It’s Fun!

“I like riding my bike because you can go anywhere you want. In a car you can only fit like four kids, but with bikes it’s fun to go with as many as you want.” – Lagunitas Middle School Student

FACT: Nine out of ten parents who walk their children to school see it as an ideal way to meet new people. – Department of Transport, Local Government and the Regions, England
“When I wake up, I’m tired, but when I walk, by the time I get to school I’m ready to go. I’ve got a lot more energy and I feel more athletic.”
— Seventh Grader

FACT: Physical Activity during childhood helps build and maintain healthy bones, muscles, and joints, control weight, build lean muscle, and reduce fat and is related to higher levels of self-esteem.
— Centers for Disease Control and Prevention
“Riding my bike, I helped conserve gas and didn’t pollute the air.” – Brookside student

FACT:
Auto emissions are the leading cause of chemicals in the air known to cause cancer, asthma and other disease. Asthma is the leading chronic illness of children under 18.
— Environmental Protection Agency and American Lung Association
Tuesday we had 167 cars go through the parking lot.
On Walk to School Day we had 11” — Principal, Vallecito School

FACT
School trips account for 21% of all trips in the morning commute, creating much of the peak period congestion.
— Marin County Congestion Management Agency

“Fantastic Reasons to Walk & Ride
It’s Fun • Less Pollution • It’s Healthy • Less Traffic

FACT
School trips account for 21% of all trips in the morning commute, creating much of the peak period congestion.
— Marin County Congestion Management Agency

P.O. Box 201, Forest Knolls, CA 94933 • 415.488.4101 A program of the Marin County Bicycle Coalition