

## ITS Bike Safety Clinic Recap

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 Wednesday, 19 August 2009  
 Last Updated Saturday, 12 September 2009

The ITS Trail Committee sponsored a Bicycle Safety Clinic on Saturday, August 29, 2009 at the South Water Tower Park in Staunton to promote physical fitness and safety for our area youth. Eighty-two kids between 7-14 years of age "graduated" from the bike safety program. Participating Chamber of Commerce members donated two children's bicycles that were won by Owen Gueswell and Hali Bandy.

We'd like to thank all the area youth and sponsors for participating in the First Annual Bike Safety Clinic in Staunton!

Event Details (pictures below)

**Bicycle Maintenance** Each child had their bicycle checked by a Cyclery professional - Clay Awesumb, assisted by Austin from the Staunton Youth Council. With an earlier than planned start, this line got a little long. Thanks to Clay for the absolutely INCREDIBLE job and all of the kids and parents for their patience. Rules of the Road

Each child learned about rules of the road for Illinois bicyclists from the Staunton Youth Council and Macoupin County Sheriff. The children really enjoyed playing the "Sherriff says..." games with the SYC youth to reinforce the rules of the road! It was so much fun several of the kids came back again and again. Kudos to the SYC!

**Health and Safety**The kids learned about health and safety from SIU School of Dental Medicine students. The children were taught what to do if a permanent tooth got knocked out accidentally, the importance of maintaining good oral hygiene and nutrition, and received free dental care kits. A Community Memorial Hospital ER nurse provided education on skull concussions and fractures that could result from accidents. This highlighted the importance of wearing bicycle helmets.

**Bicycle Registration** Chief Mertz from the Staunton Police Department and his deputies registered all of the kids bicycles should they ever get lost or stolen. New Pavilion Girl Scout Katie Bowen presented the brand new pavilion she has worked to provide for the South Water Tower Park. Her timing was exceptional as the pavilion came in very handy for the safety clinic! **Free Helmets!** All of the kids completing their "passport" from the above activities received a free helmet from the ITS Trail Committee, water bottle from Community Memorial Hospital, and other goodies from the Staunton Chamber of Commerce. Ashley from the Staunton Youth Council measured and handed out the helmets.

**Route 66 Riders!** Staunton welcomed several Route 66 riders as they passed through on their way from St. Louis to Chicago. The Staunton Chamber of Commerce provided them with lunch and the ITS Trail Committee raffled off several T-shirts and reflective vests. See the League of Illinois Bicyclists website at [www.bikelib.org/route66](http://www.bikelib.org/route66) for more details on that event. **Longest Recumbent Trike Train in the US!** A total of 19 Sun Recumbent Tricycles were connected into one long train and ridden on the Quercus Grove Trail from South of Staunton to the South Water Tower Park. There, an additional 4 trikes of other brands were connected and the "Train" completed its journey to Duda Garden. This endeavor sets a world record for the number of "Sun" recumbent tricycles connected in this manner and the combined train sets a US record for the total number of trikes connected. **Event Sponsors**City of Staunton

Community Memorial Hospital

The Cyclery

First National Bank in Staunton

Macoupin County SheriffRoute 66 Trail

Staunton Chamber of CommerceStaunton City PoliceStaunton Family Dentistry

Staunton Youth Council

Event Pictures      Staunton Star Times Photo (544k)      <http://www.stauntonstartimes.com/Kwik> Connection Photo (164k)  
<http://www.kwikkonnection.com/Extras>Letter to Parents      Letter for Younger Children      Letter for Older ChildrenHelmet  
 Sizing Brochure      Bicycling Crosswords      Illinois Rules of The Road