

# How to join the bike challenge

- Go to [nationalbikechallenge.org](http://nationalbikechallenge.org)
- Click "join now"
- Fill in the required fields
- Click "Register"

*You are now registered for the National Bike Challenge, and you can now join your workplace team!*

*If your workplace administrator has already generated your workplace team, you can search for it by clicking the magnifying glass search icon.*

- Type in the name of the workplace or select the geography search field and type in the zip code.
- Select your workplace.
- Click the red "Join" icon.

*You are now a part of your workplace team!*

# Fox Valley Bike Challenge

Brought to you by  
Fox Cities Cycling Association  
and  
Communities at Oshkosh North



*Experience a healthier, happier you.  
#ShiftGears*



## HEALTH

The average person will lose 13 pounds in their first year of riding to work

Source: Outdoor Foundation 2010

Biking just 20 miles a week can reduce the risk of coronary heart disease by 50%

Source: British Medical Association

As little as 20-30 minutes of exercise a day can prevent depression in the long term

Source: Duke University in Durham, NC

## ECONOMY

On a round trip of 10 miles, cyclists save around \$10.00 a day

Source: Commute Solutions 2011

Physically fit workers are more mentally alert and make 27% fewer errors

Source: Commute Solutions 2011

Short car trips waste more fuel and create more pollutants than long car trips

Source: University of North Carolina

47% of Americans say they would like more bike facilities in their communities

Source: National Highway Traffic Safety Administration

# Why Bike?

