

# Dear Parents:

Please take time before the Bike-A-Thon to discuss Bike Safety with your child/children. Listed below are the topics that need to be covered. Also, there is information included to assist you in preparation for the Bike-A-Thon. We appreciate your help at making this a safe and fun day at MCA.

## **BEFORE BIKE-A-THON**

### **Complete a Bike Check**

A parent needs to check over the bike to make sure it is in good and safe operating order.

1. Listen as you ride your bike and check for any strange noises, rubbing or squeaking sounds.
2. Test the brakes.
3. Check your tires. Look for leaks and worn spots. Inflate to proper tire pressure (found on side of tire), e.g. 35 PSI.
4. Make sure seat is at proper height and you feel comfortable sitting.

*Note: Do not bring roller blades or skate boards. Bikes, scooters, and walking are the ONLY means of transportation allowed at the Bike-A-Thon.*

## **DAY OF BIKE-A-THON**

### **At the Track**

1. Do a quick visual check of your bike to make sure nothing was broken while being transported.
2. Wear a helmet while you ride. This is mandatory.
3. Drop your bike off in the designated bike area in the parking lot in the back of building (close to the new track).

## **WHILE RIDING THE PATH**

1. Watch out for slower riders or walkers. There is a smaller track set up for the younger participants.
2. If you are a slower rider or walker, **STAY TO THE RIGHT.**
3. When passing someone, tell them that you are passing and what side you are passing on, e.g. "Passing on your left." (ALWAYS TRY TO PASS ON YOUR LEFT, AS THIS IS THE CORRECT SIDE TO PASS).

4. Older students need to watch out for younger students. Slow down as you approach a younger student or a group of students. Younger students are not always as aware of what is going on around them as they should be, especially kindergarten students. They may do something unpredictable. If you are going at a slow speed, you have time to react to any situation that may arise.
5. As you ride the path, listen to adult's instructions.

### **Bike-a-thon Details**

1. In case of inclement weather, listen to one of these radio stations: WCBK 102.5 FM, WFMS 95.5 FM, WIBC 1070 AM, WXIR 98.3 FM, and WGNR 97.9 **OR** check [www.moorevillechristian.org](http://www.moorevillechristian.org). The announcement will be made by 6:30 AM, and if it is not made by 6:30 AM, the Bike-a-thon is on. In case of rain, the Bike-A-Thon make-up date will be Friday, September 28.
2. Parents, we need your help by doing a safety check on your child's bike before bringing the bike to the park. Helmets are mandatory. Watch for sales; you can purchase helmets at a very reasonable rate, and they are well worth the expense.
3. Please dress your child/children in layers of clothing. Shorts and T-shirts are permitted, but since it is autumn, it can still be cold or cool. If the forecast is predicting drizzle or light rain, send a rain coat or poncho with your child. HINT: We suggest you mark your child's clothing with their names.
4. Please leave sponsor info at home! Turn in sponsor sheet when turning in money. We will let you know how many miles your child has ridden when they check out.
5. There will be a table set up with water and apples. There will also be a snack booth where additional items may be purchased.

*Again, we appreciate your help and support of the Bike-A-Thon!*

*If you have any questions, please contact the MCA office at 317-831-0799.*