



41st ANNUAL 4-H BIKE-A-THON ***(Bike Helmets Required to Participate)***

SPONSORED BY: Shenandoah County 4-H Council in cooperation with Shenandoah County Ruritan Clubs

WHEN: Sunday, April 28, 2024, 2:00-4:00 p.m. (Rain date May 5.)
Registration at 1:00 p.m.

REGISTRATION: Please use this link: <https://forms.gle/sGo7TcJFiec4SL6G8>

NEW THIS YEAR: **BIKE HELMETS PREVENT BRAIN INJURY Poster Contest!**
The Brain Injury Connections of the Shenandoah Valley Organization has donated new bike helmets to us for our Bike-A-Thon participants. We will be awarding helmets to 4-H'ers who submit a poster which promotes the use of bike helmets to prevent brain injury. Additional information and the contest rules are attached. Get your creative juices flowing and send in an entry! You could win a new bike helmet! Contest entries are due on April 22.

SPECIAL EVENT: **Bicycle Safety Checks** will be conducted, beginning at 1:30 p.m. Each rider who completes a bike safety check will be credited with 3 extra miles. All participants are required to wear bike helmets during the Bike-A-Thon.

WHERE: Shenandoah County Government Center Parking Lot, Woodstock. Meet at Entrance #1 (clock tower entrance).

WHO: Everyone 5 years of age and up. (Cloverbuds, 4-H'ers, 4-H parents and leaders, other county youth, and adults)

HELP NEEDED: Lap counters are needed that day. Anyone may volunteer!

WHY: **Fifty percent (50%) of the money raised by each participant may be used as a scholarship to any 4-H event (4-H camp, State 4-H Congress, 4-H teen weekend, livestock entry fees, etc.).** **Non 4-H members are eligible to participate, too!** Non 4-H members may attend 4-H camps. Your scholarship may also be used to reimburse you for purchasing a bike helmet, if you don't have one for the Bike-A-Thon.

County 4-H Council	24%
4-H International Exchange Fund	9%
4-H Club Treasury	14%
Awards	3%.

Scholarship money can accumulate from year to year. For example, a junior 4-H member may start earning money towards attending State 4-H Congress as a senior.

PRIZES: T-shirts for each biker who raises at least \$25.
NOTE: Only one rider per bike!

AWARDS: Awards in each age group for: (Each person may win only one top award.) Age groups: 5-8; 9-11; 12-13; 14-19; and 20+.

- ◆ Most miles ridden
- ◆ Most money raised

4-H Club Plaques for:

- ◆ Most miles ridden
- ◆ Most money raised
- ◆ Most participation (percentage of members).

NOTE: Money must be turned in (postmarked) by June 1 to qualify for T-shirts and awards.

Please note: Bike helmets are **REQUIRED** for participation. Four-H scholarship money raised may be used to reimburse for the cost of purchasing a helmet. You must submit your receipt to be reimbursed.

We also have a limited number of youth and adult helmets available for loan during the Bike-A-Thon.

No scooters allowed.

Good Luck!

If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Carol B. Nansel, Extension Agent, 4-H, at the Shenandoah County Office of Virginia Cooperative Extension at (540) 459-6140, during business hours of 8:30 a.m. and 5:00 p.m. to discuss accommodations five days prior to the event.*TDD number is (800) 828-1120.



Virginia Cooperative Extension
 Shenandoah County Office
 600 North Main Street, Suite 100
 Woodstock, Virginia 22664-1855
 540-459-6140 Fax: 540-459-6147
chansel@vt.edu
<http://offices.ext.vt.edu/shenandoah>



4-H BIKE-A-THON
April 28, 2024 (Rain date May 5)
2:00-4:00 p.m.

Sponsored by: Shenandoah County 4-H Council in cooperation with Shenandoah County Ruritan Clubs



INSTRUCTIONS:

1. Start signing up your sponsors immediately.
2. Ask each sponsor to pledge a certain amount per mile or a set amount.
3. Bring the completed sponsor form with you to the Registration Table on the day of the Bike-A-Thon. Registration desk opens at 1:00 p.m.
4. Checks are made payable to **“Treasurer, Virginia Tech”** and note **“Bike-A-Thon”** on memo line.
- ***5. **All money is to be mailed to Ray Ballowe, Bike-A-Thon Treasurer, by June 1, 2024 (postmarked).**
6. Good Luck!

REGISTRATION / RELEASE / CONSENT

NAME _____ AGE (as of 9-30-2024) _____
 E-MAIL _____ 4-H CLUB _____

I, _____, my parents, guardians, heirs, executors, etc., waive and release the 4-H BIKE-A-THON personnel from any claims, damages, or injury which may result while taking part in this event or as a result thereof.

Participants under 18 must have this form signed by a parent or legal guardian.

_____ Date _____ Participant Signature
 _____ Date _____ Parent/Guardian Signature

Sponsor's Name	Sponsor's Address	Sponsor's Phone No.	Pledge Per Mile	Number of Miles	Contributions

Completed _____ miles on _____, 2024.

