

BIKE FOR HEALTH CHALLENGE

Five Rivers MetroParks challenges you and your family to Get Out & Bike on the Nation's Largest Paved Trail Network by participating in the Bike for Health Challenge. The challenge is a series of self-guided, ride at your own pace rides. Each week May through September there is a designated route ranging from 5 to 20 miles. Anytime during that week you can complete the ride and log the miles. The first 100 people to log 125 miles will receive a 125 Mile Achievement T-shirt.

For those interested in a guided experience, check out a Bike for Health Guided Ride. These rides are led by Five MetroParks staff and volunteers and many are shorter in length making them a great family friendly activity and welcoming to new riders.

FOR MORE INFORMATION
Call (937) 275-PARK or email Randy Ryberg at randy.ryberg@metroparks.org

FIVE RIVERS METROPARKS
409 E. Monument Ave., Third Floor
Dayton, Ohio 45402
(937) 275-PARK (7275)

METROPARKS.ORG

FIVE RIVERS METROPARKS PROGRAM GUIDE

Bike for Health Challenge

A Fun Way for You and Your Family to Explore the Nation's Largest Paved Trail Network

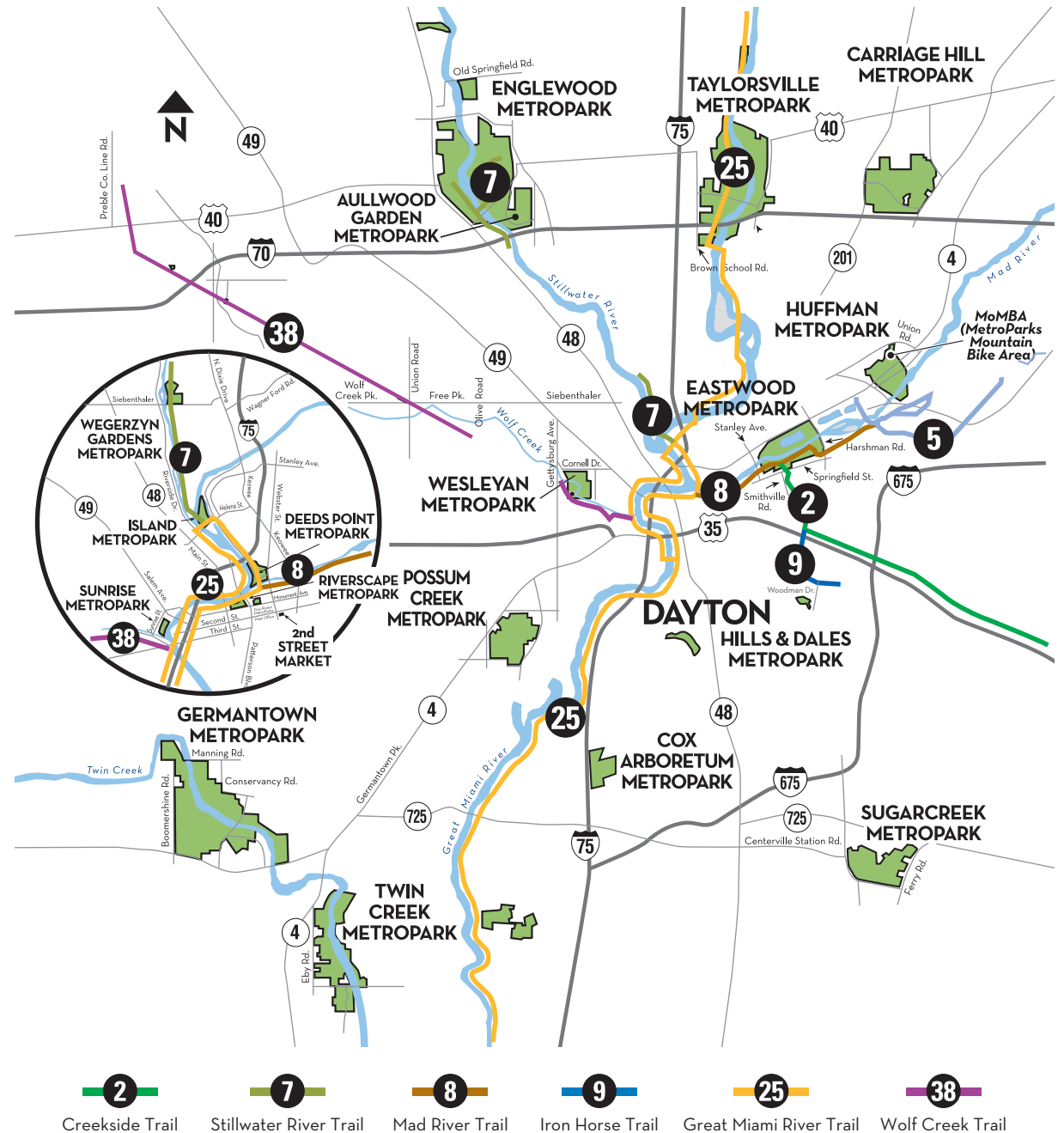


2019 CYCLING SERIES



MIAMI VALLEY TRAILS

The nation's largest paved-trail network.
Visit miamivalleytrails.org to see and download a full bikeway map.



