



City of Tigard Press Release

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Tigard Celebrates Biking and Walking for Young People on May 6 and 10

Tigard, Ore.: In conjunction with National Bike Month, the City of Tigard's Safe Routes to School program is gearing up for two big events in May that promote biking as well as walking for young people.

The second annual **Tigard Bike Rodeo**, on May 6, provides a free and fun way for children to practice and develop biking skills. Young people will bike through an obstacle course and learn traffic safety skills in a fun atmosphere. The event will take place outdoors, so be prepared for Oregon spring weather. Please bring a bike and helmet.

Walk and Bike to School Day takes place the morning of May 10. The popular event is now in its third year in Tigard in partnership with the Tigard-Tualatin School District (TTSD) and the city's Safe Routes to School program.

All TTSD elementary and middle schools in Tigard will have students walking and rolling to Tigard schools, along with parents, teachers and community leaders. All families and students are invited to share in the fun, rain or shine.

"Both events provide great ways for families to see if walking or biking to school works for them," said Anna Dragovich, Safe Routes to School coordinator for the City of Tigard. "When kids are active, they perform better academically and are more likely to carry established healthy habits into adulthood."

Event Details, Second Annual Bike Rodeo (bike helmets mandatory):

Where: Durham Elementary School parking lot (7980 SW Durham Road, Tigard)

When: Sat., May 6, noon to 3 p.m. Registration begins at noon, raffle at 2:30 p.m., wrap at 3 p.m.

Other: Raffle for bike helmets, prizes and cool stuff for kids

Event Details, Walk and Bike to School Day:

Where: All TTSD schools

When: Wed., May 10, 7:45 to 9:55 a.m. (late start day for middle schools)

Some schools will have meeting places where families can park and walk to school together via walking school buses or bike trains. The walk and bike event also helps to raise awareness for creating safer routes for walking and bicycling and promotes healthy physical activity for young children while building connections with families, their schools and the community.

Today, fewer children walk or bicycle to school than a generation ago. In 1969, 48 percent of students nationally between the ages of 5 and 14 walked or bicycled to or from school. That number dropped to 13 percent in 2009. In Tigard for ages 14 and under, less than 10 percent walk or bike to their local school.

For more information on Walk and Bike to School Day activities or to get involved with the SRTS program, contact Anna Dragovich, SRTS coordinator, at 503-718-2708 and annad@tigard-or.gov. Additional event details can be found at: www.tigard-or.gov/srts.

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