



# San Joaquin County Public Health Services

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## FOR IMMEDIATE RELEASE

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### LOCAL SCHOOLS CELEBRATE NATIONAL BIKE TO SCHOOL DAY ON MAY 4

*Schools Promote Bike Safety and Healthy Physical Activity*

Stockton, CA (May 2, 2016) – In San Joaquin County, during the years 2013 and 2014, there were 790 bicycle-related Emergency Room visits among school-aged children (ages 5-19). To raise awareness about bike safety, each year *National Bike to School Day* brings together children, parents, educators and community members and provides an opportunity to focus on the issue. On Wednesday, May 4th, a number of schools in San Joaquin County will participate in *National Bike to School Day* for the first time.

This is a collaborative effort of San Joaquin County Public Health Services Nutrition Education and Obesity Prevention program, Safe Kids San Joaquin County, Safe Moves, San Joaquin County Bicycle Coalition, Manteca Police Department, Stockton Unified School Police Department, and the elementary schools. These organizations will assist the schools with bike-safety education and will provide free bike helmets to participating students who need them. In addition, prizes will be given to students who use active transportation (i.e., riding, rolling or walking) to get to and from school that day. Students will also have opportunities to participate in after-school bicycle rodeos.

The community is invited to join the school groups. Bring your bikes and helmets at the specific times and locations below.

Elementary School	Date	Start Time	Starting Location	Arrival Time
George Y. Komure	Wednesday, May 4	8:15 am	Henry Long Park/ Woodchase Ln. <b>For Bicyclists</b>	8:45 am
August Knodt	Wednesday, May 4	8:15 am	Henry Long Park/ Woodchase Ln. <b>For Bicyclists</b>	8:40 am
Spanos	Wednesday, May 4	7:15 am	303 S. California Street <b>For both Bicyclists and Walkers</b>	7:30 am

Public Health Services reminds families to follow these tips when biking:

1. Wear properly-fitted bicycle helmets on every ride. A helmet is the single most effective way to prevent head injury from a bicycle crash. As a reminder, in California, all youth up to age 18 are required by law to wear a helmet when riding their bikes.
2. Ride on the right side of the road, with traffic, not against it. Stay as far to the right as possible. Use appropriate hand signals and respect traffic signals. Stop at all stop signs and stoplights.
3. Make eye contact with drivers to make sure drivers are paying attention and are going to stop before you cross the street.
4. When riding at dusk, dawn or in the evening, make sure to use bike lights – and make sure bikes have reflectors as well. It's also smart to wear clothes and accessories that have retro-reflective materials to improve visibility to motorists.

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5. Actively supervise children until you're comfortable that they are responsible to ride on their own, usually about age 8 when developmentally they can judge traffic situations.

These events also emphasize the importance of other issues such as teaching pedestrian safety skills and increasing physical activity among children. Physical activity helps kids achieve and maintain a healthy weight, build strong bones and muscles and reduce their risk for type 2 diabetes. Today, fewer children bike or walk to school and children are less active. Changing the behavior of children and adults requires creative solutions and people willing to be “champions for change” in their communities. *National Bike to School Day* events help communities explore and experience healthy and safe ways for children to get to and from school and be more active.

For more information on the local *National Bike to School Day* events, physical activity and active transportation, call the Nutrition Education and Obesity Prevention program at 209-953-7309. For more information on childhood injury prevention, visit [www.safekids.org](http://www.safekids.org) or contact coalition coordinator Rachel Zerbo at [rzerbo@sjcphs.org](mailto:rzerbo@sjcphs.org).

