

# 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:

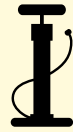
1. Track your walk and roll (non-drive alone) trips to school this month on the other side of the card
2. Record at least one walk, roll (scooter, bike, etc), bus or carpool trip to receive a prize
3. Cut out and return your completed reward coupon to your school's front office at the end of the month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

### Age 14 or up?

Download the SchoolPool mobile app to track your trips  
[RedmondSchoolPool.com](http://RedmondSchoolPool.com)

## MAY 8TH IS BIKE TO SCHOOL DAY!

Get there safely with these tips from SchoolPool:



### CHECK YOUR BIKE

Make sure your tires are inflated and brakes work properly.



### ADJUST THE FIT

Adjust your bike seat and handle bars to best fit you.



### SAFETY FIRST

Strap on your helmet and make sure it's secure.



### MAKE IT A GROUP RIDE

Ask parents and friends to ride with you.



### PAY ATTENTION

Watch out for hazards and obey street signs.

## ENJOY THE RIDE!

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无歧视声明可在本市的网址[redmond.gov/TitleVI](http://redmond.gov/TitleVI) 上查阅 | El aviso contra la discriminación está disponible en [redmond.gov/TitleVI](http://redmond.gov/TitleVI).

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[RedmondSchoolPool.com](http://RedmondSchoolPool.com)  
[RedmondSchoolPool@redmond.gov](mailto: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

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



START

A large graphic of the number '10' formed by a path of grey squares. The path starts at a yellow arrow labeled 'START' and ends at a yellow arrow labeled 'FINISH'. The path is decorated with various icons and text boxes. A pink car is on a pink square at the top right. A green person walking is on a green square in the middle. A teal bus is on a teal square at the bottom. The path is surrounded by colorful geometric shapes in shades of blue, orange, and green.

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

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

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



## Reward Coupon

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

Grade: \_\_\_\_\_


School: \_\_\_\_\_

Email Address: \_\_\_\_\_  
(valid email required to receive prize)

Add the total number of trips by each type:

 \_\_\_\_\_  
Walk total

 \_\_\_\_\_  
Bus total

 \_\_\_\_\_  
Roll total (Bike, Scooter, Wheelchair, etc)

 \_\_\_\_\_  
Carpool total

