

Participant Registration Tips...

Log In and Win

Win great prizes! Ride your bike!

Whether you work for the Man or yourself, you should bike to work and, during Bike to Work Week, you should log into the FBO website each day you ride.

Registering your participation accomplishes 3 simple things: 1) it allows us to determine the winners of the worksite challenge (and the bikes); 2) it puts you in the daily drawing for great prizes; and 3) it allows us to track and report (to the folks making the decisions) on how many people really can ride in this town!

Everyday that you bike to work during the week visit the site www.flagstaffbiking.org and follow the Bike to Work graphic to the Log-in page. If you can't get to a computer, have your worksite coordinator or a co-worker log in for you.

You will need to:

- 1) choose your organization from the drop down menu (if your worksite is participating in the challenge) or choose "Unaffiliated" if not.
- 2) enter your name and email for the daily prize raffle
- 3) enter the number of roundtrip miles you rode your bike to work (or errands)
- 4) if you are a worksite coordinator, enter total daily worksite employee numbers, including pedestrian and bus-rider numbers.

That's IT! We draw the raffle prize winners after midnight Log-in Monday through Friday for the daily raffle drawing. The worksite challenge ends at noon on Thursday, so login in first thing Thursday morning. The cut-off is 10 am for the school kids challenge, noon for the worksite challenge.

Each day the prizes donated by our sponsors will be listed on the site. We have excellent giveaways from supporting bicycle and sports stores, coffee houses and restaurants, and lots of others.

Go to our website for more information on how to commute by bike...

How to prepare your bike and yourself

Strategies for cycling

Street rules, route recommendations

FBO would like to thank our generous sponsors who made this event possible

Sam's Club, Flagstaff Medical Center,

Emmitt Barks Cartography



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An invitation to upcoming events:

Check www.flagstaffbiking.org for up-to-date information and join us on these events...



Ride of Silence: May 21st.

Join other cyclists for a ride to commemorate other cyclists who have fallen or been injured while riding. The ride starts at the FMC parking lot in the afternoon. Stay tuned for details.

Pancake Breakfast for Father's Day: June 15th.

We'll be serving flapjacks and fun rides to Father's and all cyclin' folks at Schultz Creek trailhead for our annual summer kick-off event. Starting at 8:30 am.



Trail Days:

Help build and restore the environmentally sustainable trails that you love all around Flagstaff this summer! It's fun, the people are cool, and you'll be building a legacy -- including the eagerly awaited Loop Trail! go to www.flagstaffbiking.org/trail-days/ for upcoming details

IMBA training weekend: May 2-4th
at the Forest Service headquarters

National Trail Day: June 7th
at Highlands trail



Setting wheels in motion

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