## LEAGUE OF AMERICAN BICYCLISTS



Logged my miles in the National Bike Challenge Biked in the rain

Rode someplace I'd never ridden before Said hello to another bicyclist

Added air to tires



Biked at least 10 miles in one day

Encouraged a friend to start riding

Rode to school or work

Rode to the grocery store

Rode to a community meeting



Joined a group ride

Participated in a special Bike Month event!



Rode to a place I would usually drive to Rode with kids



Explored another city's infrastructure

Rode farther than I ever have before Changed a bike tire

Went mountain biking



Visited bikeleague.org

Tweeted about biking



Rode an e-bike for the first time

Shopped at a local bike shop

I'm a member of the League