Official

Total Pledges/Mile

Total # Miles x _____

_____ Total Pledges Due

_____ Total Collected

Completed:

_____ Bike safety check

_____ Bike helmet worn

**Make checks payable to: "Treasurer, Virginia Tech"
and note "Bike-A-Thon" on memo line.**

**SPONSOR MONEY MUST BE MAILED
TO THE BIKE-A-THON TREASURER,
BY JUNE 1, 2024 (postmarked).**

**Ray Ballowe, Bike-A-Thon Treasurer
240 Boliver Road
Fort Valley, VA 22652**

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Preventing Brain Injuries 4-H Poster Contest

Sponsored by Brain Injury Connections of the Shenandoah Valley in cooperation with the Shenandoah County 4-H Council Bike-A-Thon Committee. Winners will receive a bike helmet.

Open to all 4-H'ers. Participation in the 4-H Bike-A-thon is encouraged, but not required.

Theme: **Bike Helmets Prevent Brain Injury**

Create a poster on 8 ½" x 11" white card stock, not poster board. You may get card stock from the Extension Office.

Stick to theme. Winning posters will be displayed in the County Government Center during May and will be shared with the Brain Injury Connections of the Shenandoah Valley organization to use in their work to prevent brain injuries.

Posters must contain only original, hand-drawn artwork done by the participant. Computer generated artwork and text are not acceptable.

Do not attach items thicker than the card stock to the poster.

Put your name, your age, your bike helmet size (if known) and your club name on the back of your poster.

Turn in to the Extension Office, County Government Center, 600 N Main, Suite 100, Woodstock, by April 22, 2024 for judging. We have a secure drop box outside entrance #7 that is available after hours.

Scoring Guidelines

Originality, attracts attention, holds interest.....	40%
Follows theme	20%
Conveys message, easily understood.....	15%
General appearance - well-planned, good design easily read; neat and well-constructed.....	15%
Accurate information, factual	10%

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*TDD number is (800) 828-1120.

BICYCLE HELMET SAFETY

SAVE YOUR BRAIN

1 STATISTICS

Wearing a bicycle helmet has been found to **reduce head injury by 48%, serious head injury by 60%, & traumatic brain injury by 53%.**

Over 130,000 children, teens and adults are injured every year from bicycle accidents!

LAWS

Contact your local police or sheriff's department to find out what your local laws & requirements are.

Most towns and cities in Virginia require a helmet under a certain age.

CHOOSING A HELMET

2

Helmets should meet **established safety standards.** Look for a sticker that says the gear is certified by the **U.S. Consumer Product Safety Commission (CPSC).**



3 REMEMBER

While there is no helmet that can prevent concussions, **wearing a bicycle helmet can save your child or teen from a serious head or brain injury.**

Just falling off your two-wheel bicycle and hitting your head can cause head and brain trauma.



Statistics and other information provided by the NIH, Library of Medicine & Centers for Disease Control

Brain Injury Connections of the Shenandoah Valley

Office Locations in *Fishersville, Harrisonburg, Stanley, and Woodstock*

Office: 540-568-8923

bicsv.org



Brain Injury Connections
of the Shenandoah Valley

Referral for Services

Please complete and mail, fax, or email to:

Brain Injury Connections of the Shenandoah Valley

755 Martin Luther King Jr Way, MSC 9020

Harrisonburg, VA 22801

☐ (540) 568-8923 ☐ (540) 568-8864 ☐ info@bicsv.org

Please provide the following information for the person needing services:

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: (____) _____

Email: _____

Date of Birth: _____

City/Country of Residence: _____

Cause of Injury: _____

Date: ____/____/____

Do you have a legal representative? No Yes

If yes, please provide name and relationship.

Name: _____

Relationship: _____

Please include legal representation documentation.

Name and contact information of person completing application:

