

Print Clearly
so we can easily
read it!

NAME: _____
Phone: _____
Email: _____



Life is Better on a Bike

Grab Life by the Handlebars
The May Challenge to Keep Moving

| | | | | |
|--|--|--|--|---|
| Ride the Lower 66 or Crooked River Wetland trails (Enjoy awesome friends & great views!) | Go on a bike date. Take your sweetie, a family member, or a friend. | Participate in Bike to Work day - May 17 th Bike instead of driving somewhere | Enjoy fellow bikers 'round a bonfire. Hint: Good Bike Co.'s bonfires are May 3 rd , 17 th & 31 st | Participate in a Bike Month Event Post a Pic on our Facebook Page! |
| Invite friends to Play the Keep Moving Challenge with you! | Bike anywhere and Post a Pic on our Page. facebook.com/CrookCountyOnTheMove | Ride your bike to shop in Prineville! Show them your bingo card and share the fun you're having! | Log your miles. In the National Bike Challenge, or use Strava, Map My Fitness, or just a piece of paper! | Ride the new Crooked River Canyon Scenic Bikeway. Wear a helmet |
| Invite someone new on your bike ride. Use signals at stop signs and corners. | Wave to fellow bike riders on your ride. | Like our facebook page or share one of our biking posts. | Ride to the coffee shop or local restaurant (Post a pic of your healthy food choice) | Commute - Bike to work, school, a meeting. |
| Explore new bike techniques. Maybe try your skills at the Bike Park | Host or join a group bike ride. Have you tried Crooked River Brewing's Cruiser Bike Rides? | Stop by the Mother's Day Garden Event May 11 th from 11-2 at Presbyterian Church | Pedal the Park. Ride Ochoco Creek Trail -Share the Trail with walkers, joggers and park lovers.) | Invite a friend for a ride. Be seen! Wear reflective clothing, |
| Enjoy a bike ride with a friend. Post a Pic on our Page. | Drink water instead of soda. (Your body needs hydrated even in cooler weather) | Learn to fix a flat or oil your chains. Show this card & get \$5 off a basic tune up at Good Bike Co | Ride 10 miles in one day. Pack a lunch and enjoy a picnic at the halfway mark! | Post a biking pic on your social media site. *Tag Crook County On The Move. |

- **Go mobile** – Download the card at CrookCountyOnTheMove.org/Keep-Moving or take a picture of the card. Track your progress by Editing the Photo and using the Pencil editor to "X" out your squares! Email the saved photo to us to enter into prize drawings.
 - Complete any **5 squares** for a chance to win prizes. (Need ideas? Use the resource list on our website -CrookCountyOnTheMove.org/Keep-Moving)
 - Complete more than one card to **increase your chances** (different activities must be completed).
 - Go for a **BLACKOUT** (all squares) to **enter the Grand Prize drawing**.
 - Take our pledge AND **sign up for our email list** at www.CrookCountyOnTheMove.org for another chance to win. (Promise we won't fill your inbox.)
 - **Post pictures** on our Facebook Page for even more chances! www.fb.com/CrookCountyOnTheMove
 - **Turn cards in for prizes** at: Via email info.ccotm@gmail.com or at these locations
Good Bike Co | Chamber of Commerce | Prineville Athletic Club
- NOTE: Prizes cannot be mailed. But we will be happy to arrange prize pickup in town for you.*

#CrookCountyOnTheMove

