



# BIKE SAFETY MONTH

May 2023 Guidebook







SRTS Local Champions,

Thanks for helping organize the 2023 Bike Safety Month at your school! We are so excited your school has signed up and will celebrate along with us.

In order to support your efforts in creating a successful Bike Safety Month, we have prepared a guidebook to go along with the toolkit for your event. You will find a checklist of all the items included in the toolkit bag on page 4.

Please feel free to use whatever you find helpful for your school or community. In this guidebook, we provided some informational one-pagers on bike safety tips and proper helmet and bicycle fitting. You will also find a list of event ideas to promote Bike Safety Month in your school. There are activity pages to share with your students and two bike challenges to engage your school community. There are many other resources for you to check out in this guidebook including Bike Rodeo and Trail Guides.

Please let us know if you would like our team to come out for a bicycle safety presentation or to bring the new Bike to School photo backdrop for some fun pictures. If you would like any other resources and materials for future SRTS events and programs please reach out to us through our website: [eastcentralsrts.org](http://eastcentralsrts.org). We are here for you!

Thank you for promoting bicycle safety at your school and in your community!

Best,

The Safe Routes to School Team - Jennie, Katie, and Kim



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# TOOLKIT CHECKLIST

\$5 Subway Gift Cards

Bicycle Helmets

Bicycle Locks

Bicycle Bells

Bicycle Lights

Sunglasses

Water Bottles

Bike to School Day Banner

# BIKE TO SCHOOL MONTH EVENT IDEAS

Thank you for planning your school's Bike Safety Month Event. Each school participating in Bike Safety Month has a unique event planned. Here are some fun ideas to enhance and promote your Bike to School Month event.

**May 3rd is National Bike to School Day.** Use some of the events below to encourage students to bike to school on May 3rd (or a day that works better for your school), and as many of the days in May as possible.

## **Bike Blackout Bingo Challenge -**

Each classroom works to complete the entire Bingo board. The first classroom to complete the entire board gets a class party or extra recess time.

## **Track Your Minutes Challenge -**

Provide each student with a tracking calendar. The student that tracks the highest total minutes for the month of May receives a prize.

## **Walk and Roll Parade -**

Everybody loves a celebration! Turn the journey to school into a parade. Invite students and families to meet at a local landmark like a park, and then proceed to school together. Your event can be limited to bikes (a "Bike Parade") or can be open to all forms of walking and rolling, including roller skates, scooters, and mobility devices.

## **Invite the Community -**

Invite a school mascot, firefighter, law enforcement, mayor, or other community members to be a part of your event.

## **Have students help plan and promote the event -**

Members of student council, safety patrol, and other leadership groups can get involved.

## **Morning Announcements -**

Add bike safety trivia, tips, and reminders to the schools morning announcements.

## **Reserve our FUN Bicycle Blenders -**

Click [HERE](#) for a link.

## **Promote Your Event -**

Use flyers, social media posts, and school newsletters to promote your event and activities.

## **Include the Bike to School photo backdrop -**

Request our photo booth backdrop shown here to capture some fun pictures of your event. Send email to: [kdieck@ecwrpc.org](mailto:kdieck@ecwrpc.org)

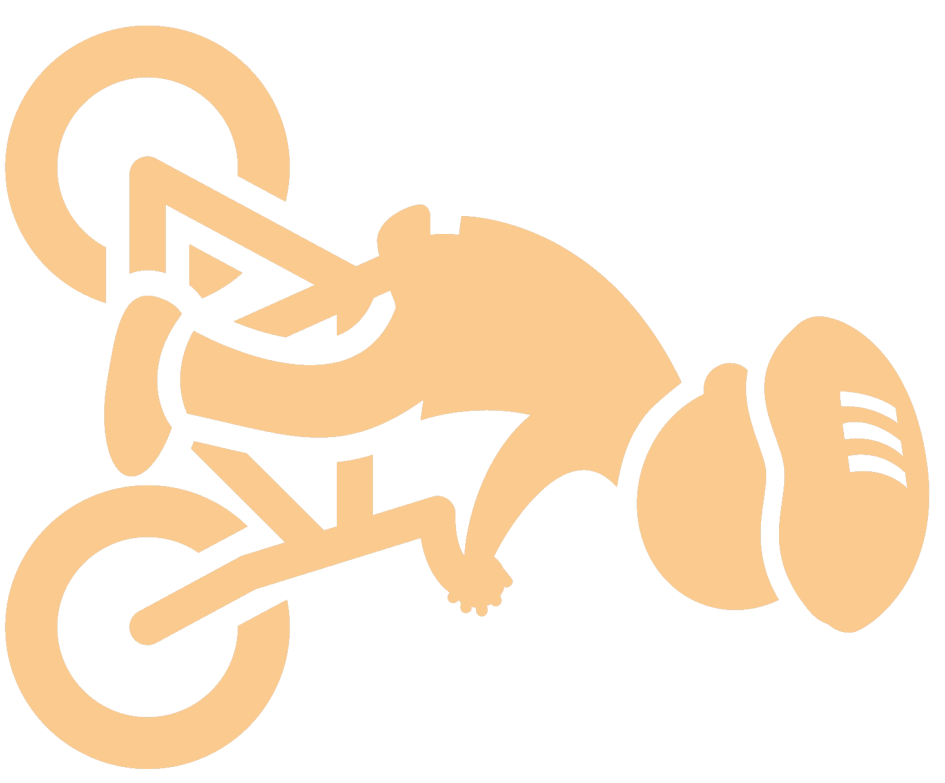


# BLACKOUT BIKE BINGO

**Celebrate Bike Month!** Complete the WHOLE Bingo Board as a class for a chance to earn a reward for the whole class. Students can complete the activities at home or at school. As long as one student in the class completes the activity it can be marked off on the gameboard.

MAPPED A SAFE ROUTE TO SCHOOL	TOOK PART IN BIKE TO SCHOOL DAY	CHECKED TO MAKE SURE YOUR HELMET WAS FITTED CORRECTLY	WASHED YOUR BIKE	WORE A HELMET ON YOUR BIKE RIDE
BIKED ON A TRAIL	TOOK A PICTURE ON YOUR FAVORITE ROUTE	BIKED TO A NEW PLACE	CHECKED THE AIR IN YOUR TIRES BEFORE RIDING	BIKED TO A MURAL OR LOCAL ART SCULPTURE
CHECKED YOUR BIKE CHAIN BEFORE RIDING	BIKED WITH A FAMILY MEMBER	FREE SPACE	READ A BIKE SAFETY BOOK	ADDED SOMETHING REFLECTIVE TO YOUR HELMET OR BIKE
BIKED TO A LIBRARY OR LITTLE LIBRARY	BIKED WITH A FRIEND	LEARNED & PRACTICED HAND SIGNALS FOR STOPPING & TURNING	BIKED TO A PARK	BIKED FOR 30+ MINUTES IN ONE DAY
WROTE A BIKE SAFETY TIP ON THE SIDEWALK WITH CHALK	LEARNED A BIKE SAFETY TIP	BIKED TWICE IN ONE DAY	PARKED BIKE IN A BIKE RACK	BIKED 3 OR MORE DAYS IN A ROW

# BIKE MONTH CALENDAR



1

Today I biked for

\_\_\_\_\_ minutes

2

Today I biked for

\_\_\_\_\_ minutes

3

Today I biked for

\_\_\_\_\_ minutes

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Today I biked for

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Today I biked for

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Today I biked for

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Today I biked for

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Today I biked for

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Today I biked for

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Today I biked for

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Today I biked for

\_\_\_\_\_ minutes

29

Today I biked for

\_\_\_\_\_ minutes

30

Today I biked for

\_\_\_\_\_ minutes

31

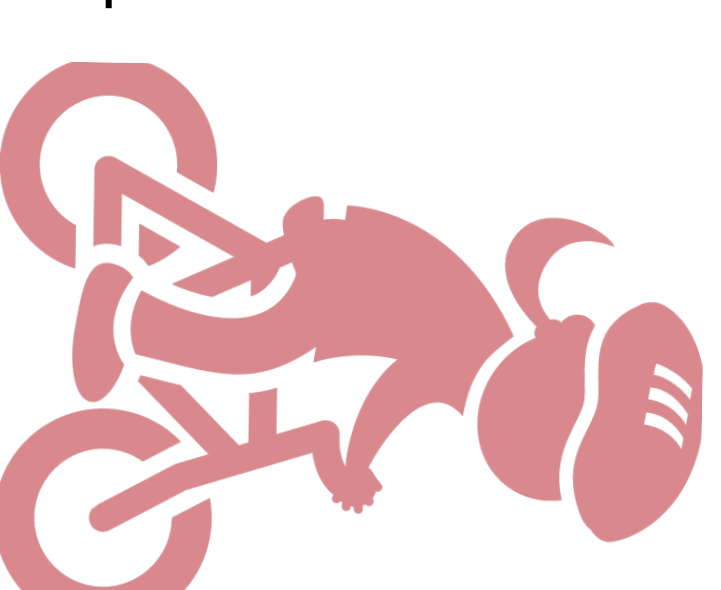
Today I biked for

\_\_\_\_\_ minutes

Name: \_\_\_\_\_

Teacher/Grade: \_\_\_\_\_

Total Minutes: \_\_\_\_\_





# BIKING-RELATED TRIVIA QUESTIONS

The following questions can be used as a game throughout the week. The questions can also be asked for fun during school announcements.

