

## **Bike Marblehead & Sustainable Marblehead urge kids to roll outside**

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### **Saddle up for a Bike Rodeo and May's Bike Walk Roll to School Day**

Spring is in the air, May is National Bike Month and it is time to dust off the bicycles and walking shoes and get outside.

Bike Marblehead was formed last summer, with the goal to advocate for safe and accessible bicycling and walking in Marblehead.

"We're just a group of cyclists that got together," said Pat Milner, one of the founding members.

The group has a mission statement and goals but their primary purpose, Milner said, is to educate, energize, empower, enforce.

"We want to make sure kids are helmets and adults are wearing helmets," she said.

They are also working with Sustainable Marblehead's education and transportation action groups on a number of upcoming initiatives.

#### **Cycling Survey:**

Milner said they want to get as many people in our town as possible to complete this short survey (and you don't have to be an active cyclist).

"It will help us to gather baseline data, and make decisions around where to focus

our efforts,” she said.

The survey can be accessed at <https://forms.gle/8z6DDDe2mpBM7t2U8>.

### **Bike Rodeo:**

Following the successful Fall Bike Rodeo, Bike Marblehead, with help from Tower School, will host a second rodeo Sunday, April 28 from 2 p.m. -3:30 p.m.

“We will have activities, group rides, bike maintenance, and more,” Milner said. “This event is free and open to all ages. It’s a great way to dust off your bikes and get them ready for to 2019 season” as well as Bike/Walk to School Day on May 1. She said it’s also a great way to connect with fellow bike riders and have some fun.

### **National Walk, Bike and Roll to School Day:**

Massachusetts is celebrating National Bike & Walk to School Day on Wednesday, May 1st. Milner said Bike Marblehead and the Sustainable Marblehead’s Education Action Group are joining forces to encourage participation across the town.

“We are asking our local schools to join the more than 3,500 schools nationally by promoting and encouraging safe walking and biking to school on May 1st.” she said.

Milner said there are many benefits of students arriving to school under their own power beyond the environmental and financial ones.

“Walking or biking to school helps develop skills that foster independence and self-resiliency, and builds community within surrounding neighborhoods,” she explained. “We encourage all families to bike or walk to school, or if it is too far for some, perhaps parking a few blocks from school and walking the rest of the way to experience at least some of the benefits.”

Milner said if families live close to other families they could consider forming a “walking school bus” or “bike train.”

“If you don’t have school aged kids, please consider walking or biking somewhere that day, whether it’s to work, to get your morning coffee, or just to take a spin

around the neighborhood,” she added. “And if you are out and about in cars, please be aware that there will be more walkers and bikers that day.”

For information or questions on any of the above, or to volunteer, contact Milner at [bikemarblehead@gmail.com](mailto:bikemarblehead@gmail.com).