



# CYCLE CLUB

## OVERVIEW

The Kane County Division of Transportation and the Kane County Health Department have partnered together to create the Kane County Cycle Club! The goal of the program is to encourage younger age groups to choose to bike for recreation and also for transportation through creative programming and offering excellent prizes for participants!

Don't have a bike? Don't worry! Students that don't have access to a bike are able to apply for a donated bike thanks to our partners at Working Bikes and several local bike shops. During the registration process, parents are able to indicate that their child doesn't have a bicycle and we will work to find one for them!

The Kane County Cycle Club will function similarly to other self-guided fitness or academic programs that reward students for achieving a target goal. Parents are asked to register each of their children that they want to participate, and then track each child's progress throughout the course of the program. Parents are encouraged to track their children's progress through the forms provided by the program administrators. Registration for parents will open in February 2020 after the participating schools have been announced. The program will begin on April 13, 2020 and conclude on May 15, 2020.

For the first year of the program, a limited number of schools will be chosen to participate. We welcome all Kane County schools, public or private, to apply for the program. The program will only accept schools that have students in grades K-8. There is no cost to apply or participate, for schools or students. All students from those schools chosen are eligible to participate. Program administrators will select schools based on a number of criteria, including their participation in past and future biking safety classes/curriculum, class sizes, and number of grades within the school.

The program has created time-based biking goals for each grade and experience level. Students that achieve these goals during the course of the program are eligible to receive prizes! There are two types of prizes: participatory rewards and raffle prizes. Each child that achieves their biking goals will be rewarded with a ticket to a Kane County Cougars game and Windy City Bulls game. In addition, all children who reach their biking goals will be eligible to be entered into a drawing for the many number of raffle prizes that have been donated by the program's sponsors.

In addition to the great prizes that participants are eligible to win, there are several health benefits that come along with participation. Children who are active have been shown to be more physically fit and increases physical wellness and emotional development. In addition to the overall fitness benefits, biking can offer specific benefits as well. Some of the great health benefits that routine cycling can offer to kids are that it exercises cardiovascular muscles, builds muscle mass, relieves stress, enhances social skills, and strengthens emotional wellness!





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## FOR SCHOOLS

For the first year of the program, five schools will be selected to participate. All of the students within a participating school are eligible to join.

### *How do I apply?*

To apply for the program, you can visit the KDOT or Kane County Health Department websites. Links to the registration have been provided to all districts within the County. Only one representative from each school is required to apply for the program. There is no cost to apply for the program and there is no cost to participate in the program, if your school is chosen.

Applications for the program are due on Monday, December 20, 2019. Participants in the program will be announced on January 13, 2020. Following the announcement, the schools will be provided with additional information regarding their participation.

### *What are the responsibilities for participating in the program?*

If your school is chosen to be one of the participating schools, you will be required to distribute information about the program to each of the students and their parents/guardians. KDOT staff will be in close contact with the schools to meet with parent organizations and/or staff members to help implement and run the program.

Additionally, schools that pledge to host bike donation drives, Bike to School events, incorporate bicycle safety classes/curriculum, and/or bicycle clubs, will have a greater chance to be chosen for the program. These events help to encourage students, parents, and staff to bicycle not only for recreation but for transportation, which help our environment and promote healthy habits for our communities!

### *Why should my school participate?*

Participation in a structured fitness program will not only have positive health outcomes, but they have been shown to increase academic performance as well.

In addition to the positive fitness outcomes for your students, you are also encouraging parents to exercise with their children, which has been shown to have positive health benefits and is a great opportunity for quality time.





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## FOR PARENTS

The five schools that are selected to participate in the Spring 2020 program will be announced on January 6, 2020. Once the schools are announced, each student will receive information about the program through their school administration.

### *How much does it cost to participate?*

Absolutely nothing. One of the key objectives of this program is to remain cost-free to all participants so that there are no financial burdens put on the parents/guardians of those hoping to participate. All of the raffle prizes and rewards have been donated by our generous sponsors and are being given away to participants in the program.

### *How often does my child have to bike?*

Depending on their age and experience level, each child will be expected to bike varying amounts over the six week program in order to be eligible to receive the participation rewards and enter to win the raffle prizes. The table below shows the required amount of time for each grade level and experience level.

Grade(s)	Less Experienced	More Experienced
Kindergarten, First or Second Grade	40 minutes	50 minutes
Third and Fourth Grade	60 minutes	70 minutes
Fifth and Sixth Grade	80 minutes	90 minutes
Seventh and Eighth Grade	90 minutes	100 minutes

### *What does my child receive for participating?*

Each child that reaches their time-based goal for their age and experience level, will receive a free ticket to a Kane County Cougars game and Windy City Bulls game in their upcoming seasons.

### *Is my child required to participate?*

Not at all. The program is completely voluntary. However, only those who participate and achieve their biking goals will be eligible to receive the participatory rewards and have the chance to enter to win the great raffle prizes donated by our sponsors!





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## ***How can I keep my child safe while biking?***

Although biking has many health benefits, it is very important that it's done safely, especially for beginner cyclists. First and foremost, children should always wear the proper safety equipment whenever they're cycling. The recommended safety equipment includes helmets, elbow pads, knee pads, and reflective materials. Make sure that your child's shoe laces and pant legs are tied or tucked in so that they do not get caught in the bike chain, which can cause serious injury.

When your child is riding, be sure that they are aware of the rules of the road. Cyclists, if riding on the street, should always be on the right side of the road, in a single-file formation. It is not recommended that beginner cyclists ride at night or during inclement weather.

Before going out on a ride, make sure your child's bike is in full working order. Bikes that are too large or too small for your child can cause accidents, leading to injuries. Additionally, it's important to plan a route before leaving for a trip so that you can choose routes with less traffic and lower speeds. The safest routes include travel on a bike path or along a bike lane. You can find bike maps on Google Maps or on the KKOM Bike & Pedestrian App.

For additional safety tips, we recommend visiting Ride Illinois' website to learn more!

## ***I want my child to participate but he/she doesn't have access to a bike. Can I still participate?***

Yes! We are working with several bike shops around the area to provide bikes, free of charge, to children that do not have access to one. These bikes, which are donated by local residents and non-profits, will be repaired by volunteers and given to the children in the program.

To apply for a bike, please indicate in the Parent Registration Form that your child does not have access to a bike but would still like to participate. After applying for a donated bike, you will be contacted by a program administrator for further information about your eligibility and instructions on where to get fitted for the bike.

