

BIKE MORE CHALLENGE

Bingo

Get 5 in a row for an entry into the prize drawing!

Learn about safe riding during COVID-19

Tune up your bike at home

Send us a photo or video of your Bike More Challenge experience

Brush up on the rules of the road

Watch a classic cycling movie

Review Oregon's bike laws

Learn how biking improves mood and mental health

Set a bike-related wellness goal and share it with us

Take a ride through your neighborhood

Review helpful tips for safe biking

Learn how to change a flat tire

Support your local bike shop by shopping in person or online

Log a ride for the Bike More Challenge

Learn how to fuel your body for a bike ride

Sign up for Get There Oregon

Learn about Commuter Kickbacks (and log a trip if you can!)

Check out this video to learn how to set your saddle height properly

Learn about road and lane closures at wc-roads.com

Stop to admire local art along your ride - and snap a photo!

Get a friend to sign up for the Bike More Challenge

Use an app or activity tracker for biking, like [Strava](#)

Learn how to properly fit a helmet and adjust your own if necessary

Practice a useful bike route (ex. to the store, to work)

Sign up for the WTA newsletter

Learn stretches to prevent common cycling injuries



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WASHINGTON COUNTY
OREGON