1. There is a city in Europe where about 63% of the population use a bike every single day. What is the name of this city known as the bicycle capital of the world?

Amsterdam

2. The kickstand was designed by a French man named Alfred Berruyer. Where did he mount the kickstand?

Just below the handlebars.

3. In 1895, a Latvian cyclist named Annie Cohen Kopchovsky became the first woman to ride a bike around the world. How long did it take her?

15 months - she began in Boston in June 1894 and arrived back in Sept. 1895. She did have to board ships to get across oceans.

4. An event in the 1896 Olympic games was to ride as long as possible over a 12 hour span. Seven athletes began the competition. How many finished?

2 athletes finished. The others were so exhausted they gave up.

5. What is the most famous cycling race in the world?

Tour de France

What month is the Tour de France held?

July

6. What year was the first Tour de France held?

1903

In 2023, how long will the Tour de France last?

23 days

7. On average, how much money could a person save by riding their bicycle to work each day?

over \$1,000



# SIMPLE STEPS FOR BICYCLE SAFETY

## Protect your head.

---

Always wear a helmet.

## Be alert at all times.

---

Keep your eyes and ears on the road and on what is happening around you.

## Act like a car.

---

Ride on the right side of the road, single file, and in a straight line. The more predictable you are, the safer your ride will be.

## Only cross when traffic has stopped.

---

Look left, then right, then left again before crossing the street.

## Plan a safe route and stick to it.

---

Plan to use trails, bike lanes, crosswalks, and lighted intersections when available. Share the plan with a parent or caregiver.

## Obey all traffic signals and signs.

---

Bicycles must follow the rules of the road like other vehicles.

## Do the ABC Quick Check before riding your bike.

---

### A=AIR

Be sure your tires are properly inflated.

### B=BRAKES

Check your brakes before riding.

### C=CHAIN

Be sure your chain is running smoothly.

### QUICK=QUICK RELEASE

If your brake has quick releases, make sure they are secure.

### CHECK=CHECK YOUR BIKE

Before you ride, make sure everything is working properly.

# HELMET FITTING

Step 1

## FIT & POSITION:

Your helmet should fit snugly. Some helmets have a turn dial on the back - adjust to snugness as needed.



Step 3

## EYE CHECK:

Only the width of 2 fingers should fit above your eyebrows.

Step 2

## EAR CHECK:

Straps form a V under your ears.

Step 4

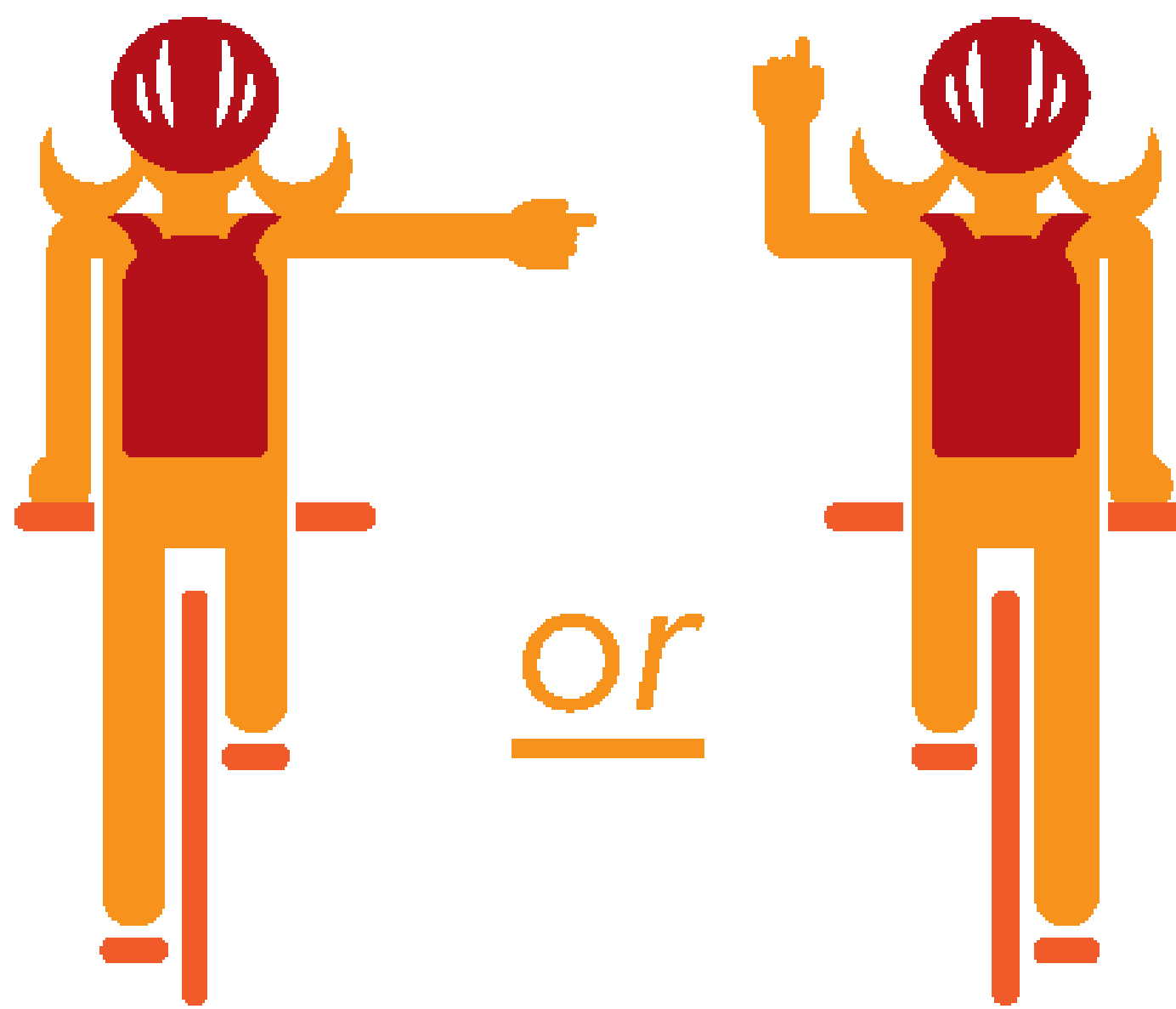
## MOUTH CHECK:

Only 2 fingers, maximum, should fit between your chin and strap.

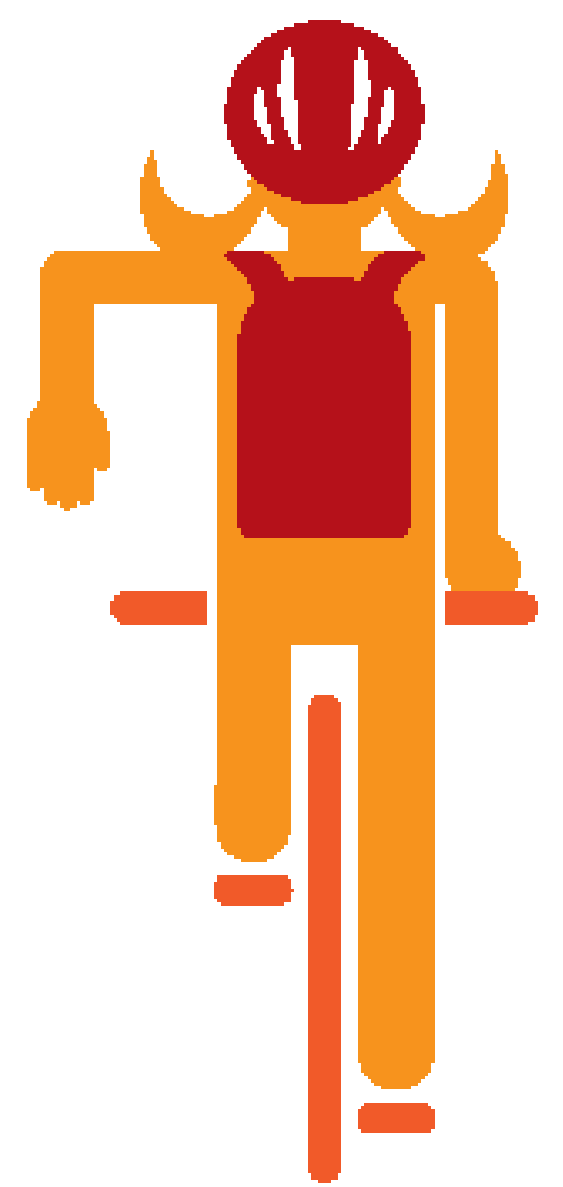
# HAND SIGNALS



Left Turn (point left)



Right Turn (point right)



Stopping

# FITTING AND ADJUSTING A BICYCLE

## Proper Fit

Bikes come in different sizes-make sure you find one that fits you best! Here's how:

1. Straddle the bike and stand in front of the seat, over the top tube, with your feet flat on the ground.
2. There should be 1-2 inches between you and the top tube for a road bike, and 3-4 inches if you have a mountain/hybrid bike.

