

Essay Contest:

Let's Ride Our Bikes to School!

Congratulations to CUTR's 2014 Essay Contest: *Let's Ride Our Bikes to School* winners! Asher Montgomery from Lee Elementary came in 1st place with an outstanding essay and won the grand prize of a new bicycle, bicycle lights, one bicycle helmet, and a guide to bicycle safety. The 2nd place winner Caden Spokas and 3rd place winner Abby Merriman received bicycle lights, safety vests, and a guide to bicycle safety.



Asher Montgomery 1st Place Winner



1st Place Asher Montgomery & 2nd Place Caden Spokas



From the Left: Asher Montgomery, Lee Elementary Principal Joyce Miles, Karen Seggerman, Jennifer Flynn, Jason Jackman, Christen Miller, 5th grade teacher Alexa Gaber, Caden Spokas

1st place Essay

By Asher Montgomery

Ride a bike

The benefits of riding your bike to school

Riding your bike to school, is a fast and easy way to be healthy, it helps get a lot of the energy out of you before school, so your teacher doesn't have to worry about you jumping off the walls, and it gives you a lot of time to think.

Riding your bike rids you of calories and fat. It is good to have a little bit of calories and fat, so you have energy, but too much can make you obese, and have a higher risk of diabetes. When you ride your bike, or move in any way, you lose some energy, and most energy comes from the food you eat and the calories in them, that's why when you eat sugar you're more awake. If you ride your bike a lot, then you get tired because you lose calories, and once most of the calories are gone, you start burning fat, so the farther your house is, the more calories and fat you lose when riding your bike.

A lot of kids are crazy when they get to school, but not when they just rode pretty far on a bike. Riding your bike to school is not just a benefit for you, but your teacher too, she/he will have one less crazy person to worry about. When you are tired you are more likely to sit still and listen, and that will calm your teacher, and it is better for your academic grades, (you don't want to be crazy during a test). When you move a lot you soon get tired, so in this case it is better to not ride your bike to far or you will fall asleep in class, and not too short of a distance either or you won't lose enough energy, but about 1/4 of a mile to 1 mile is about enough for that day.

If you ride your bike alone or with 1 or 2 friends, it is not only good for your body but your mind too. You can bond more with your friends and family and learn more about them, and if you are alone, you can think and organize your mind, (if there is a special event coming up, how to fix some sort of problem, etc). After your bike ride you may be calmer, or have solved a hard problem, or know more about your friend or sister, but you will most likely know something more about your self.

There are many more benefits of riding your bike to school, including that it gives time to reflect, calms you down for class, and makes you a healthy happy person.

2nd Place Essay

By Caden Spokas

BIKE BENEFITS

There are many benefits to riding a bike to school, one of them is that you can exercise your body in places such as your ankles your legs and your thighs. This will help you become a stronger runner, stronger biker, and will help you become stronger in many other physical activities. A bike ride can also help you relax your mind and your body while you feel the slight breeze pushing against your face, and the spectacular scent of fresh air floating up your nostrils, gives you the chance to think about things like problems you have and how you can solve them or how excited you are for your birthday party and how you are going to make it more fun than all of the other parties you have been to, and other things that are not boring like all the math and writing you have to do at school. You can also help planet earth by making less pollution, because when you drive your car to school your car spreads gas everywhere, polluting the oxygen on our planet, where if you're riding your bike you're simply using the mechanical energy created by your bike to move.

The very last benefit I could think of was that you can get to school earlier than you would get to school if you just walked to school. This means that you have the chance to start learning earlier giving you a longer amount of time to educate yourself, which could benefit you in the future by helping you get a fun and well paying career. In my opinion, this is the most important benefit of riding your bike to school, and I hope that this is the most important benefit of riding your bike to school in many other children and adults opinions.

Luckily, when I did some research, I found some more benefits to riding your bicycle to school. One was that it can relax your muscles by getting an attachment to your bicycle to carry things such as your book bag, and when you take your book bag off your back and have your bike carry it instead, you are putting less stress on your back making it a more comfortable ride to school. One last benefit I found is that if you attach pegs to your bike you could help friends or family get to school faster. Those are few of the many great benefits of riding a bike to

School! 😊

3rd Place Essay

By Abby Merriman

Biking up a grade

Every day a student is injured from a car wreck on his/her ride up to school, so lets find out some of the important benefits for riding a bike to school and safety about bikes.

On a bike you need to bike on the right side of the road like your biking against the traffic. If you ride to school early and it is still dark out you'll either need to wear brightly colored clothing like orange, red, neon, or any other warm colors. The other way to avoid a wreck is to have a light on the top, back, or wheels of the bike. You can also wear an orange safety vest! If your school goes up a hill or other unstable platform you may need to bike at a rough speed during the 45 degree angle (hill can be either taller or shorter). The process can be painful, and this pain is the force of gravity, kinetic energy (motion), and potential energy (stored energy) acting on you and your bike. As you approach your school, a red light or a crossing guard tells you to stop. When you stopped the bike you get off and use the closest cross walk to you and you walk your bike across the street until you reach the sidewalk or the right side of the road.

You have made it to your school's grounds and now you have to get to class but you can't bring a bike into class like a new student it is probably against school rules, so what do you do? First if you have a bike lock and the key for it you can lock your bike onto a bike stand or some schools may have certain areas for students to put their bikes. But how is a bike lock used to protect your bike all day from bike thieves, or other students? Well most bikes have a key when you buy the stand so as soon as you lock it you keep the key with you so the person fails with trying to get away with your bike.

School Strategies

Each year students will avoid injuries and possibly never have a bike incident/accident with a few steps... First, you must always wear a helmet so the shape of the strap on the side is a V or both front and back have an equal share (mostly the front to protect the brain and it's sockets or it's important parts). You also have to bike on the right side so you're facing the traffic not going toward it on the left side. Remove any head set such as ear buds or head phones to hear cars or pedestrians. These skills have saved many student's lives and keep them thinking... "should I do this while biking?" Hopefully this essay will teach kids the techniques for riding a bike to school.