

Help Activate Today's Youth

BikeWithMe is a unique web-based system that hosts school classroom bike riding contests. These contests challenge each classroom to get out and ride, motivating each student, their families, and the school's staff to become more active and improve their health.

BikeWithMe is dedicated to encouraging and inducing change in the American lifestyle, a lifestyle that, given the current decline in national health, needs change. If educated early, school children can lead the change to becoming more active, and in turn, encourage others to start riding.

The wide-scale adoption of cycling has the potential to alleviate many issues concerning America today. Together, the schools and the biking competition can revitalize America.

BikeWithMe recommends that those new to cycling limit themselves at first to doing easy 20-minute rides three times per week.

A gentle introduction allows the body to adapt comfortably. A person should be accustomed to riding before increasing distance, frequency, or speed beyond this level.

Keep Biking Fun!

The school biking contest is not a race. Gentle riding coupled with social or group motivation helps people become physically active to improve their health and lives.

WWW.BIKEWITHME.COM

LetsRide@BikeWithMe.com

414-708-4204



SCHOOL CLASSROOM CHALLENGE

Students 🚲 Parents 🚲 Teachers

WWW.BIKEWITHME.COM

Out to Ride...

Contests usually run 8 to 12 weeks and are easy to start. They can be run between any two classrooms—even in different schools. Each student creates a mileage log, entering the miles they ride into the website. The site collects and displays the data in graphical formats while also creating a weekly math lesson for different aspects of the riding contest. Graphs can be viewed online by the classroom, individual, or parents—encouraging both family participation and motivating each student to reach their personal goal.

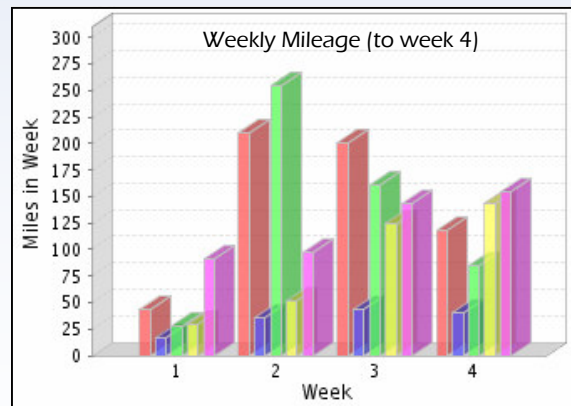
5 Easy Steps to Start...

1. A single administrator, usually a teacher, is designated to run the contest.
2. Information on the contest, the classes, teachers, and schools (if different) is entered onto the website.
3. Site instructions and account information is provided to each student.
4. Permission slips are given out to students, requiring the signature of their parent(s).
5. Students, their families, and the participating faculty start to ride!

BikeWithMe propels people to bike in multiple ways. Students are not only motivated by the contest itself, but also by the classroom display of their own riding data, the feeling of belonging to a team, and the ability to share their accomplishments with their parents.

The students ride and spread excitement.

Many parents understand the need for students to exercise, and welcome the opportunity to contribute to their child's class mileage totals. Parents often find themselves checking their own riding data along with checking the contest mileage daily to see the team standings.



An example of one of the many graphs that is generated by BikeWithMe. Each team is color coded by class. This graph depicts how many miles each class rode per week during the first four weeks of the contest.

The Benefits...

- 🚲 Improves the health of the students and participating parents and staff
- 🚲 Teaches math skills effectively with weekly highlighted math lessons
- 🚲 Teaches healthy lifestyle skills
- 🚲 Improves the school/home connection and makes students more attentive
- 🚲 A program for all students, not just the athletic
- 🚲 Biking to school time-efficiently combines commuting and exercise
- 🚲 Family togetherness with parent participation

