

TEAM BIKE CHALLENGE

THE COMPETITION KICKS OFF MAY 1, 2016

Gather your friends, colleagues and neighbors and sign up for Team Bike Challenge. Then rock the competition's socks off! Team Bike Challenge is an easy and fun way to see how biking supports your health, your budget and our environment.

TO PARTICIPATE, SIMPLY

- ⚙ Visit the Team Bike Challenge website and download the app.
- ⚙ Start biking! Challenge yourself to bike to school, work, on errands, even to visit friends.
- ⚙ Track all of your trips from May 1 to May 31 using Strava, the Team Bike Challenge app or manual input and earn points for each ride.
- ⚙ Join up to three different teams by creating a team hashtag.
- ⚙ Celebrate a great month of biking! The overall individual winner, as well as the winning teams and the winning companies, will be determined June 1.

COMPANY BIKE CHALLENGE

Don't just compete against friends! Get your colleagues together and be a part of the Company Bike Challenge to compete for top honors against similar-sized companies throughout the Bay Area. The prize? Serious bragging rights!



teambikechallenge.com

EMPLOYER TOOLKIT

IDEAS, STRATEGIES AND RESOURCES TO ENCOURAGE YOUR EMPLOYEES

BAY AREA
BIKE TO WORK DAY  **MAY 12, 2016**

PRESENTED BY  METROPOLITAN TRANSPORTATION COMMISSION  &  KAISER PERMANENTE



I LIKE TO RIDE MY BICYCLE

ALAMEDA • CONTRA COSTA • SAN MATEO • SANTA CLARA • SONOMA • NAPA • MARIN • SOLANO • SAN FRANCISCO



LOCAL ORGANIZATIONS

