

# Monthly Motivator: May

## May is Bike Month & Bike to School Day!



Iowa Safe Routes to School invites you too bike throughout the month.

Tips for a great ride:

- Wear a proper fitting helmet.
- Check your air, brakes and chain before each ride.
- Use hand signals when starting and stopping at intersections.
- Ride with an adult or guardian.
- Ride on the right side of the road, with traffic.
- Bring water.
- Have Fun!



## Reasons to Get Moving in May!

Walk & Bike to School Day - 5th

Bike to Work Week - 17-23rd

Bike to Work Day - 21st



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