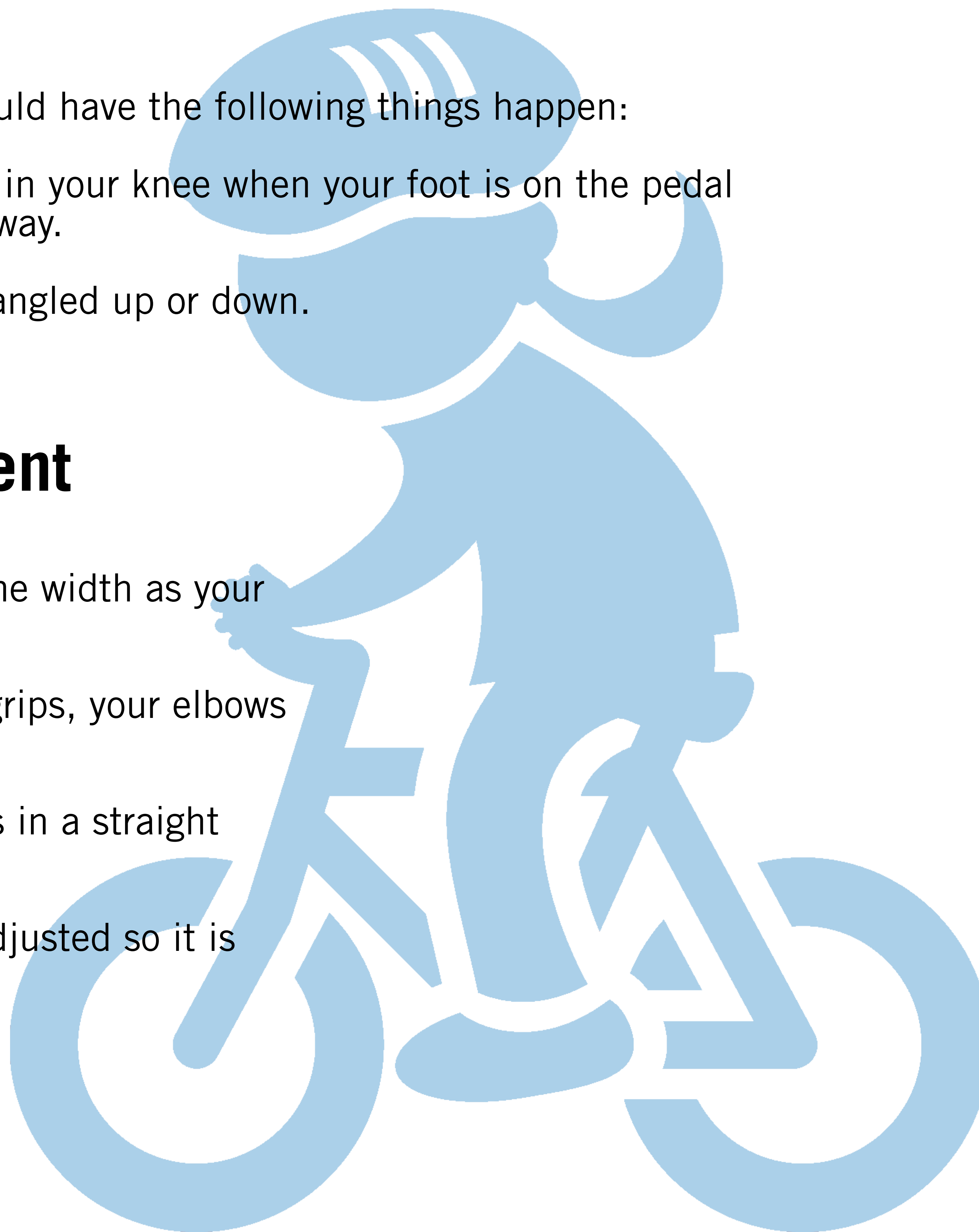
## Seat Adjustment

While sitting on the seat you should have the following things happen:

1. There should be a slight bend in your knee when your foot is on the pedal and it is pushed down all the way.
2. The seat should be level; not angled up or down.

## Handlebar Adjustment

1. Handlebars should be the same width as your shoulders.
2. While holding the handlebar grips, your elbows should be slightly bent.
3. Keep your forearms and wrists in a straight line.
4. The handlebar stem can be adjusted so it is higher for casual riders.



## WHAT'S DIFFERENT?

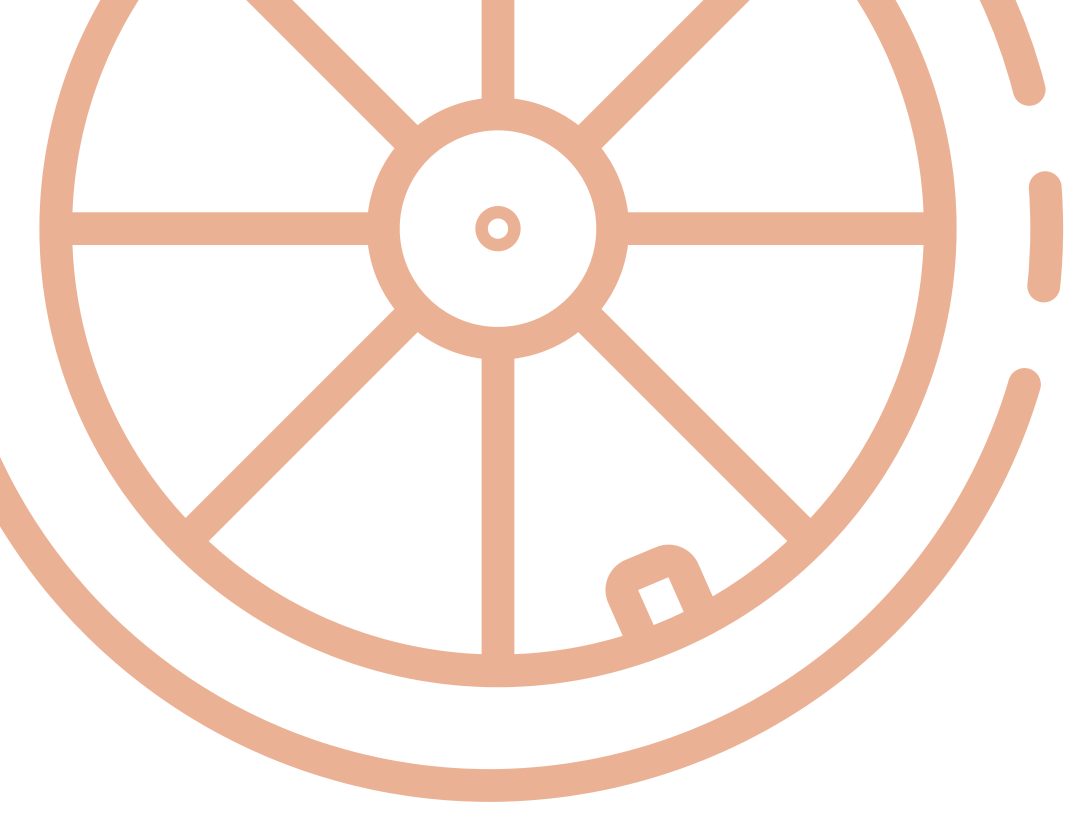
The biker in the top picture is a safe biker. See if you can find 8 things that are different about the biker in the bottom picture that make him the unsafe biker. Circle, then list below the things that make him an unsafe biker.



