



Riding for Focus

THE SPECIALIZED FOUNDATION NEWSLETTER: ISSUE FOUR

Welcome to Issue Four of Riding for Focus. We want to be a valuable resource of information that can enrich and expand your knowledge of how kids can benefit from cycling in academics and health. Check out the newsletter archive on [The Specialized Foundation website](#) where you can read past school profiles and learn more about our partners and programs.

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RIDING FOR FOCUS GRANT: APPLY NOW

Closing Date for Riding for Focus Grants—March 24, 2017

It's a pretty simple formula: Kids + Bikes = Happier, more attentive students in the classroom. And for the past few years, The Specialized Foundation has been helping this happen throughout the USA, dedicating ourselves to giving both schools and children the tools they need to achieve academic, health, and social success. Now, we need riders like you to get involved. Apply now, details on [The Specialized Foundation website](#).

[Full press release](#) on Riding for Focus Grants

Specialized Foundation [Video](#) + Riding for Focus [Video](#)



School Profile: P186X, Walter J. Damrosch, The Bronx, NY



School Mission:

As members of the P186X Community we provide our students with a safe learning environment where academic, behavioral, social and emotional growth and success are encouraged based on the pillars of good citizenship. Our students strive for academic excellence, emotional growth, independence and social awareness.

School Location:

P186X in The Bronx is the northernmost of the five boroughs of New York City, about 6 miles from Central Park.

School and Student Overview:

PS 186 Walter J Damrosch School is a coeducational public special needs school for students in grades Kindergarten through 12. It was named after New York Symphony Orchestra conductor and composer Walter Johannes Damrosch (1862 -1950). With 604 students and 93 teachers the school has grown 19% over five years.

School Program Champion:

Assistant Principal Vito Faccilonga has been teaching for 27 years. Education is in his DNA as his mom was a teacher and so is his wife. The Riding for Focus program gives him the opportunity to combine his passion for teaching and for riding. He is a lifetime lover of the outdoors—from hiking, biking, to snowboarding, but mountain biking comes in at his #1 sport way back from the early 90's and riding a rigid single-speed.

We had a conversation with Vito to get more details on how the program was making progress and why he got involved. "It's the best feeling to help someone", shared Vito. I believe the bike is a metaphor for life. I think of the bike as a way to break the cycle and change the mindset of the kids to go beyond just getting from point A to point B. Riding is beginning to create a

Eight Riding for Focus Schools

Each newsletter will focus on one of the current school programs to give you a snapshot of their progress and highlights to date.

AIM Academy, Conshohocken, PA

Evergreen Community Charter School, Asheville, NC

Montevideo Middle School, Penn Laird, VA

P186X, Walter J. Damrosch, The Bronx, NY

Pinelands Regional Jr. High School, Little Egg Harbor, NJ

Pioneer Valley Regional School, Northfield, MA

Tarkanian Middle School, Las Vegas, NV

Whatcom Middle School, Bellingham, WA

positive social network within the school now with the kids looking out for each other vs just looking out for themselves that was more of a defense mechanism. Bicycling has a magical way of breaking down barriers.



How many students in the class:

15 to date for the school program and up to 60 for after school program where the students ride two days a week. We have two teachers, one teaching assistant and we ride one hour every morning as part of our school fitness program. Some kids come to school now an hour earlier because of the program.

Best success about the program:

Easy--teaching kids to ride for the first time! Riding bikes is instilling confidence in the kids and teaching lessons in overcoming barriers.

**Challenge of the program:**

Our urban setting is a challenge and transporting bikes and students off-campus to ride. Most of our riding skills classes are hosted inside in a more controlled environment where we can monitor and assess skills levels. We have the best trails with single tracks right in the middle of New York City at Highbridge Park.

Specialized Dealer Support:

Tread Bike Shop, New York, NY. Store owner Ozzie Perez has been a supporter from the start; he has offered to provide transportation of the bikes for off-site riding which lifts a huge challenge for me.

Tread Bike Shop owner Ozzie Perez, loyal supporter of Riding for Focus.

Saluting our Foundation Partners

We would like to recognize our key partners and their unique roles within The Specialized Foundation. Thank you to The Department of Physical Education and Sport at Central Michigan University, United Health Group-Optum, and Stanford Medical School and the Center for Interdisciplinary Brain Sciences Research.

Primary Research Partner

Stanford Medical School and the Center for Interdisciplinary Brain Sciences Research

The Center for Interdisciplinary Brain Sciences Research (CIBSR) at the Stanford University School of Medicine is dedicated to research that will improve the lives and well-being of individuals with disorders of the brain and improve knowledge of healthy brain and behavioral development. CIBSR research staff are dedicated to identifying biological and environmental risk factors, understanding disease pathophysiology and developmental outcomes, and developing new treatments for neurodevelopmental, neurogenetic, and neuropsychiatric disorders of childhood onset.

Cycling Program Partner

The Department of Physical Education and Sport at Central Michigan University

Central Michigan's Department of Physical Education and Sport (CMU) provides students with a variety of professional and personal growth options relative to physical activity and sport. Through partnership with CMU, The Specialized Foundation developed the Riding for Focus School Program curriculum to meet national standards for physical education classes.

