

## Low Cost Bicycle Helmets and Other Bike Safety Programs (Updated May 7, 2007)

Organization	Contact info	Bike Helmets + Custom Fitting	Other services
Auburn Regional Medical Center	253- 217-9632	\$4 -- 3 <sup>rd</sup> Saturday of the month 12 noon – 1:30 p.m. Main Entrance/ Atrium area	Upon request, staff will go out to groups or to special events to sell and fit helmets
Bike Works	206-725-9408 info@bikeworks.org	\$15 and up; all sizes <a href="http://www.bikeworks.org">http://www.bikeworks.org</a>	Students 9-17 from Rainier Valley and surrounding communities can participate in the “Earn A Bike” Program: for \$50 (scholarships available), students learn how to repair bikes during an 8-week course. They also spend time working on a bike of their choosing, and after a specified number of hours; the bike becomes theirs for free. A helmet and lock are also provided at the completion of the program. Bike Works also sells “recycled” bikes and provides bike repair services to the community. Summer camp program is also available.
Cascade Bicycle Club	206-523-1952 Julie Salathe julies@cascadebicycleclub.org	Available throughout the year by appointment  Special summer events Summer Day Camps	Free consultation on bike safety education, safe riding routes; free/low cost helmets, helmet fitting; bike rodeo consultations & equipment; safety brochures & video lending; “Sprocket Hero” assemblies; information about PE curriculum materials.

*For changes or comments, please contact Deanne Boisvert at 206-205-5866.*

Children's Hospital and Regional Medical Center	Katie Fath 206-987-2836	\$10 helmets and free fittings for adults and children. Offered quarterly in conjunction with Cascade Bike Club.	<b>Bike Helmet Sales and Fitting</b> For adults and children over age 1. Come have your own bike helmet fit properly or buy a new one for \$10-wearer must be present for fitting  <b>Date/Time:</b> Saturday, June 9, 2007 <b>Place:</b> Metropolitan Market 5250 40th Ave NE, Seattle <b>Contact:</b> Katie Fath 206-987-2836
Federal Way Helmet Coalition	253-839-6234 Kirstie Weaver	\$7 bike helmets, \$10 multi-sport style helmets sold during at least 4 community events per year	
Head Injury Hotline	206-621-8558 Constance Miller <a href="http://www.headinjury.com">www.headinjury.com</a>	Free helmets for children at community events throughout the year	Consultation and education on the long-term effects of head injuries. Speakers' Bureau that targets messages to any age audience. Traveling fee for outside City of Seattle.
Helmets R Us	<a href="http://www.helmetsrus.net">www.helmetsrus.net</a> 253-627-2121	Sells \$2.95-\$5.95 bike helmets, \$6.45 - \$8.45 multi-sport helmets to groups	
Injury Free Coalition for Kids Seattle	206-744-9457 Denise Gonzalez <a href="mailto:AskIf@u.washington.edu">AskIf@u.washington.edu</a>	Low cost helmet sales and fittings offered 3 times a year. Call for dates, times, & places.	Also provides education on other child safety issues including low cost car and booster seats
Center for Childhood Safety, Mary Bridge Children's Hospital – Tacoma	253-403-4550 Erin Suma	\$7 bike helmets \$10 multi-sport style helmets Thursdays 2-5 p.m.	Life jackets loan for free 1 week or for sale (\$12 ea.) \$15 Ski Helmets Nov – Feb Car Seat Inspections Tuesday 9-10am 1 <sup>st</sup>
MultiCare Clinic -- Covington	253-403-4550 Erin Suma	\$7 bike helmets \$7 multi-sport style helmets 2 <sup>nd</sup> Tuesday of every month 2-5 p.m.	Sponsored by Mary Bridge Center for Childhood Safety
MultiCare Clinic – Kent	253-372-7729 Deb Wills	\$7 bike helmets \$10 multi-sport style helmets Every Thursday, 3-5 p.m.	Sponsored by Mary Bridge. Life jacket for loan (free) or for sale (\$12 each) \$15 Ski Helmets Nov – Feb

<a href="http://www.prorider.com">www.prorider.com</a>	Online ordering only	Sell \$2.95 - \$8.95 bike helmets to schools, organizations, & individuals	Also sells multi-sport, BMX, and ski/snowboarding helmets.
Redmond Community Safety Education Program	Nan Dyer 425-556-2632 <a href="mailto:ndyer@redmond.gov">ndyer@redmond.gov</a>	Custom fit bike & multi-sport helmets on site at Redmond Town Center Police & Fire Community Outreach Substation, \$10 + up	Also sells ski/snowboard helmets Pedestrian & bike safety education on-site to students on school field trips
University of Washington, Hall Health Center	Mark Shaw 206-616-8476 <a href="mailto:mshaw@u.washington.edu">mshaw@u.washington.edu</a>	\$14 for helmets that fit ages 9 & up \$15 Multi Sport 10+ \$35 ski helmets for ages 10+	Call before coming for further info and appointment Also sell other safety-related bicycle accessories  <a href="http://depts.washington.edu/hhpccweb/article-detail.php?ArticleID=259&amp;ClinicID=13">http://depts.washington.edu/hhpccweb/article-detail.php?ArticleID=259&amp;ClinicID=13</a>
Valley Medical Center—Renton	425-656-5577 VMC Children's Therapy Dept. 3600 Lind Ave. SW, Ste. 160	\$5 for helmets ages 1+ thru adult 1 <sup>st</sup> Monday of every month May – September 3-7 p.m. October- April 3-6 p.m.	If 1 <sup>st</sup> Monday falls on a holiday, fitting is 2 <sup>nd</sup> Monday of the month.

<b>Fire and Police</b>	<b>Contact info</b>	<b>Bike Helmets + Fitting</b>	<b>Other Services</b>
Bellevue Police	Officer Rob Wood 425-452-2880	\$5.50 every May at community safety fair (May 19, 2007)	Will work with schools and PTA's to supply helmets, train how to fit helmets, & put on Bike Rodeos.
Bothell Fire	425-486-1678 Lisa Allen & Kirsten Clemens	\$8 by appt. only, primarily Bothell residents only	Car Seat Inspection by appointment, Bothell Only
Duvall Firefighters Assn.	425-788-1625	\$10 bike helmets for youth	
Fall City (Fire District #27)	425-222-5841	\$6.50 donation for helmets	Will work with schools for helmet fitting and safety programs.
South King Fire & Rescue	253-946-7247 Kendra Kay	\$7 bike helmets \$10 multi-sport helmets @ community events	Safe rider incentive coupons
Kent Fire	253-856-4482 Melanie Taylor	By appointment; free but only for low income	
Kent Police	Cesi Velez 253-856-5884	Provides helmets to individual students by referral from school staff	Provides bike helmet/safety education to schools. Works a lot within low-income apartment neighborhoods in Kent. Safe rider incentive coupons
Northshore Fire Department	425-486-2784 Terry Jones	\$7 bike helmets \$8 multi-sport helmets \$6 toddler helmets	
Shoreline Fire	206-533-6500	\$7 Bike Helmet Call for Appointment	Education and consultation
Valley Regional Fire Authority	253-931-3060	\$5 Donations	Safe rider incentive coupons
Woodinville Fire	425-483-2131	\$5 Bike Helmet for youth Helmets at Station #34	