

# Press Release

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## FOR IMMEDIATE RELEASE

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## Record Participation Expected for Bike to School Day on May 8, 2014

Emphasis is on safe and fun bicycling for kids

Alameda County, California – The Alameda County Transportation Commission (Alameda CTC), through its [Safe Routes to Schools](#) program with partner, [Bike East Bay](#) (formerly the East Bay Bicycle Coalition), is promoting bicycling as a great way for kids to stay healthy and active. Tomorrow's Bike to School Day is one of several major events held throughout the school year.

The number of schools participating in Bike to School Day in Alameda County has grown from fewer than 10 in 2011, to 45 in 2012, to over 60 in 2013 (with more than 1,800 students biking). This year, more than 90 schools have already committed to participating in Bike to School Day. Participation for this year's celebration is expected to swell to over 5,000 students.

Reporters, editors and/or press photographers are invited to visit one of the following Alameda county schools that will host events celebrating Bike to School Day on May 8:

- [Rosa Parks Elementary](#) in Berkeley at 8:30 a.m.
- [Junction Avenue K-8](#) in Livermore at 8 a.m.
- [Parkmont Elementary](#) in Fremont at 8 a.m.
- [Castro Valley Elementary](#) in Castro Valley at 7:50 a.m.

Pedal parades, helmet fittings and bike decoration stations are just some of the kid-friendly activities at these schools prior to and during these events. Several Alameda CTC Commissioners will attend these events. See a list of participation by local elected officials [here](#).

[Research](#) indicates that children who walk or bike to school have higher daily levels of physical activity and better cardiovascular fitness than children who do not actively commute to school. Alameda CTC, through its Safe Routes to Schools program, is making many resources available to students who don't know how to ride a bike, or whose bikes need to be repaired. Bike East Bay also offers a number of learn-to-ride classes and family cycling workshops in both English and Spanish.

The [BikeMobile](#) is a program that helps youth repair their bikes, teaches mechanics and safety, and provides decoration supplies, will make appearances at Pleasanton's Shadow Cliffs Park Energizer Station from 6:30-9 a.m., then at Marshall Elementary School in Castro Valley from 2-4 p.m. and finally at the Bike Away from Work Party in Old Oakland in the evening.

Last year, the BikeMobile fixed over 450 bikes during the month of May alone, enabling kids to ride to school safely.

For a full list of schools participating in Bike to School Day, please see [www.bikeeastbay.org/b2sd](http://www.bikeeastbay.org/b2sd).

#### **About the Alameda County Transportation Commission**

Alameda CTC plans, funds and delivers transportation programs and projects that expand access and improve mobility to foster a vibrant and livable Alameda County. Alameda CTC coordinates countywide transportation planning and delivers the expenditure plan for the half-cent sales tax approved by 81.5 percent of county voters in 2000. The [2014 Transportation Expenditure Plan](#) and measure will be on the ballot in November 2014 to fund essential future transportation improvements in every city and throughout Alameda County. Visit [www.AlamedaCTC.org/2014Plan](http://www.AlamedaCTC.org/2014Plan) to learn more or follow us on [www.facebook.com/AlamedaCTC](http://www.facebook.com/AlamedaCTC) and <https://twitter.com/AlamedaCTC>.

#### **About Safe Routes to Schools**

The [Alameda County Safe Routes to Schools Program](#), funded in part by Alameda CTC with Measure B sales tax dollars, works in schools across Alameda County to develop walk- and bike-to school programs that make sense for their communities. Safe Routes to Schools creates healthier, stronger communities. Learn more at [www.alamedacountysr2s.org](http://www.alamedacountysr2s.org).

#### **About Bike East Bay**

Bike East Bay (formerly the East Bay Bicycle Coalition) serves more than 33 cities in Alameda County and Contra Costa County supporting bicycling as an alternative source of transportation for everyday commuting and recreation. Visit [www.BikeEastBay.org](http://www.BikeEastBay.org) for more information.

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