

BIKE MONTH

May is National Bike Month!

The Health District invites you to join us in celebrating Bike Month with fun challenges and activities for everyone.

Active school trips allow children and faculty to get the daily physical activity they require while also developing healthy habits that will last a lifetime. These challenges are fun ways to promote and encourage physical activity at school, create a healthier environment, and get students and faculty excited about developing and living healthier lifestyle!

For more information visit GetHealthyWashoe.com

BIKE MONTH —ACTIVITIES—

Bike Bingo

Complete as many activities and try to get a bingo!

Bike & Roll to School Day – May 3, 2023

Track how many days you bike to school using the Bike to School Sheet!

Drawing Contest

Design your own bicycle. What special qualities does it have? How fast does it go? What does it look like?

Story Contest

Write a short story on where your bicycle will take you!

Community Bike Month Events

Participate in other events hosted by our community partners, learn more at [BikeWashoe.org](https://www.bikewashoe.org)

FUN ACTIVITIES FOR EVERYONE!

Please email submissions to GetHealthy@washoecounty.gov by June 1st to be entered in the raffle.

BIKE BINGO

BIKE MONTH 2023



Share how biking is good for you	Wear bright and/or reflective clothing	Use bike signals when riding	Bike 5 days in a row	Complete drawing contest
Bike to school	Use a bike rack	Bike with a friend	Ask a family member to bike with you	Wave to another cyclist
Bike for 30 minutes in one week	Do the "ABC" check	FREE SPACE	Bike to a park	Share a photo of your bike gear
Wear a properly fitted helmet	Pump your tires with air	Share why you like to ride your bike	Visit a local bike shop	Bike to a friend's house
Complete bike tracking sheet	Review safety cycling tips	Visit a library	Wear proper gear	Take a photo of you and your bike

Name:

School:

Grade:

Track how many days you ride to school for one week!

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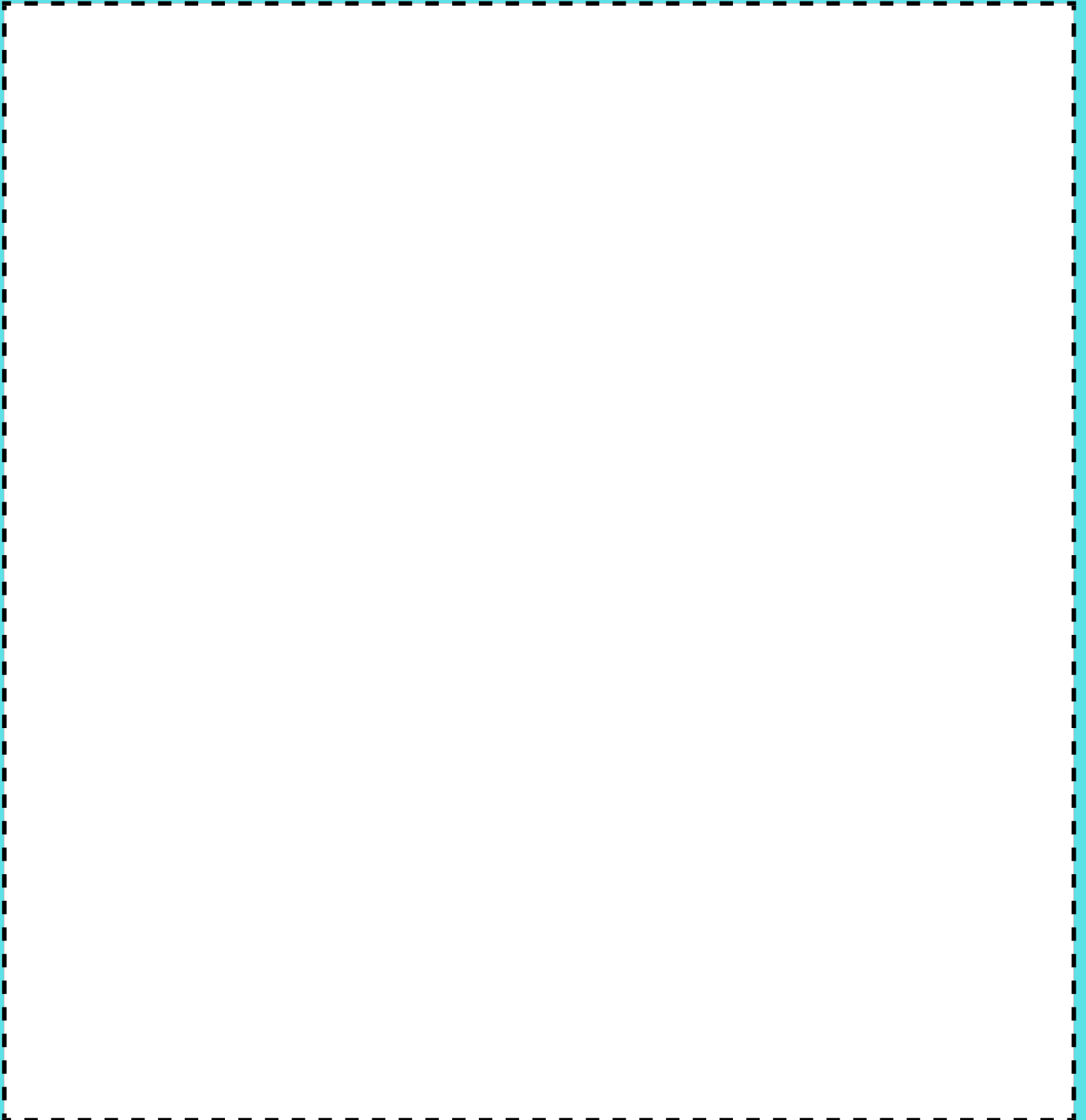
Name:

School:

Grade:

DRAWING CONTEST

Design your own bicycle. What special qualities does it have? How fast does it go? What does it look like?

A large, empty rectangular area defined by a dashed black border, intended for a drawing of a bicycle.

Name:

School:

Grade:

SHORT STORY CONTEST

Writing Prompt: Where does your bicycle take you?

Name:

School:

Grade:

Handwriting practice lines consisting of multiple sets of three horizontal lines (top solid, middle dashed, bottom solid) for writing.