

# BIKE MONTH

## REJOIN THE MOVEMENT

### MODIFICATIONS DUE TO COVID



Grand Valley Bike Month will continue this year, but things are going to look a little different in an effort to continue to encourage social distancing. Mesa County wants to encourage people to bike for health and transportation throughout the month of May and support local businesses. The new format for Bike Month 2020 will encourage people to continue to bike and complete the Selfie Contest and GV Bike Month Bingo. Remember to practice safe social distancing!

Bike to Work Day & Bike to School Day and the Commuter Challenge are postponed to fall 2020.

## Selfie Contest

Beginning May 4, there will be four bike-related themed weeks. Each week, two winners will be drawn at random to win a \$20 gift card to a local business. Winners will be announced on social media and the individual will also be notified by email.

### How to Participate

- Complete a bike activity related to the theme of the week.
- Take a selfie/picture.
- Submit your photo(s) to [healthymesacounty@mesacounty.us](mailto:healthymesacounty@mesacounty.us) by the deadline (see below). One photo per person per week.
- Optional: Post your picture on on social media with #GVBikeMonth and tag MobileMesaCounty (Facebook or Instagram).

### Weekly themes and deadlines:

May 4-May 9: Bike for Transportation	Deadline May 11	Sponsored by St. Mary's Medical Center
May 11-May 16: Bike for Health	Deadline May 18	
May 18-May 23: Bike for Coffee	Deadline May 26	Sponsored by Monument Health
May 25-May 30: Bike for Recreation	Deadline May 31	Sponsored by DT Swiss

## GV Bike Month Bingo

Participate in GV Bike Month Bingo by completing the bike-related activities listed in each square and going for a full blackout, 5 in a row, or make an X. Take a picture of each activity and submit with the completed bingo board.

### How to participate:

- Download GV Bike Month Bingo board [here](#).
- Have fun completing the activities in the bingo squares May 1-31, 2020. Be be sure to take pictures!
- Email bingo board [here](#) by June 3, 2020.

Prizes: Blackout - One (\$100) prize; X - Two (\$50) prizes; 5 in a row - Five (\$25) prizes; Creative bike photo (Free Space) - One (\$50) prize will be awarded based on creativity.