1
2
3
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5
6
7
8



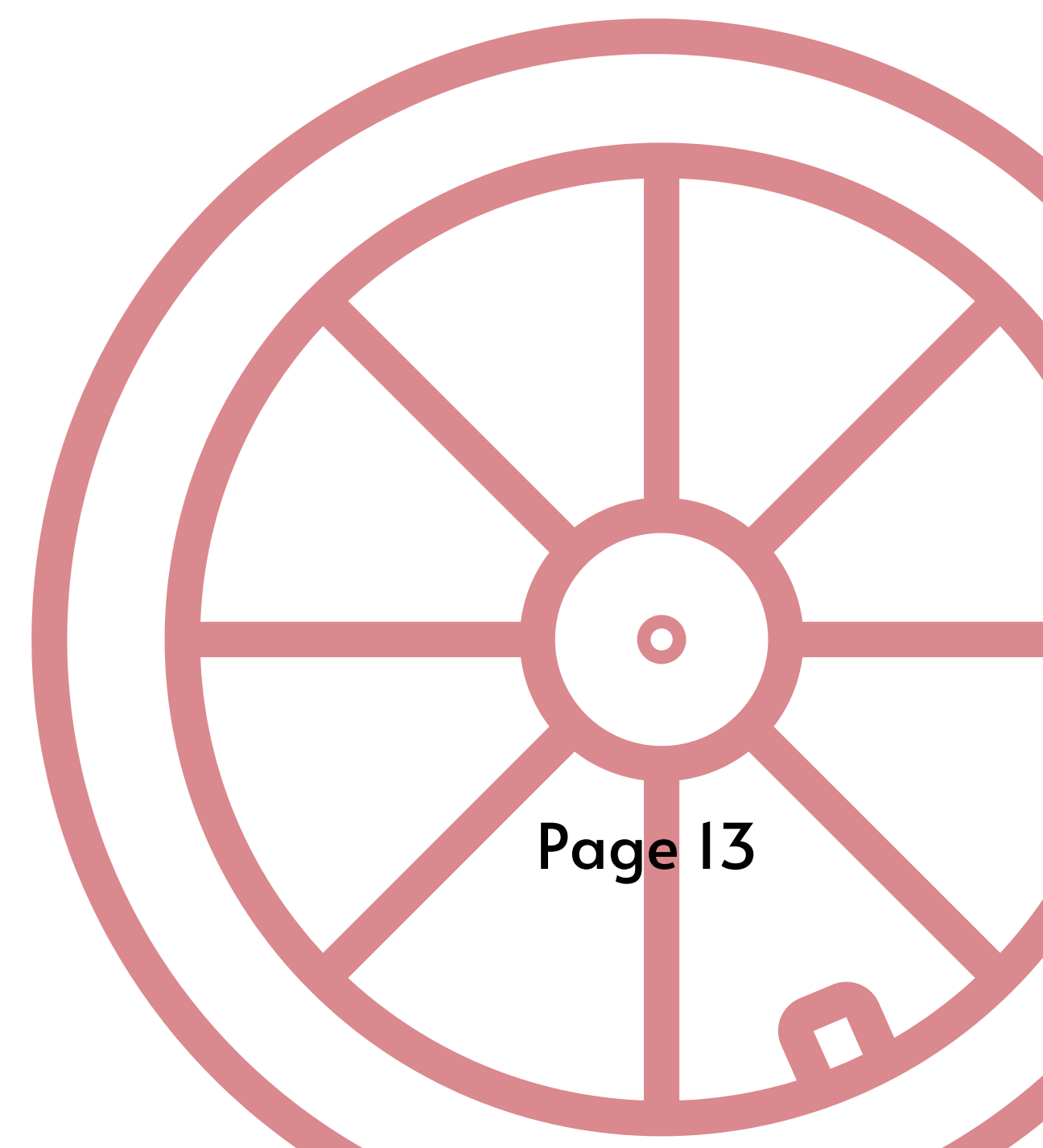
ANSWERS: No helmet, flat tire, shoes are untied, riding on the wrong side of the road, no reflectors on the tires, no reflectors on the front of the bike, about to hit a stick in the road



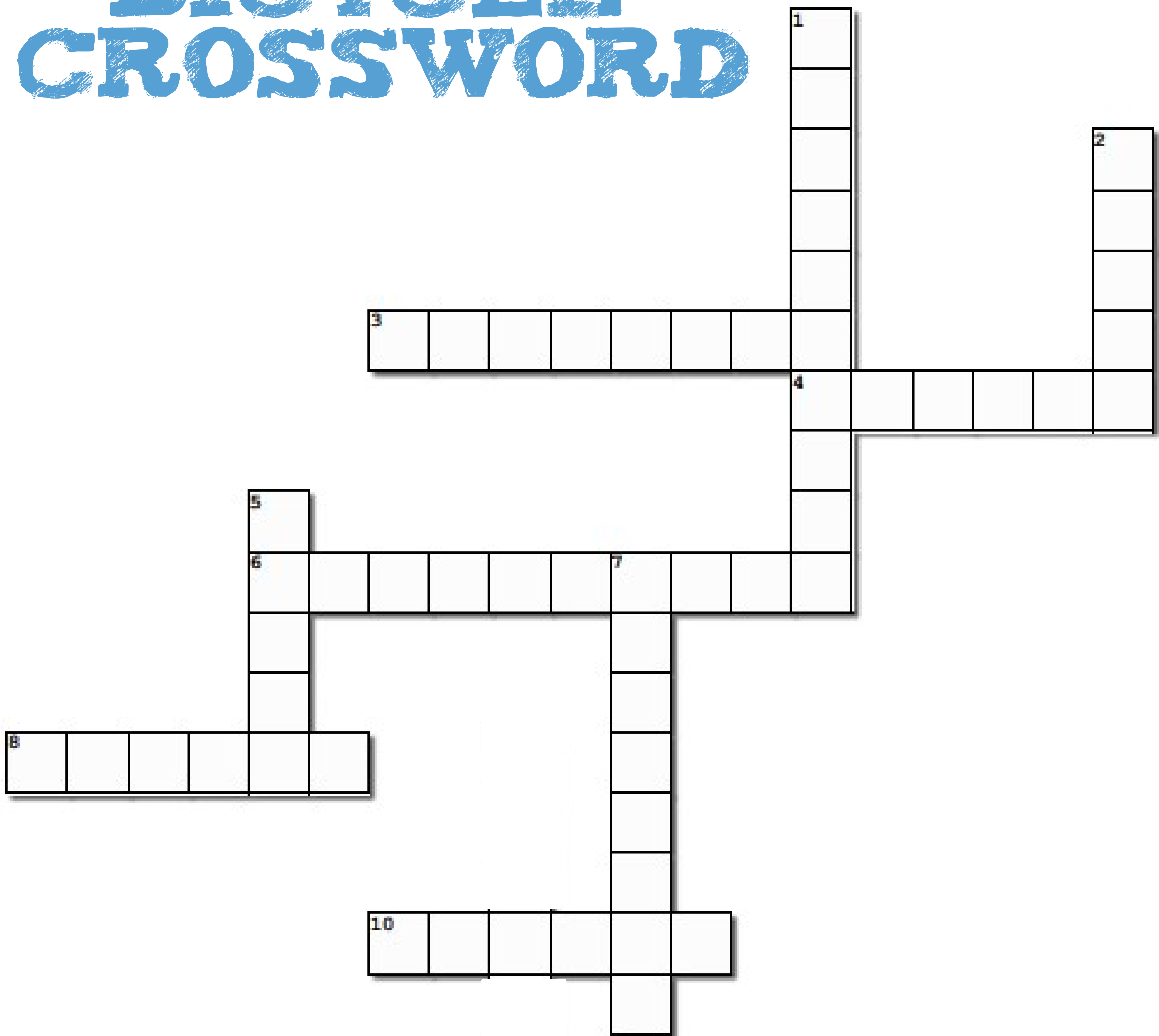
# BICYCLE WORD SEARCH

r q a k h g u t r i a p e r x  
e e z w h v s a f e t y s b f  
f m t g h e l m e t j l u n h  
l p n u g e s f a k a p f e a  
e j m r o p z u w d n t v r n  
c a x w o r h c e g d i b y d  
t a e k y j t p c r l s i i l  
o y e i x z d r s m e t c e e  
r s e r w y o f q k b y y l b  
s l r n u s j q a n r z c c a  
d r e n s i i r j y i m l i r  
d n z w b r b g e u d y e h s  
t n a m b a l a n c e w m e s  
b l i r c j e v z a y o f v o  
k s w x s a k p n s l d h m r

helmet	yield	balance	pedals
reflector	brakes	ride	crosswalk
signal	bicycle	spokes	vehicle
safety	route	repair	handlebars



# BICYCLE CROSSWORD



## Across

3. a cycle with 1 wheel
4. what you use to make a bicycle slow down and stop
6. what bicycles have for safety, especially at night as it reflects light
8. pieces of metal in the middle of the tires
10. where you put your feet to make the bicycle go

