



Commuter Challenge

Challenge your friends and family to see who can accumulate the most mileage biking around town (excluding recreational riding).

Business Challenge

Engage in a friendly competition against other businesses in our community!

Sign up at:

healthymesacounty.org



Bike Month - May 2018

Grand Valley Bike Month Events

Bike Month Proclamations -

- April 18th at 6 p.m. - City of Grand Junction
- April 23rd at 9 a.m. - Mesa County
- April 24th at 6 p.m. - Town of Palisade
- May 1 at 6 p.m. - City of Fruita

May 2nd

BIKE TO WORK DAY!

- FREE breakfast 6:30-9 a.m.: St. Mary's Medical Center & Monument Health Grand Junction City Hall Breakfast, Family Health West Fruita Civic Center Park Breakfast, Octopus Coffee on Horizon Drive Breakfast
- AFTERGLOW 5 p.m. at Edgewater Brewery - Complimentary pint to the first 60 people wearing their Bike to Work Day T-shirt or bike helmet. Challenge trophies awarded here. Prize drawings for attendees.

May 4th-6th

USA Collegiate Cycling

- Road races in Whitewater, De Beque and Downtown Grand Junction - visit legacy.usacycling.org for more info.

**May 8th
9 a.m.**

Palisade Group Ride - Palisade Plaza

- 9 to 11 mile ride through Palisade Wine Country

May 9th

Bike/Walk to School Day

- Ask your school if they're participating!
- Drawings for cool prizes for kids who participate.

**May 15th
9 a.m.**

Palisade Group Ride - Palisade Plaza

- 9 to 11 mile ride through Palisade Wine Country

**May 17th
6 p.m.**

Mountain Bike Documentary - The Avalon Theatre

- \$12 for the movie or \$15 for the movie and a free drink
- Doors open at 6 p.m. with a rooftop cocktail from 6-7:30 p.m.
- Screening of "UnReal," a mountain biking documentary



Bike Month - May 2018

Grand Valley Bike Month Events

May 18th
7 p.m.

“American Flyers” Film Screening - Fruita Branch Library

- Free movie screening

May 18th-20th

The Grand Junction Off-Road

- May 19th at 6 p.m. - Klunker Crit (fun, all ages ride)
- Live music in Downtown Grand Junction
- Visit epicrides.com for more information or to register

May 22nd
5:30 p.m.

Palisade Family Ride - Palisade Plaza

- Leisurely ride around Palisade with friends and family

May 24th
5-8 p.m.

Summer Kick Off Party - Palisade Plaza

- Evening of live music, beer garden and fun, all ages mile-long race
- All proceeds will go towards the Palisade Plunge (mountain biking trail)

May 24th
6:30 p.m.

Neighbors Read - Central Library

- Story time about bikes and bike safety

May 30th
4:30-7:30 p.m.

Grand Valley Bike Month Celebration - Las Colonias Park

- Food trucks, music and family activities
- Commuter challenge awards
- Prize giveaways

Free for Kids!

- Police officers are giving out coupons for a FREE ice cream cone to kids riding their bikes safely while wearing a helmet.



6 Reasons to Learn to Ride a Bike
(Cadel Evans - retired pro-cyclist and father)

- It's pure and simple.
- It keeps kids physically active.
- It benefits mental health and learning.
- It's something the whole family can enjoy together.
- It's good for the environment.
- It's a great way to get around.