



Bike50

July 1st- July 31st

The Bike 50 Challenge invites you to ride your bicycle 50 miles over the next 30 days. This can be a really fun challenge! Ride your bike instead of taking your car. Plan rides with friends, co-workers, family, or just go solo. Choose beautiful trails or new places you'd like to see, and stop along the way to enjoy the scenery. If you don't own a bike, rent or borrow one from a friend. Always wear a helmet and bright-colored clothes for better visibility. Using a biking app can make your miles easier.

Riding a bike is a healthy way to exercise, not only because of the cardio and strength benefits, but also it puts less stress on your knees and other joints than some exercises. It also build bones density and preserves cartilage. Cycling gives you the amazing benefits of seeing more of nature than if you were inside a car—and lets you cover more miles than if you were walking or running.

For each day record "yes" for accomplishing that day until you hit 50 miles

July 1	July 2	July 3	July 4	July 5	July 6	July 7
July 8	July 9	July 10	July 11	July 12	July 13	July 14
July 15	July 16	July 17	July 18	July 19	July 20	July 21
July 22	July 23	July 24	July 25	July 26	July 27	July 28
July 29	July 30	July 31				



(Print Name)

END OF THE CHALLENGE

Drop off form at HR Office / fax to 435-734-2038 or email to mhernandez@boxeldercounty.org