

WALK & ROLL

WITH REDMOND SCHOOLPOOL

At our school, we're joining students and teachers across the country to celebrate Walk and Bike to School months this October and May. Whether you walk, roll, or share the ride, log your trips and earn rewards.

How it works:

1. Track your walk and roll (non-drive alone) trips to school this month on the other side of the card
2. Record at least one walk, roll (scooter, bike, etc), bus, or carpool trip to receive a prize
3. Cut out and return your completed reward coupon to your school's front office at the end of the month to earn \$5 for your school, and a prize for you (like a treat from a local business!)

MAY 7 IS BIKE TO SCHOOL DAY!

Review your family's walking safety rules and practice walking to school with your child.



ENJOY YOUR STROLL & ROLL

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无歧视声明可在本市的网址redmond.gov/TitleVI 上查阅

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RedmondSchoolPool.com
RedmondSchoolPool@redmond.gov



How did you get to school this month?

How many walk and roll trips did you take to school this month? Fill in one square for each non-drive alone trip, using the below letters to represent the type of trip you took

- W=Walk
- R=Roll (Bike, Scooter, Wheelchair, etc)
- B=Bus (School or Metro bus)
- C=Carpool with friends

As much as **20-30% of local morning traffic** is caused by driving students to school

START

To:
From:
Thursday
May 1

Friday
May 2

Monday
May 5

Tuesday
May 6

Bike to School Day
Wednesday
May 7



Each 2 mile round trip walk or roll commute keeps about **7.5 lbs of pollutants** out of the air

A one mile walk to school trip generates 1/3 of a youth's recommended daily physical activity



Thursday
May 8

Friday
May 9

MAY IS NATIONAL BIKE MONTH

May 12 - 18 is National Bike Week

Students that commute to school with a friend have an average of **75 minutes** or more of additional social time each week



No School
Monday
May 26

Tuesday
May 27

Wednesday
May 28

Thursday
May 29





Friday
May 30

FINISH

Reward Coupon

Name: _____
 Grade: _____
 School: _____
 Name of Teacher: _____

Add the total number of trips by each type:

 _____	 _____
Walk total	Bus total
 _____	 _____
Roll total (Bike, Scooter, Wheelchair, etc)	Carpool total

Total: _____ /42 possible

