



## BIKE RODEO Notes

Partner with Ridge Road Elementary

Doug McDowall has access to a kiddie train from NLR pilots at airport

Partner with BACA

Teach parents how to bike with kids → test out gear

Recycle Bikes has bikes to donate possibly, applied for and received Safe Routes to School bike/ped education grant with Parks and Rec, might also teach bike maintenance

NLR Animal Shelter mobile adoption unit

NLR Recreation staff interested in doing more bike events

ACH Injury Prevention Center (Joe Schaffner) might have info and/or resources, i.e. helmets

Dave Larson might be good contact

6/16/17

First planning meeting held at La Casa Real

### Planning Committee

Well attended – see sign in sheet

Doodle poll – Rita Friend, Sandra Ozaki, Margaret Waters

Matt How has expressed interest in being involved, as well as Steve Fleming, Nathan Keltch, Stacy Tierney, Derek Lewis Foundation

### Volunteer, Get Involved

League Cycling Instructors

Christianna Braddix – Arkansas Dept of Health Hometown Health Initiative

Isaac Henry – Fit 2 Live

### Information

Traffic Skills 101 Course

National Highway Traffic Safety Administration

Cycling Skills Clinic Guide

Bicycle Safety Activity Kit

### Background

Kids don't have bike locks

Kids and parents don't feel comfortable riding on the road

Stacy did a 6 week program to learn how to ride safely

There is not a mandatory helmet law

Ridge Road Elementary – 5-11 year olds

RRE has a Fit 2 Live week, in October?

### Event Specifics

Nate can donate one bike to each grade – Matt will need to work on how they will be given out

RRE can close off back loop at school to use for event

BACA has an obstacle course it can set up, they work with Licensed Cycling instructors, have 6 strider bikes

Walking practice in gym

Classrooms for activities

Possible walk down to trail for a short ride – maybe just 5<sup>th</sup> graders

Skill checklist, final test, driver's license

Skits

Kid bike safety videos

Swag bag with coupons, items

Parent volunteers

Evening portion – adult education, kids help, trail ride, cookout, Levy Church of Christ, Levy Baptist Church

### Action Items

Look on NLRSD website for school zone map - find map of school boundary

Get map of residential/apartments serving RRE – boundaries are Camp/Pike, 54<sup>th</sup>/47<sup>th</sup>/McCain, JFK, I-40

Connect with Levy Baptist and Levy Church of Christ to partner

### Sponsors

Find swag bag sponsors

Need bike locks, bike helmets, reflective pant holders, food and drink for evening event

Contact Bill's Lock and Safe

Next meeting June 30<sup>th</sup> 5:30-6:30 at North Bar

6/29/17

Meeting with Derek Lewis Foundation

Foundation interested in Community Health in general, fitness and nutrition, give away bikes, helmets, have done rodeos, health fairs, partnered with ARCOP, sponsors The Links-Obesity Forum in October

Have community partners who come out and put on rodeos, teach bike mechanics

Can supply obstacle course, do BMI, helmet fit, certificates of completion, bib numbers

\*Let Derek know the date of the event

Derek is personally unavailable on October 5 and 12

Space considerations – need big enough space, think about stop sign, yield sign, chalk for stop practice

Can help with obstacle course, donate a couple bikes, possibly swag items, BMI screening, fitness training

\*Get obstacle list and supply list from BACA

A typical rodeo for them

-dairy council provides yogurt

-trainer does stretching

-registration/bib number

-BMI

-bike mechanics

-outside course

-celebration table/swag bag

Obstacle course can be 6-20 stations

10 stations for 10 minutes with 10 kids

Consider how to adjust based on age of kids

DJ – Derek has big speakers

Need lots of volunteers

Food and drink

Event photographer / print pictures for each class

\*Send basic write up to Derek so he can check on food donations

Open to working on adult portion in evening

6/30/17

Meeting at North Bar

In attendance – Jenna Rhodes, Dennis Terry, Stacy Tierney

TriviaMarketing.com – promo items like lock, slap bracelets, pant holders

\*Email Principal How and Isaac Henry about Fit 2 Live week dates

Stacy will look at her obstacle course and what they have and what is needed

\*Ask Derek what obstacles he has in his course

\*Ask Derek if they would be willing to buy an obstacle course “kit” that we could donate to BACA after event

\*Ask Nate how many Strider bikes they have (BACA has 6 stored at RBforK)

