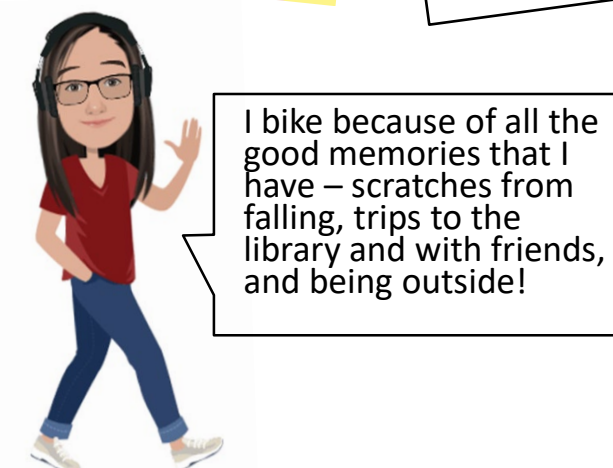
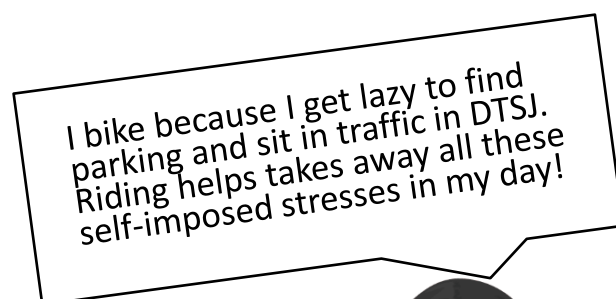
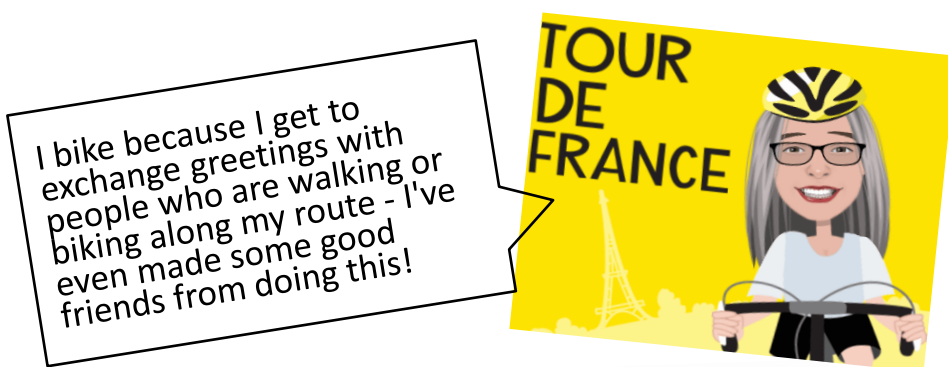


## MAY IS NATIONAL BIKE MONTH

There is a whole month dedicated to bicycles – and it is now. May is National Bike Month! It was established in 1956 by the League of American Bicyclists and is celebrated nationwide. Every day should be a day to enjoy walking or rolling. It is a celebration of all things bike – to start rolling, finding time to get outside, and having fun. Biking is just one of many ways that you can travel to school, to work, to shop, to your local library or parks. It has so many benefits like keeping you healthy, saving money on gas, reduces air pollution, and a great way to bring communities together.



We want you to celebrate with us any way that you can! We encourage everybody to experience the fun in biking and how you can learn more about your local community by riding. There are plenty of ways that you can participate in May. But fear not if you need some ideas, we have you covered on Page 4 of our newsletter, along with our “Use your head, wear a helmet” safety resource. We encourage you to ride a bike whenever you can- to have fun and be safe.



## FIVE FOR FIVE – BICYCLE TIPS

It's May, which is National Bike Month and to commemorate this event we have 5 bicycle tips for the month of May!



1

### PROFESSIONAL BIKE FITTING

If you are new to biking, go to your local bike shop for a consultation and bike fitting. A proper fit is important for both safety and comfort.