Signature _____

Brain Injury Connections

of the Shenandoah Valley

Serving Children, Youth and Adults

755 Martin Luther King Jr. Way

MSC 9020

Harrisonburg, VA 22801

Phone: 540-568-8923

Fax: 540-568-8864

Email: info@bicsv.org

Website: www.bicsv.org

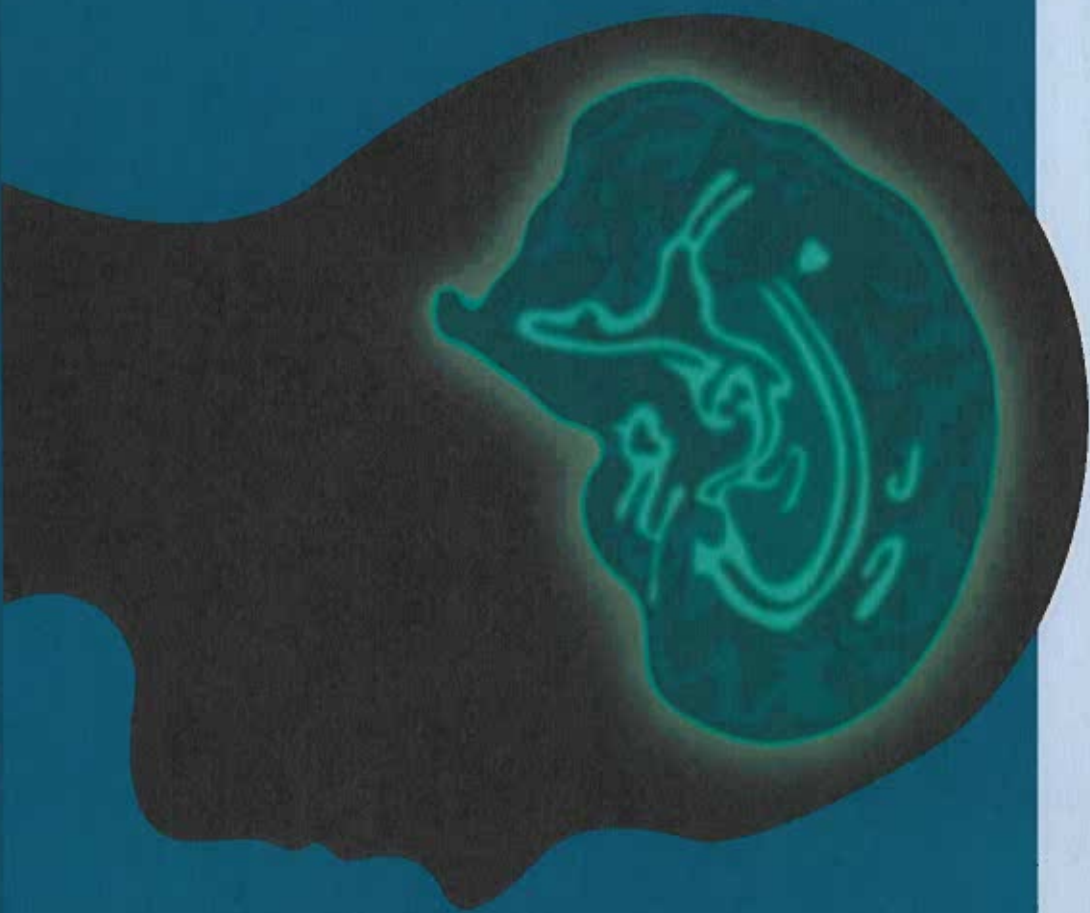
We thank our partners & funders.



Partner Agency



Brain Injury
Connections
of the Shenandoah Valley



Our program was also made possible, in part, by state general funds administered by the Virginia Department for Aging and Rehabilitative Services.

Enhancing the lives of individuals affected by brain injury through cultivating connections with information, services and resources.

About Us

Brain Injury Connections of the Shenandoah Valley, Inc. was founded in 2005 as a 501(c)3 not-for-profit organization. We combine public and private resources to provide specialized services for persons affected by brain injury in the Shenandoah Valley.

Brain Injury Connections' services are designed to meet the needs of the individuals we serve in order to maximize a person's independence in the community. Our primary service is brain injury case management. Our Case Managers provide an array of services to meet their clients' needs including assistance with employment and education, daily living and personal care, housing, finances, healthcare, and many others.

Services include:

- Case Management
- Life Skills Training
- Behavior Support Facilitation
- Education, Outreach & Advocacy
- Support Groups

About Brain Injury

Brain injury is a major public health concern with an estimated 10 million Americans affected by traumatic brain injury and stroke.

According to the Centers for Disease Control, approximately 5,000 people in our area may be living with a disability as a result of a traumatic brain injury.

Brain injuries can affect people in many ways, including causing changes in:

- Cognition (memory, thinking, attention, and decision-making);
- Communication (speaking, reading and understanding);
- Physical functioning (balance and coordination, vision and hearing, sleeping, seizures and paralysis);
- Behavior and personality (anger, depression, impulse control).

Help Us Help Others

Brain Injury Connections is committed to serving those with the least resources and greatest need, so we need your help to continue our services. You can help by making a tax deductible donation on our website, an in-kind donation, or volunteering. Please contact us to learn more about these opportunities.



Brain Injury Connections of the Shenandoah Valley

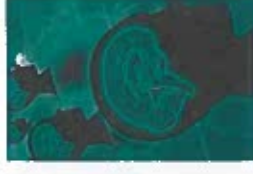
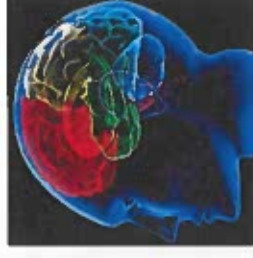
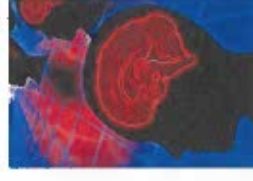


Eligibility:

We serve children, youth and adults who:

- Have a documented acquired or traumatic brain injury,
- Have legal status in the U.S., and
- Reside in our service area.

Our service area encompasses the counties of Rockingham, Augusta, Bath, Highland, Rockbridge, Page, and Shenandoah and the cities located within.



Brain Injury Connections hosts monthly support group activities. The groups sponsor social and recreational activities to bolster community integration and connections. Contact our office to learn more!