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

Bike for Health Challenge
A Fun Way for You and Your Family to Explore the Nation’s Largest Paved Trail Network

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

CREEKSIDE TRAIL
STILLWATER RIVER TRAIL
MAD RIVER TRAIL
IRON HORSE TRAIL
GREAT MIAMI RIVER TRAIL
WOLF CREEK TRAIL

Printed with environmentally friendly paper and ink. ©MR-1000

2019 CYCLING SERIES
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. (5 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. (5 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. (9 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 ride 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 adults)

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

<table>
<thead>
<tr>
<th>WEEK</th>
<th>TRAIL</th>
<th>STARTING POINT</th>
<th>TURNAROUND POINT</th>
<th>MILES</th>
<th>CHECK</th>
<th>RUNNING TOTAL</th>
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<tbody>
<tr>
<td>May 1-4</td>
<td>Mad River</td>
<td>Eastwood MetroPark 1385 Harshman Rd.</td>
<td>RiverScape MetroPark 237 E. Monument Ave.</td>
<td>6</td>
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<tr>
<td>May 5-11</td>
<td>Great Miami River/Great-Little</td>
<td>Riverfront Park 3 North 2550 Miami Ave., Miamisburg</td>
<td>Mediller Conservation Area 4558 Mediller Rd., Miamisburg</td>
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<tr>
<td>May 12-18</td>
<td>Stillwater River/Great Miami River</td>
<td>Wegerzyn Gardens MetroPark 1216 E. Sibenthaler Ave.</td>
<td>Deeds Point MetroPark 510 Webster St.</td>
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<td>May 19-25</td>
<td>Creekside</td>
<td>Eastwood MetroPark 1385 Harshman Rd.</td>
<td>Fifth Third Gateway Park 4330 Dayton-Xenia Rd.</td>
<td>11</td>
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<tr>
<td>May 26-1 Jun</td>
<td>Wolf Creek</td>
<td>Rob’s Restaurant 105 Arlington Rd., Brookville</td>
<td>Preble Co. Line 10430 Preble County Line Rd.</td>
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<tr>
<td>Jun 2-8</td>
<td>Stillwater River/Great Miami River</td>
<td>Eastwood MetroPark 1385 Harshman Rd.</td>
<td>RiverScape MetroPark 237 E. Monument Ave.</td>
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<tr>
<td>Jun 9-15</td>
<td>Great Miami River</td>
<td>Deeds Point MetroPark 510 Webster St.</td>
<td>Wegerzyn Gardens MetroPark 1216 E. Sibenthaler Ave.</td>
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<td>Jun 16-22</td>
<td>Wolf Creek</td>
<td>Riverfront Park 3 North 2550 Miami Ave., Miamisburg</td>
<td>Wegerzyn Gardens MetroPark 1216 E. Sibenthaler Ave.</td>
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<td>Jul 3-9</td>
<td>Iron Horse</td>
<td>State Farm Park 510 Blackhawk Rd., Kettering</td>
<td>Creekside Trail Intersection Near 3642 Linden Ave.</td>
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<tr>
<td>Jul 10-17</td>
<td>Creekside</td>
<td>Eastwood MetroPark 1385 Harshman Rd.</td>
<td>Fifth Third Gateway Park 4331 Dayton-Xenia Rd., Beavercreek</td>
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<td>Jul 14-20</td>
<td>Mad River</td>
<td>Deeds Point MetroPark 510 Webster St.</td>
<td>Huffman Dam 4430 Lower Valley Pike</td>
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<td>Jul 15-21</td>
<td>Great-Little</td>
<td>Mediller Conservation Area 4558 Mediller Rd., Miamisburg</td>
<td>The Bike Hub at Austin Landing 10400 Innovation Dr. Miamisburg</td>
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<td>Jul 22-28</td>
<td>Wolf Creek</td>
<td>Olde Town Depot 10 E Main St., Trotwood</td>
<td>Rob’s Restaurant 105 Arlington Rd., Brookville</td>
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<td>Aug 4-10</td>
<td>Stillwater River</td>
<td>Englewood MetroPark (West) 100 E. National Rd. Englewood</td>
<td>Englewood MetroPark (East) 4350 W. National Rd., Vandalia</td>
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<td>Aug 11-17</td>
<td>Wolf Creek</td>
<td>Wesleyan MetroPark 1441 Wesleyan Rd.</td>
<td>Sunnyside MetroPark 50 N. Edwin C. Moses Blvd.</td>
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<td>Mad River</td>
<td>Deeds Point MetroPark 510 Webster St.</td>
<td>Eastwood MetroPark 1385 Harshman Rd.</td>
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<td>Aug 25-31</td>
<td>Iron Horse</td>
<td>State Farm Park 510 Blackhawk Rd., Kettering</td>
<td>Creekside Trail Intersection Near 3642 Linden Ave.</td>
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<td>Sep 1-7</td>
<td>Great Miami River</td>
<td>Miami &amp; Erie Canal Park 5472 Marina Dr., West Carrollton</td>
<td>Crains Run Nature Park 10161 Day-Cin Pike, Miamisburg</td>
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<tr>
<td>Sep 8-14</td>
<td>Stillwater River</td>
<td>Englewood MetroPark (West) 100 E. National Rd. Englewood</td>
<td>Englewood MetroPark (East) 4350 W. National Rd., Vandalia</td>
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<td>Sep 15-21</td>
<td>Wolf Creek</td>
<td>Rob’s Restaurant 105 Arlington Rd., Brookville</td>
<td>Preble Co. Line 10430 Preble County Line Rd.</td>
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<td>Mad River</td>
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