



10<sup>th</sup> Annual Mayor's Challenge, May 14-21

**PedNet**

## **Bike or Hike to Church Sunday, May 15**

Active transportation – like biking or walking - promotes stewardship of our valuable resources, fitness and healthy living and fellowship opportunities.

### **How to Organize and Promote a Bike or Hike to Church Sunday**

1. Lean a bicycle against the pulpit or entry area with a sign promoting the date.
2. Create a bicycle corral for a nice visual statement.
3. Offer free breakfast food for individuals walking or cycling.
4. Recognition for youngest, oldest or farthest distance in walking and bicycling categories.
5. Plan an organized ride or walk after church to a local food pantry or shelter.
6. Offer a special seating area for bicyclists and anyone who walked to church.
7. Have a "Bike Fairy" place a small gift (bike pin, bike bell, simple message, etc) on bicyclist's saddles while they attend church services.
8. Ask active congregation members to walk or bicycle a few weeks prior to May 15.
9. Provide bike parking area – fences work well - and advertise where bikes can be parked.
10. Offer the assistance of the PedNet Coalition for route planning and bicycle education ideas. Contact us at [www.pednet.org](http://www.pednet.org).

All places of worship are invited to participate. No registration necessary.  
Questions? Contact Janet Godon, PedNet Program Director, at 823.5503 or [janet@pednet.org](mailto:janet@pednet.org).  
Additional information on BWW at [www.pednet.org](http://www.pednet.org).