



Children and parents ride bikes.

# Kids and Parents Create Bike Bus Route

A group of children and their parents in Montclair, New Jersey, have created a weekly "bike bus" to help students get to school. Every Friday morning, up to 400 bike riders gather in a neighborhood shopping area. The riders set off on their 5-mile bike bus route to drop students off at two elementary schools. This routine began three years ago to encourage students to bike to school. The bike riders believe that biking together promotes healthy habits. It also creates a sense of community.

[click here to watch a video!](#) 

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Children riding bikes to school

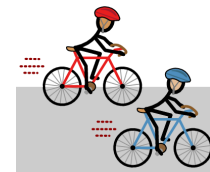
Some parents even say the bike bus motivates children to get out of bed more quickly on Friday mornings! Organizers hope the bike bus will help families be more active.



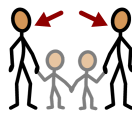


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# Kids and Parents Create Bike Bus Route



A group of children and parents created a weekly “bike bus.”



The bike bus helps students get to school in Montclair, New Jersey.



click here to watch a video!

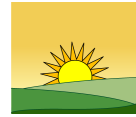
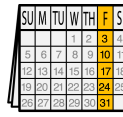
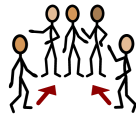


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Up to 400 bike riders gather on Friday mornings.



They ride five miles on their bikes to drop students off at school.



The bike bus began three years ago.



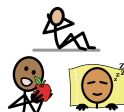
It began to encourage students to bike to school.



The bike riders believe that biking together creates :



● healthy habits



● and a sense of community.







TASSANEE VEJPONGSA/ASSOCIATED PRESS

Children riding bikes to school

Some children are getting out of bed more quickly on Fridays !



S	M	T	W	T	F	S
					3	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Organizers hope the bike bus will help families be more active.



1. **WHAT** began three years ago in Montclair, New Jersey?



running club



card game



bike bus



2. **WHEN** do the bike riders gather each week?



Mondays

SU	M	TU	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Fridays

SU	M	TU	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Saturdays

SU	M	TU	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

3. **WHERE** do the riders bike to each week?



grocery store



school



park

