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## **Sacramento County Sheriffs and Hospital Team Up for Bicycle Safety**

*Rancho Cordova Motor Unit Division of the Sacramento County Sheriff's Department Launch "You're your Head" Bike Safety Program This Weekend*

**RANCHO CORDOVA, CA, May 13** — The Rancho Cordova Motor Unit division of the Sacramento County Sheriffs Department, in conjunction with Mercy General Hospital (MGH), is sponsoring the First Annual "Use Your Head" Bike Rodeo bicycle safety program this Saturday, May 16, at White Rock Community Park in Rancho Cordova from 10:00 a.m. to 1:00 p.m. White Rock Community Park is located at 10490 White Rock Road in Rancho Cordova.

Mercy General Hospital's Emergency Department donated more than 400 bike helmets to give away free to children attending the event (for ages 5-14) on a first come, first served basis. The helmet give away will include proper helmet fitting along with bicycle maintenance tips provided by members of Mercy General's Mercy Cycling Club.

The Bike Rodeo will feature bike safety inspections, safety lectures about the rules of the road, helmet fittings and a miniature bike course for young cyclists to learn where and how to apply cycling-on-the-streets rules. The Sacramento Area Bicycle Association (SABA) will offer free bicycle valet services on site so attendees who bike to the event can take advantage of information booths like that offered by Sacramento's Bike Chef and Mike's Bikes.

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The “Use Your Head” Bike Safety Program has been developed to honor Motor Officer Larry Canfield. Officer Canfield became passionate about educating Rancho Cordova’s children about the importance of wearing a helmet and the rules of the road after he responded to several accidents involving children on bicycles who were not wearing helmets. Sadly, on Nov. 12, 2008, Officer Canfield was fatally injured in a vehicle collision while on patrol. Only moments before he had spent time talking with a young bicyclist about the importance of wearing a helmet.

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#### About “Use Your Head”

The program, kicking off in Bike Month, May 2009, focuses on educating children ages 5-14 about the importance of bicycle safety. It was developed in conjunction with the Crime Prevention Unit, the Police Activities League and Mercy General Hospital. This multi-faceted program will utilize safety presentations, newspaper articles, school announcements, Web site announcements and the May 16 “Use Your Head” First Annual Bike Rodeo to reach out to, and help educate, not only the area’s youth but their parents and citizens as well.

#### About Mercy General Hospital

Mercy General Hospital has been serving the Sacramento community for more than 100 years. Founded by the Sisters of Mercy, Mercy General has been at its current site in the heart of East Sacramento since 1925. Mercy General Hospital has 342 licensed beds, a physician staff of more than 800, delivers 2,800 babies annually and leads the state in open-heart surgery. Mercy General is one of six Sacramento area hospitals that are part of Catholic Healthcare West (CHW), a system of 41 hospitals and medical centers in California, Arizona and Nevada and the nation's eighth largest healthcare system. In 2008, CHW provided more than \$966 million in community benefit and free care for the poor.

#### About CHW

Catholic Healthcare West (CHW), headquartered in San Francisco, is a system of 41 hospitals and medical centers with more than 7,800 physicians and approximately 44,000 employees throughout California, Nevada and Arizona. In the Sacramento area, CHW operates six hospitals (Mercy General Hospital, Mercy Hospital of Folsom, Mercy San Juan Medical Center, Methodist Hospital of Sacramento, Sierra Nevada Memorial Hospital and Woodland Healthcare), Mercy Home Health, Hospice and Lifeline and CHW Medical Foundation, which includes Mercy Medical Group and the Mercy Imaging Centers. In 2008, CHW provided more than \$966 million in community benefit and free care for the poor. For more information, please visit our Web site at [mercysacramento.org](http://mercysacramento.org).