

Wheel to School Week Challenge

Sponsored by La Crosse County Safe Routes to School

"Motivation is what gets you started; habit is what keeps you going" -Unknown

Dear Coulee Region Educators and Staff,

La Crosse County Safe Routes to School is encouraging schools, students and families to get active this spring by taking part in the 7th annual Wheel to School Week Challenge, May 1st - 5th, 2017. To promote physical activity for all ages, students AND school staff are encouraged to join the Challenge by biking, rollerblading, skateboarding, and/or walking, to and from school or after school. Those who are unable to walk or wheel to and from school from home can participate by walking at school or walking/wheeling after school. To increase participation, schools may also promote one or more of the options below.

- A Park and Walk ~ where staff and families park a few blocks from school and walk or bike the remaining distance
- A Walking Schools Bus or Bike Train ~ where staff, students, and families meet (or are dropped off) at various points along a predetermined route and proceed to school as a group
- A Supervised Drop Off ~ where school buses and families can drop students off at a predetermined location and they walk or bike the remaining distance
- After School ~ where students and families walk or bike in their neighborhood

**Those interested in learning more about options above can contact us (contact information below) for more information.*

To participate, complete and submit a log, which can be done as a school, a class, or individually. Make sure to specify participant name and school on the log. Logs will be used to determine the school with the highest percentage of participation. The winning school will receive the Silver Spoke Award to display at their school until the next Challenge period. All logs submitted will be entered into drawings for a chance to **win a new scooter**, and other Challenge prizes.

Completed logs should be mailed to **Rebecca Lakowske** at **300 North 4th Street, Health Education, La Crosse, WI, 54601, by Thursday, May 11th, 2017.**

For more information and to print a log visit the Get Active website at <http://www.getactivelacrosse.org/events/safe-routes-to-school-events/>.

If you have any questions please call Rebecca Lakowske at 608-785-5665 or email rlakowske@lacrossecounty.org.

If you would like a **poster** to advertise the Challenge at your school please contact Rebecca Lakowske by Wednesday, April 20th.

*Please share this information with school staff.

Sincerely,

Rebecca Zay-Lakowske