

SAFE ROUTES TO SCHOOL

Lena-Winslow Jaycees Bike Rodeo

Lena, IL

The Lena Bike Rodeo is meant to educate area youth and their parents of bicycle safety practices and teach young cyclists the basic rules of the road and the health benefits of riding their bicycles. The program is also meant to raise awareness for drivers in the area that the bicycle season is approaching and they need to remain attentive to cyclists while driving in town.

This event took place at the local fire station and a local church. The event took place on a Saturday morning and began with representatives from Freeport Bicycle Company fitting participants for helmets and adjusting bikes to fit their riders. For those boys and girls that did not have helmets we had some on hand that were donated by Monroe Clinic that we could fit them with.

After the bike and helmet fitting the participants went to a conference room in the Fire Station where Chief Deputy Todd Welch from the Stephenson County Sheriff's office gave them a 30-45 minute presentation on the rules of the road. This included the benefits of riding a bicycle, how to signal when riding and bike safety among other topics. This presentation was very interactive and kept the kids entertained through the lecture.

After their safety lecture the kids came back outside and participated in a bike riding course designed to test their skills that they learned in the lecture. Participants lined up and one by one went through the course. When they were finished with the course they ended up at the Monroe Clinic table where they received a balloon.

When all participants were finished with the course they returned to the conference room in the Fire Station where they received lunch as well as certificates noting their completion of the 2010 bike rodeo. Participants also received free mini golf tickets that were donated by the Lena Community Park District.

The event was funded through volunteer efforts through various organizations in the community. The Lena Fire Department provided the location for the instructional period and the lunch after the event. Chief Deputy Todd Welch volunteered his time to instruct the participants. Members of the Lena Masons volunteered to serve the lunch, which was paid for by the Lena Winslow Jaycees. Freeport Bicycle Company volunteered their time to adjust seats and helmets for the participants. Monroe Clinic donated \$200 toward the purchase of helmets for those participants that did not have any. They also donated their time to give balloons out

and do temporary tattoos. St. Joseph's Church donated the use of their parking lot for the riding activities that followed the instructional period. And the Le-Win Jaycees volunteered their time to facilitate the event. The Lena Community Park district donated passes for free mini golf to participants.

On the Course

Helmet Fittings



Bike Checks/Fittings



Rules of the Road and Safety Class