

Youth Bike & Roll Challenge!

Bike or roll for 10 days in May and win a prize! Record the number of miles you bike or roll each day. Email your completed challenge to walknroll@intercitytransit.com by June 1 and we will mail you a prize and enter you in a drawing for an even bigger prize! Send a photo of yourself biking or rolling for a bonus prize! By sending a photo, you give Intercity Transit permission to use it for public promotion. All Thurston County youth can participate.

Name: _____
 Mailing Address: _____
 City: _____ Zip: _____
 Total Miles: _____

START LINE

Day 1 # of miles: _____	Day 2 # of miles: _____	Day 3 # of miles: _____	Day 4 # of miles: _____
Day 5 # of miles: _____	Day 6 # of miles: _____	Number of additional days you rolled in May: _____	
Day 7 # of miles: _____	Total number of miles for additional days: _____		FINISH LINE!!!
Day 8 # of miles: _____	Day 9 # of miles: _____	Day 10 # of miles: _____	



Bike and Roll Safety Tips

- Wear a properly fitted helmet.
- Stay alert! Don't use cell phones or wear headphones.
- Get off and walk, don't roll in crosswalks.
- Check left, right, left for traffic.
- Make eye contact with drivers.
- Be predictable and follow the rules of the road.
- Use lights and wear reflective and bright clothing.
- Youth under the age of 10 should bike and roll with an adult.

