

THE NATIONAL BIKE CHALLENGE
in partnership with **Scott** *Advantage*



peopleforbikes™

**THE CHALLENGE BEGINS
MAY 1.**

**THIS SUMMER WE'RE UNITING 75,000 PEOPLE
FROM ACROSS THE COUNTRY TO RIDE 35,000,000 MILES.**

**IT'S FREE, FUN, HEALTHY AND EASY.
WILL YOU RIDE WITH US?**

The National Bike Challenge is a nationwide event uniting thousands of current bicyclists and encouraging countless new riders to use bicycle to improve their health, save money and help the environment. In its simplest form, it is a logging center for users to record miles ridden and be part of the national community of bicyclists. It is a free and easy way to challenge yourself, friends, family, coworkers and the greater community to ride more. It doesn't matter if you're riding hundreds of miles a week or just getting back in the saddle, everyone is welcome to join.

The National Bike Challenge aims to unite 75,000 riders to pedal 35 million miles from May 1, 2016 until September 30, 2016. It is also a fun way for participants to interact with other riders in the online community, track improvement on a local, state and national level and win prizes. Yes, NBC has monthly prize giveaways just for participating. All mileage counts towards getting you to qualify the next level of prizes regardless if you ride your bike for fitness, commuting or grocery shopping. Even if you don't get selected for the monthly prize, every participant is a winner with improve health, saving money and

helping the environment by reducing carbon footprint. The Challenge is a successful partnership between PeopleForBikes and Kimberly-Clark's Scott Natural Brand. To join in the fun for this year's event, go to www.nationalbikechallenge.org/.

I am leveraging the NBC to keep tabs on all participants' mileage for the 'Most Miles in the Saddle Award' in order to save myself time and effort. Logging mileage is easy and simple by sync-ing with **Strava, MapMyRide or Endomondo**. There is also a manual log option for those of us who are low-tech. Please create an account and log in your miles through NBC by joining Team **Illinois Valley Wheelmn**. After you create an account, click on 'Leaderboards', 'Teams', and then type 'Illinois Valley Wheelmn' in the search field. After you selected 'Illinois Valley Wheelmn', click 'Join' and you are all set.