



Improving Lives Through Bicycling

7787 62nd Avenue NE Seattle, WA 98115-8155

P (206) 224-9252 • www.cascade.org • info@cascade.org

[f /CascadeBicycleClub](#) [t @cascadebicycle](#) [i @cascadebicycle](#)

Dear Parents/Guardians,

May is national Bike Month and Bike to School Month! Bike month is a month-long event designed to encourage people of all ages across the country to engage in active transportation through cycling. In addition to being an enjoyable activity, bicycling can lead to lifelong healthy habits.

We envision Bike-to-School month as a family event that is inclusive and may also introduce parents to the joy of cycling. Because of this, we encourage families to ride together whenever possible. Whether you bike with your child to school, the park, or to the grocery store, you are:

- ✓ *Creating daily exercise habits that help keep your child active and healthy*
- ✓ *Modeling safe and responsible riding while fostering your child's independence*
- ✓ *Reducing car traffic and carbon emission*

The Cascade Bicycle Club invites you and your student to join our friendly Bike to School challenge, where students can receive fun and safety-oriented prizes for recording their minutes of activity in May. In addition, all students who bike to school on National BTS Day (Friday, May 4) will receive a cool prize from Cascade Bicycle Club!

Once you've registered your child for Bike to School Month, we will provide you with a calendar to record your child's minutes of activity. Please turn in your calendar by June 3rd so our school can total their collective minutes in time to receive prizes!

Bike to School Month Events at Gatewood Elementary:

- Monday May 1: **Bike to School Month kick-off Celebration:** snacks and prizes for student bikers; 7:30-7:50am at the bike racks.
- **Bike Fridays:** Snacks, prizes and a raffle will be held every Friday in May; 7:30-7:50am at the bike racks.
- Wednesday May 10: **Bike to School Day!** Snacks, prizes and a bike decoration contest.
- **Popsicles and Obstacles Bike Celebration:** date TBD, Join us on the playground for a bike obstacle course, bike games, and refreshments!
- **Prizes** for the student with the most minutes biked, the new student biker with the most minutes biked, the classroom with the most bikers registered, and for teachers who bike at least 1 day/week for the entire Bike Month!



Improving Lives Through Bicycling

7787 62nd Avenue NE Seattle, WA 98115-8155

P (206) 224-9252 • www.cascade.org • info@cascade.org

[f /CascadeBicycleClub](#) [t @cascadebicycle](#) [i @cascadebicycle](#)

Photo/Video Release

By submitting this registration form, I understand and agree to the following photo/video release statements. I authorize the use, reproduction, and/or publishing of photographs and/or video that may pertain to my child, taken at Gatewood Elementary Bike to School events, including images and/or voice without compensation. I understand that this material may be used by Gatewood PTA, and/or their partners (Cascade Bicycle Club) in various publications, websites or for other related endeavors. Gatewood PTA and their partners may publish photographs or video footage, in a manner deemed appropriate in order to promote and publicize cycling, sustainable transportation, child wellness or related topics. Under no circumstances will my child's image be published with their individual name connected to the image(s) other than associating them with our school. To opt out of the photo/video release, please contact the Bike to School coordinators listed below.

For more information about Bike to School Month and bicycle safety resources visit Cascade at cascade.org or contact our Bike to School Coordinators: Elsa Klein esklein1@seattleschools.org, and Sarah Steere sarah@coastalseattle.com

Child's Name: _____ Grade: _____

Teacher's Name: _____ Parent's email: _____

By signing below I (Parent/Guardian) _____ give permission for my child to participate in Bike to School Month and will provide the support necessary for him or her to bike safely to and from school whenever possible for our family.

Furthermore, I understand and agree that neither Cascade Bicycle Club, its officers or agents, nor the instructor(s), or other volunteers, may be held liable in any way for any occurrence or accident in connection with Bike to School Month and I further agree to save and hold harmless Gatewood Elementary, the Cascade Bicycle Club, its officers and agents, and the instructor(s) from any claim by me, my family, estate, heirs or assigns arising out of my child's participation in Bike to School Month.

**Please note that, in general, young children are not prepared to ride on the street alone. We strongly encourage elementary school children to ride to school with their parents or another adult who can help reinforce traffic safety principles and monitor their riding if they are not ready to ride on their own.*

Parent/Guardian Signature

Date

Please return this form to the Gatewood front office, or to your child's homeroom teacher. A calendar for your child to use to track bike minutes will be sent home with each student who turns in a registration form.