- 2
 Creekside Trail
- 7
 Stillwater River Trail
- 8
 Mad River Trail
- 9
 Iron Horse Trail
- 25
 Great Miami River Trail
- 38
 Wolf Creek Trail

BIKE FOR HEALTH CHALLENGE 2019

- Rides are self-guided, at your own pace, on your own time, when it fits in your schedule.
- You are responsible for logging your miles on the attached Ride Log.
- You can ride the designated route of the week as many times as you like, but only one ride each week will contribute to your total on the Ride Log.
- The mileage listed for each route is the total for out-and-back, meaning there is a starting point and a turnaround point.

GUIDED RIDES

Join staff and volunteers on select weeks for a guided ride on the route of the week.

RIDE TO DEEDS POINT METROPARK

WED. MAY 15, 6:30 PM Meet in the main parking lot at Wegerzyn Gardens MetroPark. (6 miles)

RIDE TO RIVERSCAPE METROPARK

SAT. JUN 8, 9:00 AM Meet in the last parking lot at Eastwood MetroPark, 1385 Harshman Road. (6 miles)

RIDE TO WEGERZYN GARDENS METROPARK

THU. JUN 20, 6:30 PM Meet at Deeds Point MetroPark, 510 Webster St. (6 miles)

RIDE TO HUFFMAN METROPARK

SAT. JUL 13, 9:00 AM Meet at Deeds Point MetroPark, 510 Webster St. (14 miles)

RIDE IN ENGLEWOOD METROPARK

SAT. AUG 10, 9:00 AM Meet in the West Park parking lot at Englewood MetroPark, 100 E. National Road. (5 miles)

RIDE TO EASTWOOD METROPARK

THU. AUG 22, 6:30 PM Meet at Deeds Point MetroPark, 510 Webster St. (7 miles)

RIDE IN ENGLEWOOD METROPARK

SAT. SEP 14, 9:00 AM Meet in the West Park parking lot at Englewood MetroPark, 100 E. National Road. (5 miles)

RIDE TO HUFFMAN DAM

WED. SEP 25, 6:30 PM Meet in the last parking lot at Eastwood MetroPark, 1385 Harshman Road. (7 miles)

GUIDED RIDE GUIDELINES

- All participants must sign a waiver to join the ride.
- Participants under 18 must be accompanied by a parent/guardian.
- Participants must remain behind the lead ride guide and in front of the sweep ride guide.
- Bicycles must be in good working order.
- Participants are responsible for making any needed repairs to their bicycles during the ride.
- ALL PARTICIPANTS MUST WEAR A HELMET.

THE CHALLENGE

125 MILE ACHIEVEMENT T-SHIRT

The first 100 participants to mail in their Ride Logs with 125 miles completed will be eligible to receive a t-shirt.

BONUS PRIZE

All Ride Logs received regardless of total mileage will be entered to win a \$50 gift card to the bike shop of your choice.

RIDE LOG INSTRUCTIONS

- Check the box next to the corresponding rides as you complete them
- Use the Total column to track your miles as you work toward the 125 Mile Achievement.
- Once you've logged 125 miles, mail or email your Ride Log for a chance to receive the Achievement t-shirt.
- The Achievement T-shirt Form must be complete to be eligible to receive a t-shirt or prize.
- You will be notified via e-mail if you are one of the first 100.
- Ride Logs must be received by October 11.

ACHIEVEMENT T-SHIRT FORM

NAME _____

DATE OF BIRTH _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____

E-MAIL _____

T-SHIRT SIZE (circle one): S M L XL XXL XXXL

(sizes are standard unisex adult)

T-SHIRT PICK UP

Achievement t-shirts will be distributed at the 2nd Street Market, Nov 2, 10 AM to noon. If you do not claim your shirt at this time, you may collect it at Five Rivers MetroParks Main Office, 409 E. Monument Ave., Third Floor after Nov 4, Monday-Friday 8 AM to 5 PM

RETURN COMPLETED FORM

AND RIDE LOG TO:

Five Rivers MetroParks ATTN: Randy Ryberg
409 E. Monument Ave., Third Floor
Dayton, OH 45402

(Or scan and email to randy.ryberg@metroparks.org)

RIDE LOG

All locations are within Dayton city limits unless otherwise noted.

