supplies (banners, helmets, lights)
 - Prepare flyer/promotion
- Week of April 20- May 1
 - Post fliers and banners
 - Send out fliers/messages electronically
 - Weekend before – send out call/app reminder to check bikes and get ready
- Week of May 4th
 - Call or app reminder 1-2 days before the event
 - Pre-ride the route (again)
 - Have a great event!
 - Wrap-up Survey
 - Send us pictures



Contact Information

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