## Down

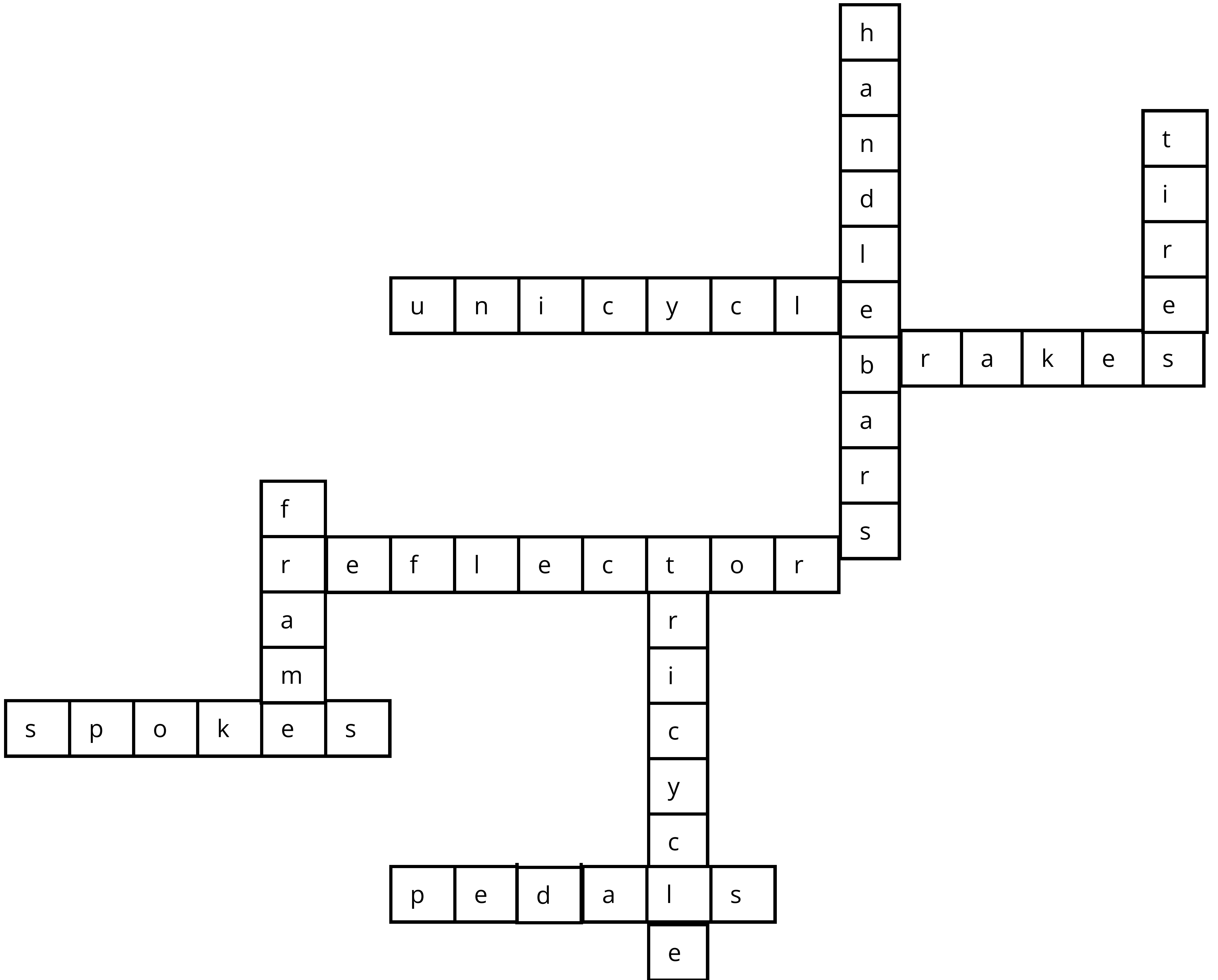
1. what you use to steer the bicycle
2. part of the bicycle that touches the ground as you ride
5. gives the bicycle strength, and the other parts are attached to it
7. a cycle with 3 wheels

# WORD SEARCH ANSWER KEY

r q a k h g u t r i a p e r x  
e e z w h v s a f e t y s b f  
f m t g h e l m e t j l u n h  
l p n u g e s f a k a p f e a  
e j m r o p z u w d n t v r n  
c a x w o r h c e g d i b y d  
t a e k y j t p c r l s i i l  
o y e i x z d r s m e t c e e  
r s e r w y o f q k b y y l b  
s l r n u s j q a n r z c c a  
d r e n s i i r j y i m l i r  
d n z w b r b g e u d y e h s  
t n a m b a l a n c e w m e s  
b l i r c j e v z a y o f v o  
k s w x s a k p n s l d h m r



# CROSSWORD ANSWER KEY



# BIKE BOOK LIST

We now have a small book library available at our office! You can check out books related to bicycling and pedestrian safety. Please contact [kdieck@ecwrpc.org](mailto:kdieck@ecwrpc.org) to check them out.

*Go, Bikes, Go!* by Addie Boswell

*B is for Bicycle* by Scott and Jannine Fitzgerald

*Bicycle Safety* by Lisa M. Herrington

*Going Places on a Bike* by Robert M. Hamilton

*Bike Safety* by Sarah L. Schutte

*Pedestrian Safety* by Sarah L. Schutte

*Safety on Your Bicycle* by Lucia Raatma

*Bicycle Safety* by Lucia Raatma

*A Crash Course for Molly* by Eva Eriksson

*Great Inventions: The Bicycle* by Larry Hills

*Pedal Power* by Allan Drummond

*Signs in My Neighborhood* by Shelly Lyons

*Gracie Goats Big Bike Race* by Erin Mirabella

*Sally Jean the Bicycle Queen* by Cari Best

*Bobby and Mande's Bike Safety* by Robert Kahn

*Will's Ride* by Melanie Howell

*Molly Goes to a Bike Rodeo* by Shelia Easley

*Bike On, Bear!* by Cynthea Liu

*Bernie the Bike Builder* by Taj Mihelich

*Bicycle Rules of the Road: The Adventure of Devin Van Dyke* by Kelly Pulley

*Emmanual's Dream* by Laurie Ann Thompson



# PARTS OF A BICYCLE

There are many different types of bikes and bicycle parts can differ from one kind of a bicycle to another.



**Road Bike**- Lightweight, dropped handle bar, and thin tires.

**Mountain Bike**- Large tires, rider in heads-up position.

**Hybrid Bike**- More upright than road bikes with narrower tires than a mountain bike.

**Electric Bike**- Battery provides additional power.

**Recumbent Bike**- Rider is in a reclined position.

# TRAIL GUIDE

## Calumet County

<https://www.travelcalumet.com/193/Trails>

**Brillion Nature Center Trails**- 6.5 MILES of trails give hikers a chance to view wildlife in marsh, pond, forest, and prairie habitats.

**Calumet County Park Trails**- 5 MILES of trails through the woods and on the Niagara Escarpment.

**Chilton Riverwalk**- Over 1/4 MILE, paved trail that meanders along the South Branch of the Manitowoc River from Madison Street to Park Street (by Chilton Public Library).

**Fox River State Trail**- A multiple use trail that runs east of Highway 32/57 from Green Bay to Ott Road, north of Hilbert, for approximately 26 MILES. The Calumet County portion of the trail is a 5-MILE, limestone section.

**Friendship State Trail**- This 4-MILE trail passes through woodland, scenic farmland, and portions of the City of Brillion. The trail begins at the intersection of Center Road and South Glenview Avenue in the City of Brillion. The trail connects with the Fox River Trail in Forest Junction near the intersection of Main Street and Milwaukee Street.

**High Cliff State Park Trails**- (This park is currently closed) There are 16 MILES of trails within the park, running through the woods and on the Niagara Escarpment. There is also a 40-foot observation tower in the park.

**Ledge View Nature Center Trails**- Ledge View Nature Center is a 105-acre Calumet County park and environmental education center located just south of Chilton, WI. The park is best known for its caves, but also contains woodland, dolomite ledges, open prairie and an inactive quarry. Hikers can enjoy 3 MILES of trails (open sunrise to sunset), a 60-foot observation tower, an arboretum, and gardens with native wildflowers.

**Menasha Conservancy Trail**- The conservancy encompasses about 50 acres and contains about 1.25 MILES of wood chip trails.

**Solomon Trail**- A 2.25 MILE rail that connects the cities of New Holstein and Kiel. This multiple use, paved trail connects to the Sheboygan River Walkway in Kiel.



# TRAIL GUIDE

## Fond du Lac County

<https://www.fdlco.wi.gov/departments/departments-n-z/parks-trails/recreation-trails>

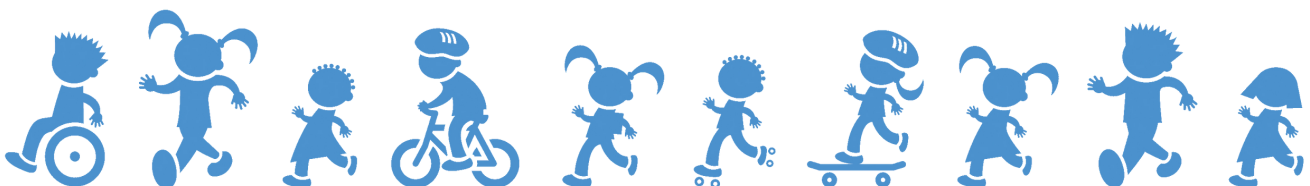
**Eisenbahn State Park Trail**- The Eisenbahn Trail is a **22 MILE** recreation trail extending from Eden Community Park south into West Bend. The north 12 miles of the trail is within Fond du Lac County. The Eisenbahn Trail is a multiple-purpose trail surfaced with crushed limestone and provides opportunities for walking, running and bicycling.

**Mascoutin Valley State Park Trail**- The Mascoutin Valley State Park Trail is a **32-MILE** state park trail, twenty-two miles of which are located in Fond du Lac County. The trailhead is located at N6980 Rolling Meadows Drive, Fond du Lac. The trail is surfaced between Berlin and Ripon with limestone screenings, similar to the Wild Goose Trail. The trail is used for hiking, cycling, running and snowmobiling.

**Northwestern**- The Northwestern Trail is a short segment of railroad right-of-way located between the City of Ripon and the west county line. It is about **2.5 MILES** in length. The trail is part of the County snowmobile trail system. It is used for hiking, cycling and running.

**Prairie Trail**- The Prairie Trail is a **7 MILE** pedestrian/bicycling path along the Highway 151 Fond du Lac Bypass between Martin Road and Winnebago Drive. The trailhead is located at N7565 Winnebago Dr., Fond du Lac. This asphalt paved trail is part of a connecting system of trails to link the Wild Goose State Trail, the Peebles Trail and the future Plank Trail that is anticipated to be build between Fond du Lac and Greenbush in Sheboygan County.

