How to join the bike challenge

- -Go to 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



<u>HEALTH</u>

he 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

n 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

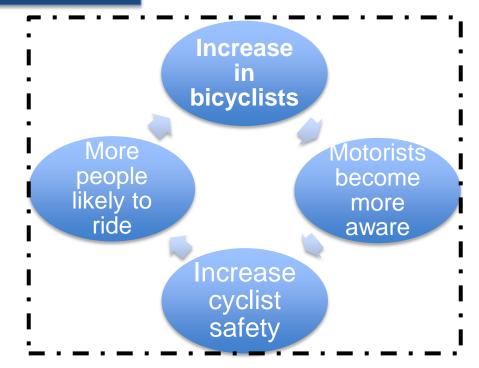
Source: Commute Solutions 2011

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?