

Getting Active to Kick off the School Year



Walk + Bike to School Day- October 6!

Join kids and families around the globe and walk + bike to school on Wednesday, October 6. Make sure your school is registered today at www.walknbike.org. Register now and your school will be counted among the millions worldwide participating in Walk + Bike to School Day. Plus, the first two hundred schools to register in Oregon receive FREE incentives to give away at the event, including Walk + Bike stickers, shoelaces, and a Nutcase helmet. We hope to get over 30 schools in Eugene registered this year and we have some very special treats and incentives planned at the local level so get registered and put the date on your

calendar now to join in the fun!

[Click here to register your school.](#)

Pirate Kidical Mass

Mark your calendars and start your pirate planning now!!

Saturday, September 18, 2:00 p.m.

Sheldon Pool-Eugene Public Library

FREE

It's the day before "[Talk Like a Pirate Day](#)" and to get ready we're planning a special event with the Eugene Public Library for an extra special ride to wrap up summer in a smashing way... arrrrrrg.

The ride will leave from the Sheldon Community Pool at 2 p.m. If families are interested in practicing any pirate skills such as walking the plank or diving for Davy Jones' locker the Sheldon Pool recreation swim is open Noon-2 p.m. Once we cast off from the dock at Sheldon we will attempt to cross the

brand new Delta Ponds Bike/Ped bridge which will have it's opening day on September 11th. If the Northwest passage across the Delta waterway is impassable we will take an alternate southern route across the city's main waterway crossing into downtown, Ferry Street Bridge. Dress-up and decoration of your 'vessel' is encouraged.

Join the [Facebook event!](#)



Ruth Bascom Memorial Ride

Please join GEARS in a community bike ride to honor Former Mayor Ruth Bascom, who died last week at the age of 84:

Wednesday, Sept. 1 at 6 p.m.

EWEB Plaza (500 East 4th Avenue, Eugene)

Ruth Bascom served as mayor of Eugene from 1993 to 1997. She was the inspiration and driving force behind the creation of Eugene's family-friendly riverfront trail, a 12-mile loop on both sides of the Willamette River that includes 5 bicycle/pedestrian bridges. In 2003, when the final leg of the path was completed, the entire trail was named the Ruth Bascom Riverbank Trail System in her honor.

Wednesday's ride is free and open to all. The ride will start at the EWEB Plaza, 500 East 4th Avenue, and follow the riverbank path for about 10 miles. It will be a flat, easy, slow-paced ride suitable for riders of all ages and abilities. Bicycle helmets are required by law for all riders under 16 years of age, and are highly recommended for everyone.

The ride is sponsored by GEARS (Greater Eugene Area Riders). For more information, contact Sue at 541-345-2110 or sue@eugenegears.org

Confident Cycling Classes: Traffic Skills for Families & Traffic Skills 101

Traffic Skills for Families

Saturday, October 2, 10 a.m.-1 p.m.

Monroe Middle School, 2800 Bailey Lane

Class attendees will not only learn about basic traffic skills in this three hour course but also learn how to perform a bicycle safety check, properly fit a helmet, size a bicycle for a child, and properly carry things on a bicycle. Information will also be provided about gear and clothing, use of lights, and locking a bike. The majority of the course will be conducted indoors but the last portion will be held in the parking lot where drills and a final ride on neighborhood streets will be conducted.

This class is made for parents AND kids so all participants are asked to bring a bicycle and a helmet with them to class. Some reduced cost helmets will be available. Anyone requiring a loaner bicycle for the class is asked to state that in the comments section of the registration form. This class is geared towards children ages 5 – 13 and is free and open to all families but registration is required:<http://eugenesrts.org/events/streetskillsforfamilies>

Light snacks will be provided.

Traffic Skills 101

Friday and Saturday September 24th (5:30-8:30pm) & 25th (8am-3pm)

Roosevelt Middle School, 680 E. 24th Ave.