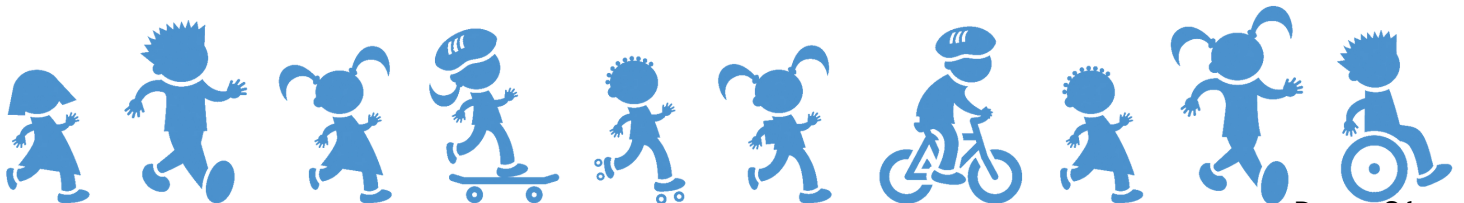
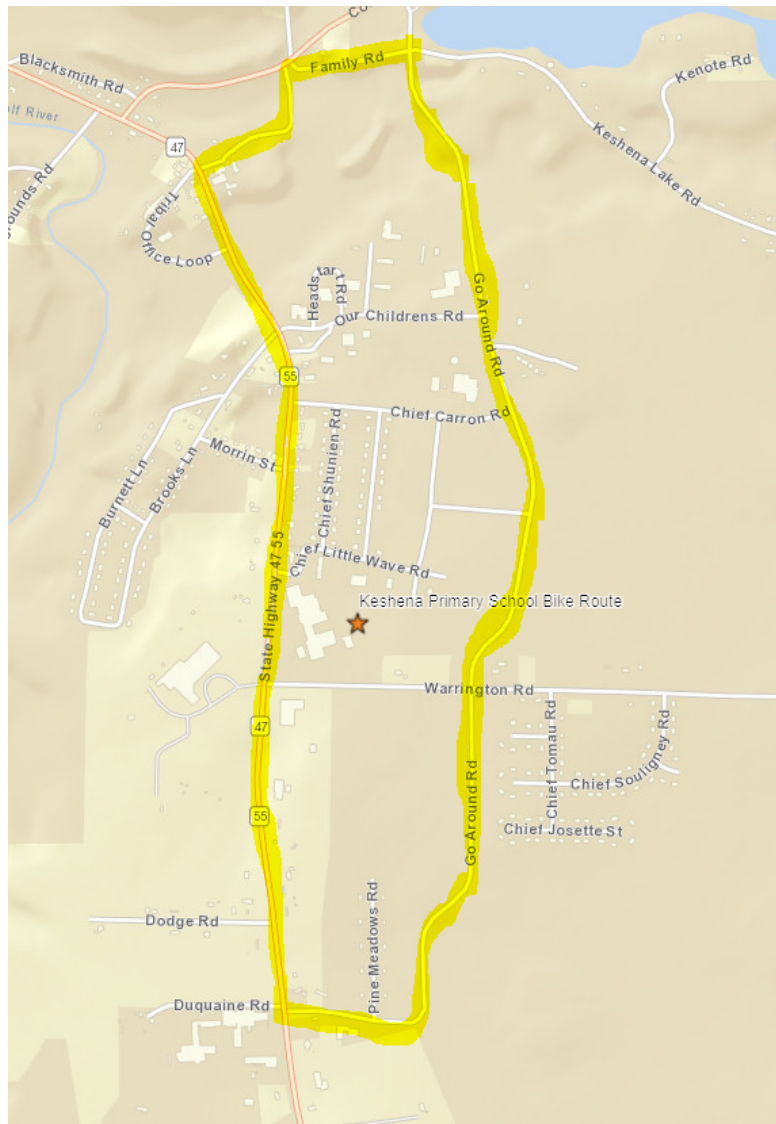
**Wild Goose State Park Trail**- The trailhead is located at 370 W. Rolling Meadows Dr., Fond du Lac. The trail runs from the southern trailhead at HWY 60 (about 4 miles south of the City of Juneau) in Dodge County to the northern trail head at Rolling Meadows Drive in the City of Fond du Lac. This all-season recreational trail has quickly become a popular trail for bicycle riding and hiking in spring, summer and fall, and snowmobiling in the winter.



# TRAIL GUIDE

## Menominee County

Keshena Primary School Bike Route- Head over by Keshena Primary School and bike along this **3.5 MILE** loop of sidewalk that travels in a loop around the school.



# TRAIL GUIDE

## Outagamie County

<https://www.outagamie.org/government/departments-n-z/parks>

**New Blackmour State Trail-** (NEW London, ShioctON, BLACK Creek and SeyMOUR) NOW open between New London and Seymour, **24 MILE** gravel trail. Activities include hiking, biking and horseback riding.

**Apple Creek Trail-** A **5 MILE** bike ride on a continuous off-road trail. This ride is relaxing and great for kids. Check out the multi-use trails around Thrivent to extend the ride. Enjoy a variety of birdlife along restored sections of Apple Creek.

**Newberry Trail-** Appleton's Newberry Trail follows the Fox River, its navigational canal locks and an active rail line at different points during its scenic trek. The area was once an industrial hub, but mature trees now provide shade and a sense of serenity to trail users.

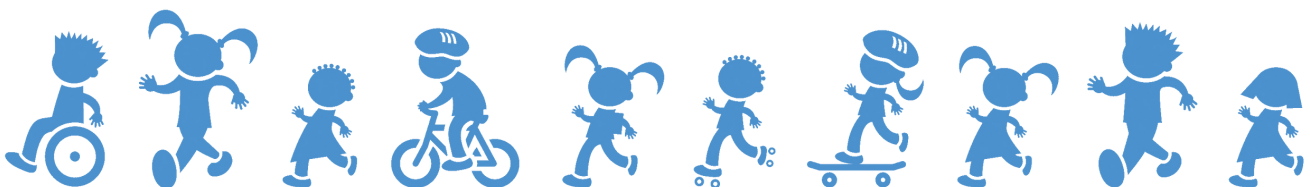
**Wiouwash State Trail-** (Winnebago, OUtagamie, WAupaca and SHawano) Multipurpose trail, south of Hortonville, **5.9 MILE** gravel trail that connects to **17 additional MILES** in Winnebago County. Parking areas in Hortonville and Medina. Activities include hiking, biking and horseback riding.

**CE Trail-** Located on the north side of County Highway CE, Multipurpose trail, **5.3 MILES**, paved trail from Appleton to Kaukauna. No motorized vehicles.

**Stone Bridge Trail-** Located west of Brewster Village, paved trail winds through a wooded area and connects to a network of trails in the Town of Grand Chute at Fox Valley Technical College.

**Old Stone Bridge Wooded Area-** Wooded green space with the Stone Bridge Trail running through the property. Located north of Brewster Village and south of Fox Valley Technical College. West of Bluemound Road.

**Country Forest-** Located south of Highway 15 and east of Casaloma Drive. Wooded natural area, some trails, good area for bird watching and hiking.



# TRAIL GUIDE

## Shawano County

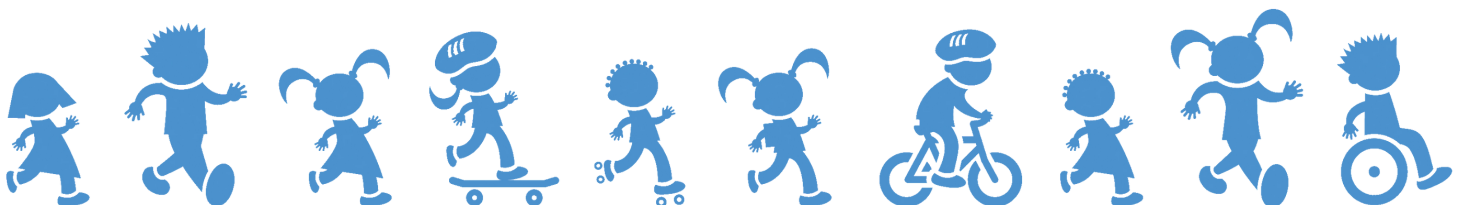
[https://www.co.shawano.wi.us/departments/page\\_a07d36f50ba0/departments=89a34fbc5e37&subdepartment=0fb44f3ead07](https://www.co.shawano.wi.us/departments/page_a07d36f50ba0/departments=89a34fbc5e37&subdepartment=0fb44f3ead07)

### Shawano Pathways Bike Routes-

<https://www.shawanopathways.org/trail-map-info/maps-biking/>

**Mountain Bay Trail**-The **58-MILE** segment of the trail that runs through Shawano County connects the Brown County and Marathon County portions of the trail, the only notable gap in the trail being from the City of Shawano segment to areas west of the Wolf River. Restrooms and support facilities are located at local parks within all the villages.

**Wiouwash Trail**- Once completed, this trail will extend from Oshkosh, located in Winnebago County, through Langlade County. The Shawano County portion of the trail will be approx. **30 MILES** in length. The trail passes through the following villages located in Shawano County: Tigerton, Wittenberg, Eland, and Birnamwood. Restrooms and support facilities can be located at local parks within all villages. Currently several gaps remain along the trail line, including the segment from Birnamwood north through Aniwa to the Langlade County line, with ongoing efforts are being made to acquire right-of-way and/or easements to complete the trail.





