

Summer 2023 BIKE-IT LIST!

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

We hope that through this challenge, you will have the opportunity to see more of U of G's Guelph campus and engage in some physical activity.

- Like a bucket list, this is a "bike-it" list full of summer biking activities to participate in. Go through and as you complete the activity cross it off. You have all summer!
- Complete at least 10 prompts and get entered to win a \$75 to Speed Rivier Bicycle.

Submit your completed card via email to Isidora Nezic at wellnessatwork@uoguelph.ca by 8:30am on August 29, 2023.



University of Guelph

**Wellness
@Work**

Summer 2023 BIKE-IT LIST

- Bike around the Aboretum!
- Commute to campus by bike.
- Ride the entirety of "Dairy Bush 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!)
- Talk to a fellow cyclist on campus about the importance of using a strong U-Lock when locking a bicycle.
- Take a photo of you and your bike with the Begging Bear (send this photo to a friend if you don't use social media).
- Take 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 Ring Road to College 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 photo of you and your bike at the Gryphon Statue.
- Ride the entirety of Alumni Walk, from College Ave to East Ring Road.

NAME:

DEPARTMENT:

EMAIL:

EXTENSION:

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