WEEK	TRAIL	STARTING POINT	TURNAROUND POINT	MILES	CHECK	RUNNING TOTAL
May 1 - May 4	Mad River	Eastwood MetroPark 1385 Harshman Rd.	RiverScape MetroPark 237 E. Monument Ave.	6	<input type="radio"/>	
May 5 - May 11	Great Miami River/ Great-Little	Riverfront Park 3 North Miami Ave., Miamisburg	Medlar Conservation Area 4558 Medlar Rd., Miamisburg	10	<input type="radio"/>	
May 12 - May 18	Stillwater River/Great Miami River	Wegerzyn Gardens MetroPark 1301 E. Siebenthaler Ave.	Deeds Point MetroPark 510 Webster St.	6	<input type="radio"/>	
May 19 - May 25	Creekside	Eastwood MetroPark 1385 Harshman Rd.	Fifth Third Gateway Park 4231 Dayton-Xenia Rd.	11	<input type="radio"/>	
May 26 - Jun 1	Wolf Creek	Rob's Restaurant705 Arlington Rd., Brookville	Preble Co. Line 10630 Preble County Line Rd.	10	<input type="radio"/>	
Jun 2 - Jun 8	Mad River	Eastwood MetroPark, 1385 Harshman Road	RiverScape MetroPark 237 E. Monument Ave.	6	<input type="radio"/>	
Jun 9 - Jun 15	Great Miami River	Miami & Erie Canal Park 5457 Marina Dr., West Carrollton	Riverfront Park 3 North Miami Ave., Miamisburg	10	<input type="radio"/>	
Jun 16 - Jun 22	Stillwater River/Great Miami River	Deeds Point MetroPark 510 Webster St.	Wegerzyn Gardens MetroPark 1301 E. Siebenthaler Ave.	6	<input type="radio"/>	
Jun 23 - Jun 29	Iron Horse	State Farm Park 510 Blackhawk Rd., Kettering	Creekside Trail Intersection Near 3647 Linden Ave.	9	<input type="radio"/>	
Jun 30 - Jul 6	Creekside	Eastwood MetroPark 1385 Harshman Rd.	Fifth Third Gateway Park 4231 Dayton-Xenia Rd., Beavercreek	11	<input type="radio"/>	
Jul 7 - Jul 13	Mad River	Deeds Point MetroPark 510 Webster St.	Huffman Dam 4439 Lower Valley Pike	14	<input type="radio"/>	
Jul 14 - Jul 20	Great-Little	Medlar Conservation Area 4558 Medlar Rd., Miamisburg	The Bike Hub at Austin Landing 10400 Innovation Dr. Miamisburg	5	<input type="radio"/>	
Jul 21 - Jul 27	Stillwater River	Sinclair Park 685 Shoup Mill Rd.	Triangle Park 2680 Ridge Ave.	7	<input type="radio"/>	
Jul 28 - Aug 3	Wolf Creek	Olde Town Depot 10 E Main St., Trotwood	Rob's Restaurant 705 Arlington Rd., Brookville	14	<input type="radio"/>	
Aug 4 - Aug 10	Stillwater River	Englewood MetroPark (West) 100 E. National Rd., Englewood	Englewood MetroPark (East) 4361 W. National Rd., Vandalia	5	<input type="radio"/>	
Aug 11 - Aug 17	Wolf Creek	Wesleyan MetroPark 1441 Wesleyan Rd.	Sunrise MetroPark 50 N. Edwin C. Moses Blvd.	5	<input type="radio"/>	
Aug 18 - Aug 24	Mad River	Deeds Point MetroPark 510 Webster St.	Eastwood MetroPark 1385 Harshman Rd.	7	<input type="radio"/>	
Aug 25 - Aug 31	Iron Horse	State Farm Park 510 Blackhawk Rd., Kettering	Creekside Trail Intersection Near 3647 Linden Ave.	9	<input type="radio"/>	
Sep 1 - Sep 7	Great Miami River	Miami & Erie Canal Park 5457 Marina Dr., West Carrollton	Crains Run Nature Park 10741 Day-Cin Pike, Miamisburg	19	<input type="radio"/>	
Sep 8 - Sep 14	Stillwater River	Englewood MetroPark (West) 100 E. National Rd., Englewood	Englewood MetroPark (East) 4361 W. National Rd., Vandalia	5	<input type="radio"/>	
Sep 15 - Sep 21	Wolf Creek	Rob's Restaurant 705 Arlington Rd., Brookville	Preble Co. Line 10630 Preble County Line Rd.	10	<input type="radio"/>	
Sep 22 - Sep 28	Mad River	Eastwood MetroPark 1385 Harshman Rd.	Huffman Dam 4439 Lower Valley Pike	7	<input type="radio"/>	