# TRAIL GUIDE

## Waupaca County

<https://www.cityofwaupaca.org/parksnrec/river-ridge-trail/>

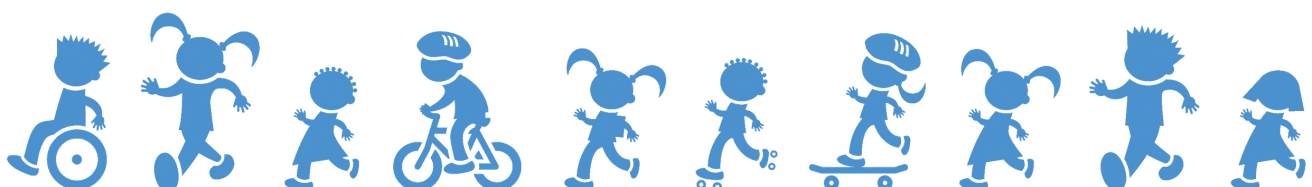
**Tomorrow River State Trail- 29 MILES** This rail trail travels through scenic glacial terrain and farm country from Plover in Portage County to just outside the village of Manawa in Waupaca County, while passing through the communities of Amherst Junction, Scandinavia and Ogdensburg. The western end of the trail connects to the Green Circle State Trail at Hoover Road in Plover.

**Newton Blackmour State Trail-** (NEW London, ShioctON, BLACK Creek and SeyMOUR) NOW open between New London and Seymour, **24 MILE** gravel trail. Activities include hiking, biking and horseback riding.

**River Ridge Highway 22 Trail -** The Waupaca River Ridge Trail is part of a plan to preserve urban natural areas or “greenspace” in a non-motorized trail system that winds throughout the Waupaca area. The first trail segment, a scenic loop of 1.6 MILES, opened in fall of 1996. Since then, over **26 MILES** of trails have been designated. Bikes are allowed only on limestone or blacktopped surfaces.

**Wiouwash State Trail-** The Wiouwash State Trail is named for Winnebago, Outagamie, Waupaca and Shawano counties. This trail, built on a former rail corridor, is maintained and operated by the four counties the trail traverses. Two sections of the trail are now complete and are separated by a gap of about 30 miles.

In Shawano County, the northern segment of the trail travels **19 miles** between Birnamwood and Split Rock. This segment of the trail connects with the Mountain-Bay State Trail in Eland. The southern segment of the trail is open for **22 miles** from Hortonville to the city of Oshkosh. The southern segment skirts along the edge of Lake Butte des Morts and continues into the countryside through native tall grass prairies, farmlands and wildlife areas. This segment connects to the Friendship Trail at State Highway 10. The Friendship Trail travels between the Wiouwash State Trail and the city of Menasha.



# TRAIL GUIDE

## Winnebago County

<https://www.co.winnebago.wi.us/parks/recreational-trails>

<https://www.visitoshkosh.com/things-to-do/sports-outdoors/trails/>

### Winnebago County Trails Map-

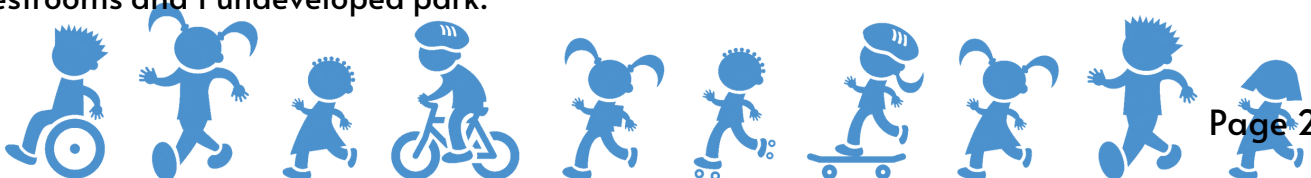
<https://ecwrpc.maps.arcgis.com/apps/View/index.html?appid=3eal349e59c1424f97395c78813055ab>

**Mascoutin Trail- 5.3 MILES** The Mascoutin Valley Trail runs through the southwest corner of Winnebago County and continues on into both Green Lake and Fond du Lac Counties. The trail base is crushed limestone. Horseback riding (approximately May to October), hiking and bicycling, take place seasonally while during winter months it is part of the countywide snowmobile trail system. The Rush Lake Marsh area offers wildlife viewing opportunities.

**Wiouwash Trail-** The flat base is perfect for walkers, hikers, bikers, horseback riders (summer) and snowmobilers, cross country skiers and snowshoes (winter). The Winnebago county portion of the trail runs from Oshkosh north through Winnebago and Outagamie counties and ending in Hortonville. This section has **21.8 MILES** of abandoned railroad corridor. Tribal Heritage-As part of the US 41 project, the causeway trail offers runners, walkers, bikers and in-line skaters the ability to cross Lake Butte Des Morts on a trail which connects to the WIOUWASH State Recreation Trail on the north end of the Tribal Heritage Crossing Trail. The Tribal Heritage Trail provides access to fishing and info kiosk for all 11 of Wisconsin's Native American Tribes including the history of those tribes.

**Oshkosh Riverwalk-** Public parking to access the Riverwalk is available at Riverside Park, Boatworks Park, Oshkosh Senior Center parking lot and UWO Alumni Center parking lot. Carl Steiger Park Riverwalk runs along UW-Oshkosh campus and connects to the Wiouwash Trail for those looking for a longer route. With approximately **3.5 miles** of completed Riverwalk, visitors are able to enjoy the many features of the Fox River.

**Loop the Little Lake Trail- 3.5 MILES-** Loop the Little Lake, often referred to as the "Loop," is a route that links three (3) communities (Village of Fox Crossing, City of Menasha and City of Neenah) while creating connections for bicycle commuting/recreation and pedestrian recreation with scenic vistas and access to Little Lake Butte des Morts. The route combines off-road bike/pedestrian trails, FOUR (4) trestles of various lengths and on-road bike lanes / sidewalk sections. Along the way, visitors will experience four (4) developed parks with restrooms and 1 undeveloped park.





# HOW TO: PLAN A BIKE RODEO



## Recruit a Planning Team

- Safe Routes to School
- Parks and Recreation
- Police and Fire Department
- Local Bike Shop
- School Staff
- Local Service Organizations



## Select Your Event Date, Time & Location

### Considerations:

- Will your event be on a week night or weekend?
- How long will your event run?
- What other community events are planned around the same time?
- What is the weather typically like in that season? Will you have a rain date?
- Do participants need to pre-register or just show up?

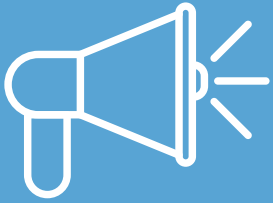
### Recommendations:

- Week nights typically have less conflicts with other events.
- 1-2 hours depending on the number of stations and activities planned.
- Are there sporting events, school events, or any other community oriented events on the date you are looking at for the bike rodeo?
- Think about rain and heat! Rain dates require extra planning and resources.
- Pre-registration provides the total number of participants and contact information. No registration gives participants the opportunity to just show up!



# 3

## Promoting Your Event



Posters/Flyers



Social Media



Local Newspaper



Promotional Videos



Radio

# 4

## Materials Needed



Bike Pumps



Helmets



Half Cut Tennis Balls



Bike Maintenance Checklist & Repair Tools



Name Tags



Cones



Signs



Chalk/Spray Chalk



# Let's Get Started

- Arrive 45 minutes- 1 hour early to set up your course
- Check In participants/ Participant Registration
- Complete bicycle maintenance checks and helmet fittings
- Present a bike safety talk about what to wear while bicycling, how to properly fit your helmet, and how to complete the ABC Quick Check.
- Bike rodeo overview

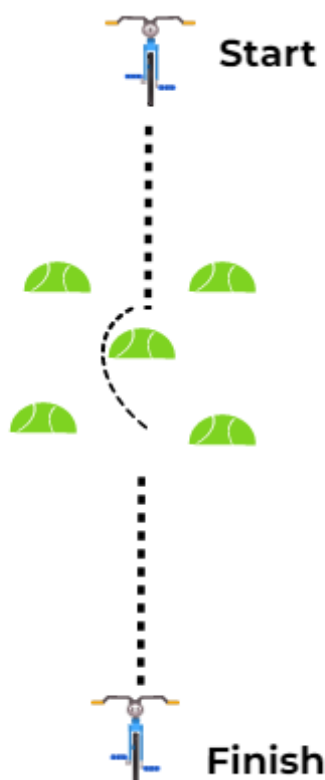


## ROCK DODGE

**Setup:** Put half cut tennis balls in a square 2 ft. apart from each other with one tennis ball in the middle of the square.

**Why:** To practice avoiding hazards while keeping your bike under control without swerving.

**Directions:** Aim at the rock and twitch the handlebars to the left and then the right to move your front wheel around the "rock" and back to the line of travel. Practice both directions. This should be done at a rapid pace.

