



COMMUTER CHALLENGE

May is National Bike Month! During the month of May, replace some or all of your car trips by biking, walking, carpooling or using public transit.

WHY PARTICIPATE ?

FUN

Make this a team building experience or a friendly competition with your coworkers or friends!

HEALTHY

Any form of physical activity is great for your health and well-being.

HELPS ENVIRONMENT

Reduce your carbon footprint and set a positive example for others.

HOW TO JOIN ?

1. Sign up on [RTC Smart Trips](#).
2. Visit the Commute Challenges tab and join the Bike Month Challenge 2023.
3. If you want to join as a team, find your organization's affiliated link [here](#).
4. Log your miles and celebrate multimodal transportation. Ride your bike, walk, carpool, or transit.

Download the app on your phone to log your miles!

Click below or scan here
[Apple](#) & [Android](#)



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