Performance Improvement Partner

United Health Group - Optum

Optum is the Health Services platform of United Health Group. Optum will be leading the technology tracking component of the Riding for Focus Program nationwide. The data collected will be key in establishing baseline activity and monitoring progress in fitness and performance levels, as well as augmenting the Stanford research led by Dr. Allan Reiss.



Tech Corner--You Gotta Have Heart!



As part of the CMU curriculum from the Riding for Focus Program, students are given experiences that enable them to perform exercise at levels identified as 65-85% of their heart rate maximum for a minimum of 20 minutes. The program will teach students how to form healthy exercise habits that will last a lifetime. How do you get your heart rate on target? When you work out, are you doing too much or not enough? There's a simple way to know: Your target heart rate helps keep you focused and on track. You need to just get in the zone! Before you learn how to calculate and monitor your target training heart rate, you have to know your resting heart rate, the number of times your heart beats per minute while it's at rest. You can check it in the morning after you've had a good night's sleep and before you get out of bed and drink that coffee.

According to the National Institute of Health, the average resting heart rate for children 10 years and older, and adults (including seniors) is 60-100 beats per minute; for well-trained athletes it is 40-60 beats per minute.

Remember--Hit the Target. As you exercise, check on 3 things:

1. Take your pulse on the inside of your wrist, on the thumb side.
2. Use the tips of your first two fingers (not your thumb) to press lightly over the blood vessels on your wrist.
3. Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. You want to stay between 50 percent to 85 percent of your maximum heart rate. This range is your target heart rate.

If you have an electronic device such as a watch or wristband then all the work is done for you just strap it on, but if not, rely on yourself to do the math and tracking. Reference the chart below to stay in the zone!

HEART RATE ZONES FOR CHILDREN AND ADOLESCENTS

HEART RATE ZONE	FEELS LIKE	EXAMPLE ACTIVITIES	BENEFITS
PERFORMANCE 100-90%	VIGOROUS TO VIGOROUS • VERY EXHAUSTING • FAST BREATHING • MUSCLES MAY FEEL TIRED	• SHORT SPRINTS • SOCCER • BASKETBALL	DEVELOPS MAXIMUM PERFORMANCE AND SPEED
HEALTHY HEART 90-70%	MODERATE TO VIGOROUS • EASY TO HEAVY BREATHING • LIGHT MUSCULAR STRAIN • AVERAGE SWEATING	• GAMES • JOGGING • CYCLING • DANCING	IMPROVES AEROBIC FITNESS AND PERFORMANCE CAPACITY
ACTIVE 70-60%	EASY TO MODERATE • EASY, COMFORTABLE BREATHING • LOW MUSCLE LOAD • LIGHT SWEATING	• WARM-UP AND COOL DOWN • BRISK WALKING • PLAYING CATCH • VOLLEYBALL	IMPROVES BASIC ENDURANCE AND MUSCLE TONE



MyHeart Counts app by Stanford University

Join this global cardiovascular research study. The MyHeart Counts app is a personalized tool that can help you measure daily activity, fitness, and cardiovascular risk. It can also help you better understand your own heart health. The app can help you measure your activity through the sensors in your iPhone or the Apple Watch, or any wearable activity device linked to Apple Health App.

Calendar of Upcoming Events

Let's Get Moving!

MARCH 25

Join the 2017 Lam Research [Heart & Soles Run](#), Santa Clara, CA. This family-oriented fun run/walk is dedicated to helping local children engage in healthy exercise and to make better food choices on a daily basis. The Specialized Foundation is one of the benefitting non-profits of the run thanks to the generous support of the Silicon Valley Leadership Group.

APRIL 20-23

[Sea Otter Classic](#), Monterey, CA Premiere cycling festival—races, rides, special kids programs. Not your average playground, the Specialized Kids Zone allows kids twelve and under to try out their budding bike skills on obstacles appropriate for their age and riding level, plus a separate area for pushbikes.

MAY 2017

National Bike Month—Get out and ride! Details at [League of American Bicyclists webpage](#).



Read All About It:

Every issue, we'll share a few of our favorite reads that dig deep into the science of ADHD and how exercise can be most beneficial to children.



[More than just a game: Yoga for school-age children](#)
Harvard Health Blog, [Marlynn Wei, MD, JD](#), Contributing Editor

Yoga and mindfulness have been shown to improve both physical and mental health in school-age children (ages 6 to 12). Emerging research studies also suggest that yoga can help children with attention deficit hyperactivity disorder (ADHD) by improving the core symptoms of ADHD, including inattentiveness, hyperactivity, and impulsivity.

Mission

The Specialized Foundation uses cycling as a tool for children to achieve academic, health and social success. Through investments in primary scientific medical research and school-based cycling programs, our mission is to increase accessibility to cycling to aid youth in personal development and education.

Join the Movement

[Learn more](#) about our ongoing research and outreach.



**THE SPECIALIZED
FOUNDATION**

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The Specialized Foundation is a 501c3 nonprofit organization that promotes cycling as a tool for children to achieve academic, health, and social success.