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Attachments: Event flyers for August Knodt, George Y. Komure and Spanos elementary schools

NATIONAL  
**BIKE TO SCHOOL**  
DAY



**SAFE  
KIDS**  
SAN JOAQUIN  
COUNTY

**USE YOUR HEAD. WEAR A HELMET.**

George Y. Komure Elementary School  
is participating in **Bike to School Day**

**May 4th, 2016**

Participants will meet at:

**Henry Long Park** – Henry Long Blvd/Woodchase Ln., Stockton CA 95206

**Start time: 8:15am**

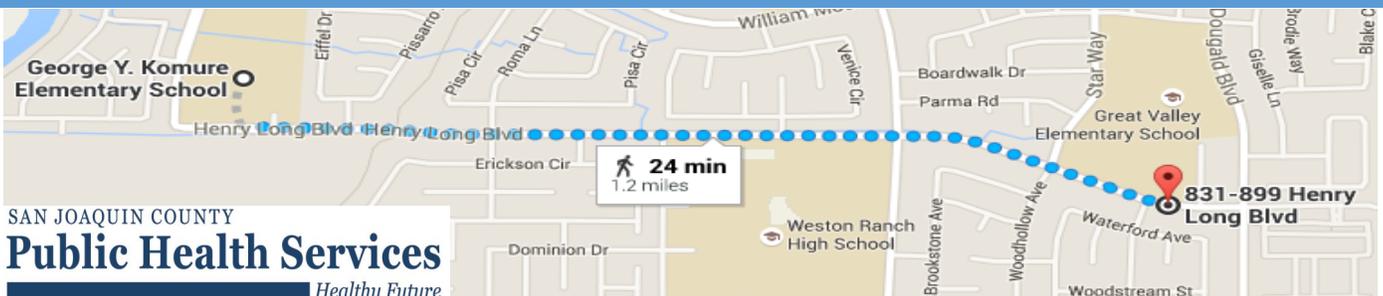
About our event:

**Bike to School Day**—promotes biking and walking to school for several reasons:

- Enjoy physical activity benefits
- Teach safe pedestrian and bicycling skills to children
- Learn about walkable and bikeable communities and where improvements can be made
- Reduce traffic congestion and speed near schools
- Share time with community leaders, parents, and children

\* Helmets Required

\*\*Don't forget to **WEAR YOUR SCHOOL SPIRIT!**



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

NATIONAL  
**BIKE TO SCHOOL**  
DAY



**SAFE  
KIDS**  
SAN JOAQUIN  
COUNTY

**USE YOUR HEAD. WEAR A HELMET.**

August Knodt Junior School  
is participating in **Bike to School Day**

**May 4th, 2016**

Participants will meet at:

**Henry Long Park** – Henry Long Blvd./Woodchase Ln., Stockton CA, 95206

**Start time: 8:15am**

About our event:

**Bike to School Day**—promotes biking and walking to school for several reasons:

- Enjoy physical activity benefits
- Teach safe pedestrian and bicycling skills to children
- Learn about walkable and bikeable communities and where improvements can be made
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\*\*Don't forget to **WEAR YOUR SCHOOL SPIRIT!**



SAN JOAQUIN COUNTY

**Public Health Services**

Healthy Future



**WALKBIKE  
TO SCHOOL**

**Wednesday,  
May 4, 2016**

## **Spanos Elementary School is participating in Walk/Bike to School Day**

**Wednesday, May 4, 2016**

**Participants will meet at 7:15 a.m.:**

**Chapel of the Palms, 303 S. California St., Stockton, CA 95203**

Join children and adults around the world to celebrate  
the benefits of walking and bicycling.

### **About our event:**

#### **Walk/Bike to School Day**

**promotes walking and bicycling for several reasons:**

- **Enjoying physical activity benefits**
- **Teaching safe pedestrian and bicycling skills to children**
- **Learning how walkable & bikeable community is and where improvements can be made**
- **Reducing traffic congestion and speed near schools**
- **Sharing time with community leaders, parents, and children**

**\*Bring helmets for riding.**

**\*Don't forget your school SPIRIT!**

For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.



Learn more at

**walkbiketoschool.org**

Walk to School Day is coordinated in the U.S.A. by  
the National Center for Safe Routes to School.

