

Rode to the beach – ocean, lake or river.	Biked in the rain.	Rode someplace I'd never ridden before.	Said "hello" to another bicyclist.	Added air to bike tires.
Biked at least 10 miles in one day.	Encouraged a friend to start riding.	Rode to school or work.	Rode to the grocery store.	Rode to a community meeting or hearing.
Joined a group ride.	Downloaded a map: <a href="https://juneaurides.org/juneau-bike-map/">https://juneaurides.org/juneau-bike-map/</a>		Rode to a place I would usually drive to.	Rode Twin Lakes bike trail.
Rode the Kax Trail (Brotherhood Bridge).	Took a selfie with my bike.	Rode farther than I ever have before.	Changed a bike tire OR loaded bike on Capital Transit bus.	Rode a mountain bike.
Registered my bike at 529 Garage.	Bike date.	Rode an e bike for the first time.	Shopped at a local bike shop.	Biked to a friend's house to say, "Hi!"

Get five boxes in a row, column, or diagonally to get a Bike Bingo and 10 HYS points! If done WITH the Bike Everywhere Challenge, you can only receive Health Yourself points for one of them – HOWEVER, you get a fabulous prize for the other! Return this form to Jess Brown in HR by June 5<sup>th</sup> to qualify for points and prizes.



Name:

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