

# CHOOSEWELL BIKING SPRING CHALLENGE

WITH THE RED DEER WELLNESS ALLIANCE

April 1 - May 30, 2021

We challenge you to pedal and eat healthy this spring! Check off the challenges as you go, and for every challenge that you complete, you'll earn ONE entry into our fabulous prize draws. Email your completed challenge sheet to [programs@rdpl.org](mailto:programs@rdpl.org) by May 30, 2021 to enter.

- Prepare your bike for the biking season!  
What did you do?.....
- Sign up for the 30 Days of Biking challenge @ [30daysofbiking.com](http://30daysofbiking.com)  
How many days did you bike in April?.....
- Ride on a bike lane in Red Deer!  
Which bike lane did you ride on?.....
- Take a picture of your bike and/or you riding in Red Deer.  
Share this picture with your friends .....
- Explore Red Deer trails!  
Which one is your favourite? .....
- Visit [www.bikereddeer.com](http://www.bikereddeer.com) and like RDABC (Red Deer Association for Bicycle Commuting) on social media.  
What did you learn about RDABC? .....
- Commute anywhere in Red Deer instead of driving.  
Where did you go?? .....

**SUBMIT BY MAY 30, 2021!**

Share your biking adventures with us!  
#choosewellrd



NAME:

EMAIL:



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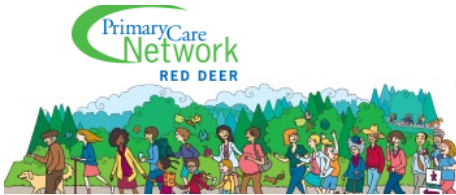
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