2

### PROTECT YOUR HEAD

Use your head, wear a helmet. Always wear a helmet to protect your head while you are biking or rolling.



3

### CHANGE HAND POSITIONS

Change your hand position every so often when you are riding. It will improve your comfort and speed, as well as prevent your arms and legs from falling asleep.



4

### DON'T BE DISTRACTED

Make sure you are paying attention to your surroundings when you are riding. Look both ways before crossing and make eye contact.



5

### HAVE FUN

Whatever your reason to bike is, make sure that it brings you joy.

## BETTER BIKE PLAN 2025



SAN JOSÉ  
BETTER BIKE PLAN 2025

October 2020



On October 6, 2020, San Jose City Council unanimously approved a bold new city bike plan called [Better Bike Plan 2025](#). It identifies a low-stress, all-ages-and-abilities bike network totaling 557 miles. That network will build on the existing 402-mile network by adding 155 miles of new facilities and enhancing 250 miles of existing facilities. The plan established three primary goals: advance equity, increase bike trips, and improve safety. These goals will be accomplished by building a network of Separated Bikeways on busier streets and Bike Boulevards on calmer, neighborhood streets. The plan adopts a "quick-build" implementation strategy to save costs and expedite implementation. Total buildout costs range from \$263m-\$370m, depending on specific design elements. Implementation costs for the first five-year prioritized project list range between \$70m-\$94m. The City is now actively pursuing grants and other funding sources for implementation.



# JUST ENJOY THE RIDE



## WALK N ROLL TASK FORCE

San Jose's Walk n' Roll program is developing School District Task Forces across the city and is seeking participants to work alongside city personnel. Exact goals and objectives will be adopted by the Task Force after its formation, but they will revolve around improving school safety and encouraging students and their families to walk or bike to school. The Task Force will also be an opportunity for schools and communities to connect, share information, and organize around common issues. Ideal participants include administrators, teachers, students 5th grade and older, and local community groups.

Please fill out an [interest form here](#) or contact Dominic Barroga.

## TWENTY IS PLENTY

The City of San Jose Department of Transportation is providing yard signs to slow traffic on residential streets. The "Twenty is Plenty" campaign is designed to remind drivers that twenty miles an hour is plenty fast enough to travel with so many more children and adults using our residential roadways to walk and ride bikes during shelter in place. The yard signs are a great way to remind our neighbors to slow down. Please contact Cordell Bailey, [cordell.bailey@sanjoseca.gov](mailto:cordell.bailey@sanjoseca.gov) to arrange a contact free delivery of signs for your street.



## HIGH SCHOOL WALK N ROLL

We are developing curriculum to expand our outreach and promote walking and biking at high schools. Historically, Walk n' Roll has mostly worked with elementary schools and some middle schools, focusing on the fundamentals of bike and pedestrian safety. As the program grows, the team has been looking for ways to expand our services and reach more students in San Jose! Placing more of a focus on curriculum for older students will allow the program to establish itself as a consistent advocate for safety and active transportation through a student's K-12 education. As the Walk n' Roll curriculum expands we are also looking to expand our roster to include high schools.

Contact Dominic Barroga, [dominic.barroga@sanjoseca.gov](mailto:dominic.barroga@sanjoseca.gov) to help bring Walk n' Roll to your high school!

## CUPERTINO MIDDLE SCHOOL BIKE SKILLS COURSE

City of Cupertino Safe Routes to School program is offering their Bike Skills program to all Middle School students (6<sup>th</sup> - 8<sup>th</sup> grades). The bike safety workshops will prepare students to become confident riders by learning the rules of the road, practicing bike handling skills, and participation in a group ride! The workshop consists of an evening, 1 hour online interactive bike class on safety and basic traffic laws, plus an in-person ½ day workshop, on-bike to practice bike skills such as hand signals and bike quick check and participate in a socially distanced group ride.

