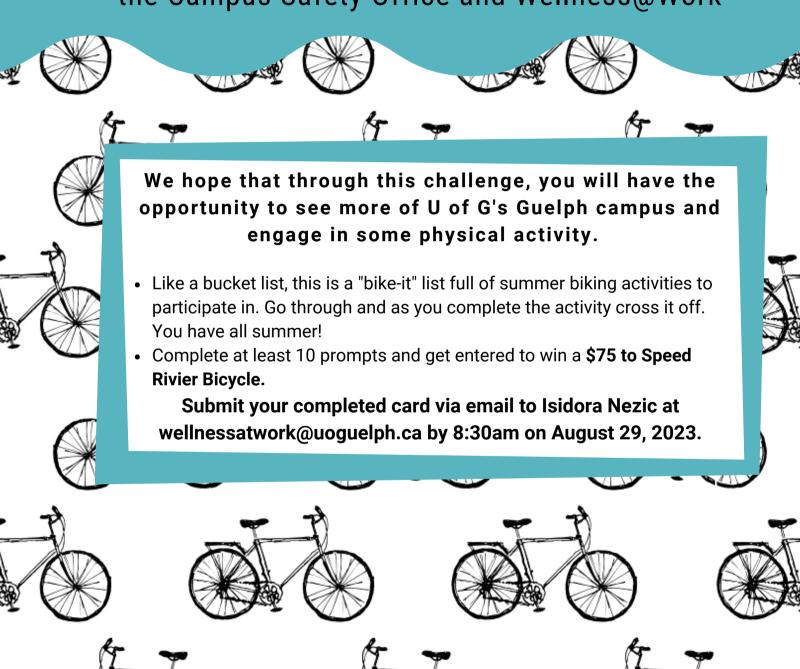
Summer 2023

BIKE-IT LIST!

A wellness challenge collaboration between the Campus Safety Office and Wellness@Work







Summer 2023 BIKE-IT LIST

	Bike around the Aboretum!								
	Commute to campus by bike.								
	Ride th	ne entir	ety of "Dairy Bush	n Path	Path" from Gordon Street to Chancellors Way.				
	Bike up the Gordon Street Hill!								
	Visit the CSA Bike Centre.								
	Say hello to a bike patrol officer with the Campus Safety Office and ask them what a "ABC Quick Check is" and to show you on your bike. (Note: either flag down an officer who is biking around campus, or stop by the Trent Building to ask to speak to one!)							either flag	
	Talk to a fellow cyclist on campus about the importance of using a Lock when locking a bicycle.						strong U-		
	Take a photo of you and your bike with the Begging Bear (send this photo to friend if you don't use social media).								
	Take a	e a photo of your favourite place to bike.							
	Note the serial number and a detailed description of your bike, and take a photo of it. Tuck this information away for your records. If your bike is ever stolen, you'll be able to make a police report with this information.								
	Ride the entirety of Winegard Walk, from South Rin						to Colleg	e Ave.	
	Bring family or friends to campus for a bicycle ride.								
	Register your bike with the "529 Garage" website. If your bike is ever stolen, this online database can help law enforcement and cycling groups find your bike.								
	Take a	Take a photo of you and your bike at the Gryphon Statue.							
	Ride th	ne entir	ety of Alumni Wa	lk, fro	om College A	ve to East	Ring Roa	ıd.	
NAME:									
DEPARTM		ENT:			Submit you	r card via e	email to Is	sidora Nezic	
EM	AIL:				at wellnessatwork@uoguelph.ca by 8:30am				
EX	TENSIO	N:				on August	29, 2023		