

EMPLOYEE CHALLENGE PORTNEUF VALLEY BIKE-TO-WORK

www.pokybiketowork.org
 email: connie@bplan.org
 phone: 208-233-9322
 fax: 1-866-230-4709



Better Health, Cleaner Air, Cash in your Pocket!

Rack up just three hours of riding time a week and you can slash your risk of heart disease and stroke. Motorized vehicles are responsible for 70% of the carbon monoxide, 45% of the nitrogen dioxide and 34% of the hydrocarbons people produce. The average annual price of keeping an automobile running is \$6,890 (source: AAA).

Sign up to Bike-to-Work for the month of May. Participate in the events scheduled for May. Bike-To-Work and ribbon cutting from Barrie's Ski & Sports on May 3; Spring Onto The Greenway on May 8; a Bike Parade on May 21; Tour de Inkom and Celebrity Ride - 25 mile ride on May 22; and of course, the Employee Challenge.

Information Packet:

Bike reflectors and t-shirts will be issued based on your workplace employee participation.

Now is the time to begin or enhance your alternative transportation program and to assure that your company receives recognition as an Alternative Transportation Champion. We are quickly approaching a time of year when we are given an opportunity to encourage our employees to use alternative transportation. If your company or organization would like to participate in the Portneuf Valley Bike-to-Work challenge, please fill out the following forms and mail, email connie@bplan.org or, fax to 1-866-230-4709. If you have any questions please call Connie Doerr at: 208-233-9322.



Business Representative Name:	
Company/Organization:	
Number of employees participating:	T-shirt sizes (see pledge sheet)
Website address:	
Address:	
City:	Zip Code:
Phone:	Fax:
Email address:	

Would your company consider being a part of the 2010 Portneuf Valley Bike-to-Work? Yes No

The tracking form can also be downloaded from the website: pokybiketowork.org. Your employees can track their participation on paper or electronically by using the enclosed form (automatically calculates from the website form).