The first workshop dates are Thursday, June 24 and Saturday, June 26. You can find additional dates and information [here](#).



**MIDDLE SCHOOL BIKE SKILLS**

**Dates**

Online	In-Person
7pm - 8pm	9am - 12pm or 10am - 1pm
June 24	June 26
July 14	July 17
Aug 12	Aug 15
Sept 15	Sept 18

In-person portion at the Cupertino Senior Center: 21251 Stevens Creek Blvd

Parents and students should bring a bike and helmet  
Workshop format adheres to Covid-19 Social Distancing Guidelines

Hosted By:  

Details and Registration: [bit.ly/cupertinomshs](http://bit.ly/cupertinomshs)



## BIKE MONTH ACTIVITIES

# May

There are many great ways that you get walking and rolling! Check out below for some ideas and remember to join our Walk n' Roll Monthly Challenge on May 17-21.



### WALK N ROLL WEEK: MAY 17-21

To celebrate schools reopening, we are providing 2-layer cloth Walk n' Roll masks for the two schools with the most participants in the May Walk n' Roll Week! Mark your calendars for May 17-21 and fill out [the May Walk n' Roll Week form](#) with the activities that you did each day!



### ACTIVITIES FOR YOU AND THE FAMILY

**Bike to Wherever:** A local park, the library, or down the street, bike there!

**Bike ABC's:** Air, Brakes and Chains. Check up on the air pressure of your tires, brake levers, and your chain and gears.

**Bike Helmet Check:** Check your helmets for proper fit

**Bike Hand Signals:** Go over your bike hand signals before out and about. A left arm parallel to the road indicates an intended left turn. A left arm pointing up indicates an intended right turn. A left arm pointing down indicates an intended stop.

**Bike Trails:** San Jose has several biking trails to offer: Guadalupe River, Coyote Creek, Alum Rock just to name a few.

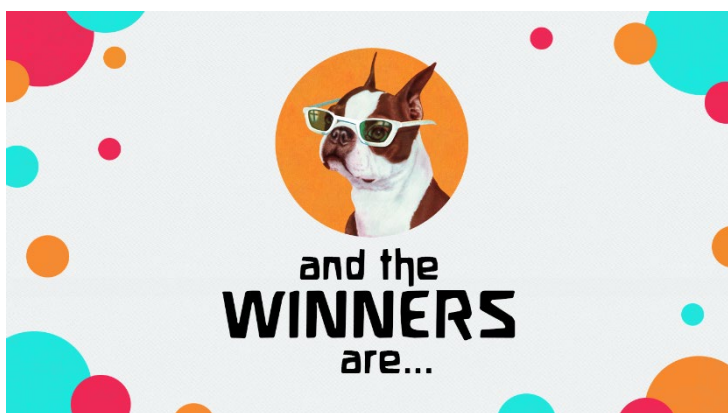
**Bike Break:** If you're doing a long task, take a break with a bike ride.

**Bike Route:** Plan a new biking route to somewhere new.

**Bike Attire:** Plan a colorful and bright outfit for your upcoming bike ride. Decorate with some reflective tape and stickers!

**#Bike:** Take a picture of where you biked to and show off to others.

**Just Bike:** Whatever the reason, getting a start is what counts!



Thank you all for participating in our April Walk n' Roll challenge! We hope you enjoyed getting outside for Earth Day, for our challenge, and just for your self. So excited to get your responses on how you were able to engage in walking and rolling activities.

**Booksin and Payne Elementary School** had the highest percentage of participants

in this month's challenge, so congratulations to them! Don't worry if you didn't win this month. We have challenges every month, so plenty of chances for more challenges to come.

### DID YOU KNOW

**Blocked drains can cause raw sewage to back up into your home.** To avoid an expensive visit by the plumber, don't pour cooking grease down your drain! It will harden in your pipes and is a common cause of back-ups. Instead, pour your used grease into an empty, dry can. Let the grease harden and then throw away the can in your garbage cart.

For more information, call (408) 794-1900