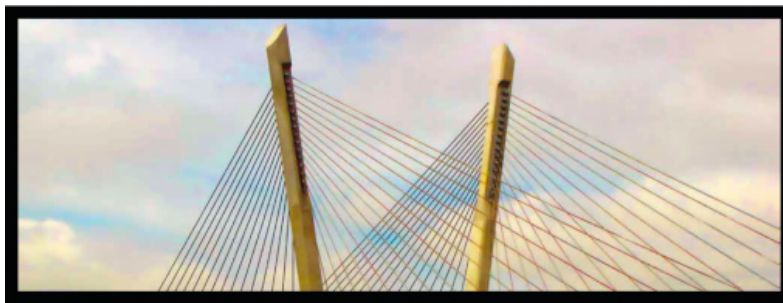
This class will teach cyclists the laws, skills and technique to give riders the confidence they need to ride safely and legally in traffic and on the trails. The course covers state laws as they pertain to bike riders, bicycle safety checks, fixing a flat, on-bike skills and crash avoidance techniques and includes a student manual.

Recommended for adults and children above age fourteen, this fast-paced, nine-hour course prepares cyclists for a full understanding of vehicular cycling and is a great resource for cyclists from beginning to experienced.

This class offers certification by the League of American Bicyclists at the successful completion of this course.

This is a 9 hr. class and it is offered in both a 2 part option (Friday evening & Saturday). Cost is just \$10.

Register: http://edu.eugenegears.org/class_sign-up



Delta Ponds Bridge Dedication

Mark your calendars and be sure to come down for the Delta Ponds Bridge Dedication on Saturday, September 11, 2010 at 11 a.m

Join Eugene Mayor Kitty Piercy and members of the community in celebrating the substantial completion of the new bicycle and pedestrian bridge over Delta Highway and through Delta Ponds. Put on your marching shoes!

All non-motorized modes of transportation are welcome to participate in a short parade over the new bridge.

Note that this is a “dedication” and not an opening. With construction delays for the final touch of some ‘mood lighting’ the bridge won’t open until sometime in October but we’ll get a special sneak peak at this event.

On that same day (Saturday, Sept. 11th) Valley River Assembly of God (900 Robin Hood Street, where the East side of the bridge terminus is) will be holding a special celebration called “All Paths Lead to the Crossing” from 9:30-2:30. It will be both a celebration of the bridge and their annual community event that has a health, wellness, family, and community focus to it. It sounds like it will add quiet a bit to the celebration with a 10K run, bike stunts, lots of community booths, a bouncy house, and more. Information about the Delta Ponds Bridge project can be found at: www.eugene-or.gov/DeltaPondsBridge



Family Mountain Biking

Summer may be over but there is still some great fun to be had, even while learning some cycling skills. Trips for Kids-CAT (TFK-CAT) in conjunction with the City of Eugene Recreation is offering a “Family Mountain Biking” trip on Saturday, September 12th from 9 a.m. to 4:00 p.m. Kids and adults alike can hop on a mountain bike and hit the best beginner trail around – The Salmon Creek Trail. This trip is for beginners and advanced cyclers alike and no experience is required.

“I loved it!”,
- youth, age 12

They provide the transportation, bikes, helmets, and knowledgeable guides. Space is limited and registration is required by September 5th, so register now at <http://www.eugene-or.gov/recenroll> (541-682-5329 for assistance).

For more information, check out the [TFK-CAT website](#), or call 541-682-6321. You can also see photos from previous trips at the “[Gallery](#)” on their website.

“It was super awesome!”
- youth, age 11

TFK-CAT is also offering an “All Girls Mtn. Bike Trip” on October 9th. See [their website](#) for details.

Safety Tip of the Month- Looking Back

In honor of the beginning of the school year and looking back fondly on the summer we'll talk about "Shoulder checking" or looking back in this month's safety tip.

Looking back over your shoulder for traffic is an important skill. Cyclists often ride one-handed when looking back before changing positions or to signal a turn. Checking over your shoulder for traffic is similar to the way motorists use mirrors and visual checks when preparing for turns, lane changes, and to be aware of traffic. Here are some pointers to make looking back easier. (Practice on a playground, empty parking lot, or low-traffic street.)

1. Practice riding with your right hand on the handlebars and your left hand on your hip.
2. Sit up tall and look back over your left shoulder.
3. Repeat until you can comfortably ride and look for traffic without swerving.



Eugene Safe Routes to School is a project of Eugene School District 4J and is supported by the City of Eugene, Lane Coalition for Healthy & Active Youth (LCHAY), point2point Solutions, University of Oregon PPPM, GEARS, and community members like you.