



# BIKE to WORK

## A 2008 Healthy Habits Challenge

### How to Register:

Calvin Faculty and Staff:

Please register online for the Bike to Work Challenge using the following Healthy Habits

website link:  
From the Calvin homepage, click:

- “Faculty/Staff”, then “Healthy Habits Wellness Program”.
- Click: “Online registration”; complete and submit the form.

Seminary Employees:  
Please email

healthyhabits@calvin.edu

### Bike Tune-Up

Need a professional to take a look at your bike? As part of this challenge, Grand Rapids Bicycle Company (2121 Celebration Drive) is offering special \$35 bike tune-ups for only \$20!

### Bike Helmets

Grand Rapids Bicycle Company is also offering a 10% discount on any bike helmet in their store from now until October 1.

Calvin College

September-October 2008

### What is it?

- This program is themed after the Tour de France, which is the largest and most famous stage race in the world, running since 1903. The race takes place during the summer and is broken into 21 stages (each day, a different stage is biked).
- Like the tour, Bike to Work participants are required to bike individual stages. Each day that you bike to or from work counts as one stage completed. In other words, if you bike to work 16 days, you complete 16 stages.
- Special yellow “jerseys” (t-shirts) will be given to all participants who register by September 5th. Please make sure to indicate your t-shirt size when you register online. All participants who bike 21 stages, will be entered into a drawing for a chance to win one of 3 official Tour de France biking jerseys.
- The challenge starts September 8 and ends October 24th (7 weeks).
- As Caffeine is the only “legal drug” allowed during this challenge, “Drug Testing” (free cholesterol screening), will be scheduled throughout the Tour. Dates and times will be published in September.
- Stages are counted as complete when they are biked to or from work at Calvin. Only one stage can be completed each day.

### Walk Option

- Since one of our goals for this challenge is to decrease the number of vehicles on campus, we also have a non-biking alternative. For those of you who would rather walk/run/jog to work, we will also accept these forms of “transportation” for stage completion! You will still receive a special “biking jersey” if you register by September 5...and you will be eligible for additional prizes at the end...but the drawing for the official Tour de France jerseys will only be for those who bike all 21 stages.

### 4 Easy Steps to the Challenge!

- Step 1: Register online between August 25th–September 7th.
- Step 2: Bike to work as often as possible between September 8 and October 24th.
- Step 3: Keep track of your progress using the “Tour Tracker” (a printable version can be found online on the Healthy Habits website) and turn your completed tracker in at the end of the program.
- Step 4: Celebrate your accomplishments with others at our “Tour Party” on November 7th!



## Frequently Asked Questions:

- Q. Because I live so far from work, is it possible for me to bike halfway and then ride the bus the rest of the way?
- A. Yes, this would count as if you were to bike all the way to work.
- Q. What if I bike in to work, but ride/carpool home, or vice versa (because of rain, appointments, etc.)?
- A. This counts as a stage completed on your Tour Tracker.
- Q. Does biking “to” work count as one stage, and biking “home” count as another stage? Or what if I bike to and from work twice in one day?
- A. Regardless of how many times you bike to or from work each day, you may only count one stage completed per day.
- Q. I do not have a bike. What if I walk to work instead of taking my car?
- A. Because this is a “Bike to Work” challenge, we highly encourage you to find a bike that you can use for seven weeks. However, since we are trying to encourage physical activity and reduce the number of vehicles on campus, we will accept walking, jogging and/or running to work as alternatives to biking. Note: Taking the bus does not count as credit for this challenge.
- Q. Can I walk to work some days and bike into work on others?
- A. Yes, you may count each day that you bike or walk to work as a stage completed.
- Q. How many stages do I need to complete to get my t-shirt, Healthy Habits quarterly cash incentive, and chance to win an official Tour de France biking jersey?
- A. Upon registration, a tour t-shirt will be sent to you ICM. In order to receive quarterly cash incentive credit, you must complete at least 7 stages (an average of one stage per week). Participants who complete all 21 stages biking will be entered into the drawings for the biking jerseys.
- Q. I live 10 miles from Calvin and my co-worker lives less than a mile. Do we both “complete” a stage each day that we bike to and/or from work (even though I am biking a significantly greater distance?)
- A. The amount of miles to or from Calvin does not matter for this challenge. Healthy Habits is more interested in encouraging physical activity for everyone and reducing the number of vehicles that come to campus each day. That being said, we hope that you will attempt to bike at least 3 miles (or walk at least 1 mile) on your way in, regardless of how close you live to Calvin.
- Q. What if my bike breaks down while I am on the way to work?
- A. Unfortunately, we will be unable to assist with any problems you may encounter when biking to work. We encourage you to take a cell phone with you, and to also take along an emergency repair kit (containing extra tubes, a small bike pump, etc.). If you are concerned with the condition of your bike, it is recommended that you take advantage of our discounted bike tune-up.