Non-negotiable for event

-trail ride

-indoor walking skills course

\*Think about media opportunities

Possibly survey kids beforehand to find out who knows how to ride a bike so we know how many Strider vs training wheels vs independent bikes we need on hand

\*Talk to Principal How about how many classes in each grade, how many kids in each class, and teachers names

\*Ask Derek if he has any bike safety videos

Stacy will research kid bike safety videos and purchase if necessary

If two outdoor courses – helmet for each kid and helmet for every kid on trail ride

Need to buy some adult helmets for kids who need that size

\*Ask Principal How what our scheduling constraints are, i.e. lunch, specials, recess, etc

Need to do a dry run the night before

7/10/17

Location: Rosalinda's

Attendees: Jenna Rhodes, Matthew How, Brenda Gossett, Dennis Terry

Notes

Fit2Live Week is October 23-27

October 24<sup>th</sup> is Healthy Eating and Active Living Day

May is Bike Safety Month / National Bike Month

May 9<sup>th</sup> is Bike to School Day

St. Luke's has water bottles they can contribute

If we do a May event the special's schedule might be a little different than what Matt has already sent Jenna

Testing ends in April

Could possibly do an event the week before the week of May 9<sup>th</sup> to get kids excited and skilled so they'll bike to school the following week for Bike to School Day

Options are May 1 and May 2

1<sup>st</sup> day of school is August 14<sup>th</sup>

Last day of school is May 25<sup>th</sup>

Arvest has a cycling team that could/would get involved

Arvest has a grill set up that they could/would use or let us use for the evening adult portion of this event

Event topics could include making healthy choices and healthy eating

Could involve UAEX in nutrition info

Adult event could include giving parents info, doing obstacle course, trail ride, adult education, start at Church of Christ, trail ride, then end at Levy Baptist Church

Develop safe routes to school

Sponsorship opportunities for Strider bikes for BACA and RB4K

St. Luke's can help with food, helmets, Strider bikes, locks

#### Event Specifics

Date – May 1<sup>st</sup>

Name – Ridge Roadeo

Adult Date – May 8<sup>th</sup> – evening event

#### Action Items

Connect with Arvest's cycling team to see how they'd like to be involved

Connect with Maisie at Arvest to secure grill set up for our adult event date

Connect with Rosemary about the event and see if UAEX is interested in being involved

Connect with Innovation Hub to see if they'd like to partner somehow

8/1/17

Location: Tienda el Paisano

Attendees: Jenna Rhodes, Coreen Frasier, Judy McDowall, Doug McDowall, Lauren Heil, Matthew How

#### Notes

Work with librarian to develop a bike book list and books to use in case of rain

Need two adults at each station

Do each thing at each station 3 times

## Stations

Helmet Fit / ABC Bike Check (air, brakes, crank)

Starts and Stops

Signaling (start, stop, left, right)

Straight Line Riding

Right Turns, Left Turns

Figure 8 (large)

Turtle Race (last person wins)

Rock Dodge

Grates and Gutters (mats)

Ride and Look (turn around and look while riding)

League of American Bicyclists might have videos

Adult event – simple bike mechanics, fix a flat

Develop a Rider's License

10 stations

No training wheels, just take pedals off some bigger bikes

K, 1, and 2 – morning, mostly striders

3, 4, and 5 – afternoon

4 and 5 – trail ride

Use chalk to mark stations

Little kids – helmet, quick ABC check, straight line, stop/start, left turn/right turn, rock dodge

Big kids – all stations

Create bike corrals for grades for the ones who have them and bring them to school – tag bikes with names

Use PE class as pre teaching leading up to the event – need to work with PE teacher

Ask Bern about strider bikes and helmets and reflective gear and wristbands

Snacks aren't necessary

Providing lunch to helpers – see if US Pizza would donate pizzas

UAEX – nutrition education/physical activity lessons

Think about water for the adults

Adult event – maybe 200 total

Next meeting at Ridge Road Elementary 9/12/17 at 5:30 pm  
-discuss adult event  
-plot event out in parking lots and other areas

Talk to Sherry Ratliff at Church of Christ

Matt will talk to Church of Christ about using parking lot for adult event – either obstacle course or weinie roast

Talk to Steve Tiner about using Levy Baptist Church for event – either obstacle course or weinie roast

Talk to Bern about where Willa's bike rodeo stuff is