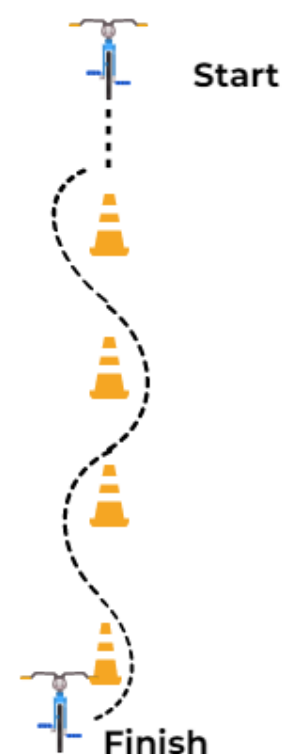


## SLALAM

**Setup:** Place eight cones in a straight line 9-10 ft. apart.

**Why:** To practice avoiding hazards while keeping your bike under control without swerving.

**Directions:** Weave in and out of the cones. Practice both directions. This should be done at a rapid pace.



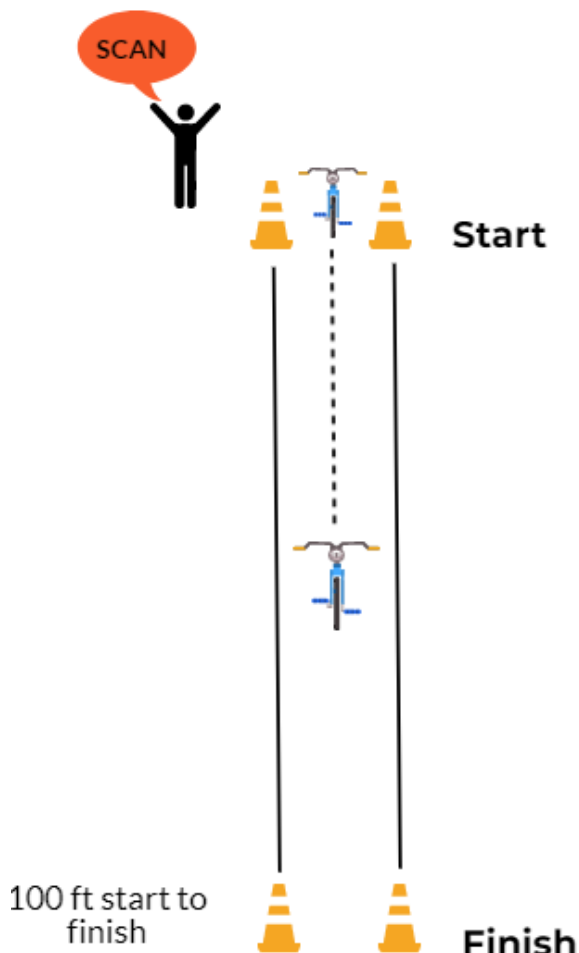


### SCANNING

**Setup:** Set up two cones 2 ft apart from each other at the beginning and end of the course. Draw lanes from one set of cones to the other. The start to finish should be 100 ft long.

**Why:** To practice looking over your shoulders while maintaining a straight line and to be predictable.

**Directions:** Ride your bicycle in a straight line between the designated markers. When the instructor says "scan" or "turn" briefly turn your head, putting your chin on your shoulder, and look behind. You can also take your scan- side off the handlebars while looking behind. Yell out if your instructor has one hand up, or two hands up. Be sure to ride in a straight line the whole time.

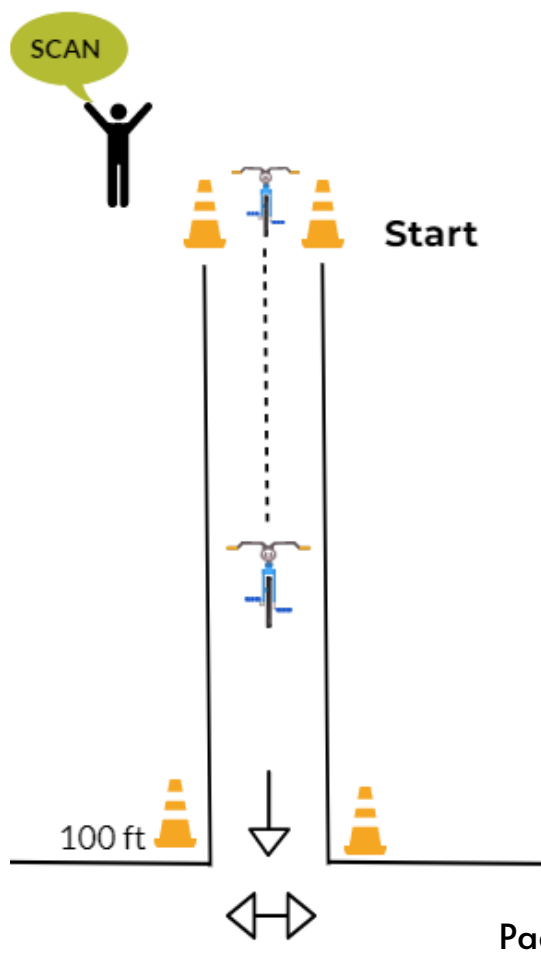


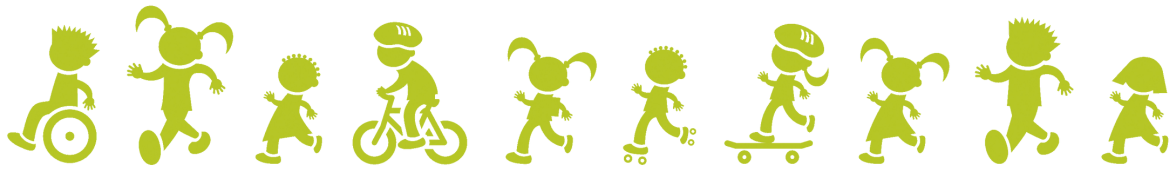
### SCAN, SIGNAL, TURN

**Setup:** Set up two cones 2 ft apart from each other at the beginning of the course. Draw two lines 100 feet long and then draw a left and right turn lane.

**Why:** To practice looking over your shoulders while maintaining a straight line and to practice signaling and turning.

**Directions:** Ride your bicycle in a straight line between the designated markers. When the instructor says "scan" or "turn" briefly turn your head, putting your chin on your shoulder, and look behind. Yell out if your instructor has one hand up, or two hands up. Be sure to ride in a straight line the whole time. When you get to the end hand signal a left or right turn and then proceed to turn.



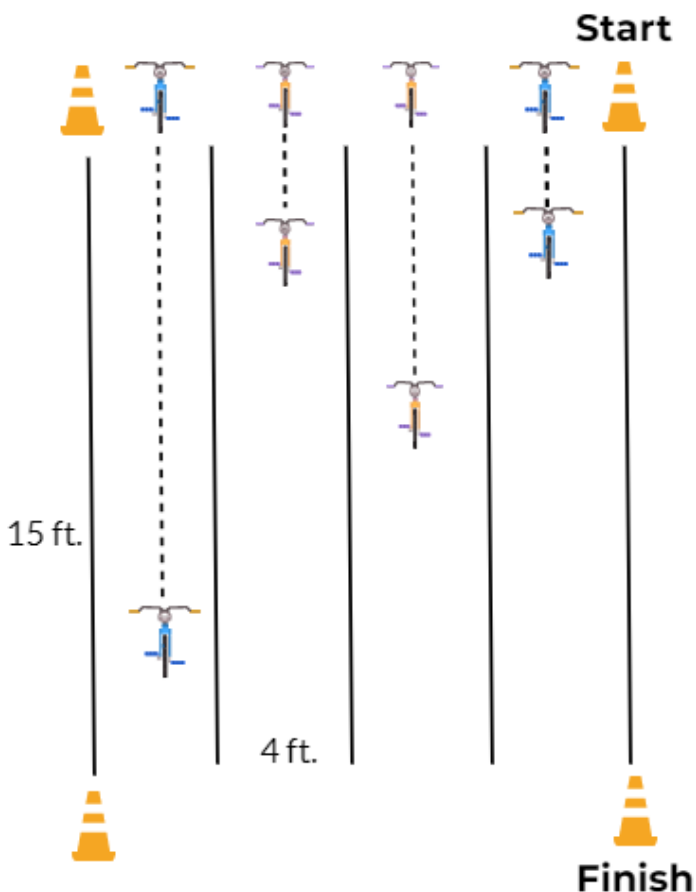


### SLOW ROLL

**Setup:** Set up cones to designate the starting line and finishing line 15 ft in length. Draw 4 or more lanes 4 ft apart for each participant.

**Why:** To practice balancing on your bicycle.

**Directions:** Ride slowly as you can to the other end, staying in your lane. The last person to cross the finish line wins. You cannot put your feet down during the slow race or you lose.



### POWER PEDAL AND BRAKING

**Setup:** Set up the cones two ft apart from each other at the beginning, middle and end of the station. The start to finish should be 100 ft. long.

**Why:** Starting and stopping smoothly without wobbling helps you maintain control of your bike in traffic.

**Directions:** Start by standing over your bicycle with both feet on the ground. Put your foot in power pedal position and start pedaling. Stop when the instructor yells stop or you get to the cones in the middle. Use both brakes to stop, with more pressure on the front brake, but not too much to cause the back wheel to skid. Put one foot on the ground.

