

## **TEAM UP FOR BIKE MONTH**

By Celene Lovato

It's that time of year again; traffic is gummed up on I-25, the parking lots are busy, and cars have never felt so stuffy. There is a prize-worthy, exciting, and sustainable solution for commuting to campus. Think small, light, convenient, and fun. Think bicycles.

Imagine rolling right up to the classroom with your commuter bike, a spot on the bike rack readily available to you. The time and gas you use trying to find a parking spot could be used discovering the biking trails and routes that lead to UCCS. Commuter cycling is a great form of exercise, can provide significant stress relief, and drastically reduces one's carbon footprint.

September is UCCS Bike Month, dedicated to showcasing how bicycles can be used as every day, sustainable transportation. The month-long celebration of Bike Month Challenge kicks off on September 3<sup>rd</sup> with Bike Jam. In years past, Bike Month participants have been able to compete individually and departmentally throughout the month to earn prizes. Past teams were designated by UCCS departments (e.g. Kraemer Family Library, Geography & Environmental Studies), but this year is going to be different. For the first time in UCCS's Bike Month history, each rider has the power to choose their own team.

Teams can consist of both students and faculty, and range anywhere in size. Each team will keep track of their miles and number of rides using Bike Journal, a website designed to track cyclist's miles and connect them to the larger cycling community. The data collected will be sent to the Office of Sustainability to be recorded, then each team's total will be divided by the number of members they have on the team. Whichever group comes up with the highest average of miles or rides will receive prizes, a trophy made from recycled bike parts, and bragging rights.

Joining a team creates a sense of accountability to stick to your goals along with bonding over shared experiences. Your team could come from anywhere, your study group, your campus club, your band, your coworkers; all viable options. The first step to winning is to register though, and the sooner you're registered, the sooner you can start adding up those miles!

### How to Sign Up:

1. Go to [BikeJournal.com](http://BikeJournal.com) and create your profile.
2. Select UCCS Pedal Perks as your Club Affiliation. Leave the Private Data box UNCHECKED.
3. Configure your Journal and Select your columns: Column 4 – Ride Category, Column 5 – Distance
4. To add yourself to a team: Use the Clubs dropdown to select Manage My Clubs and select your club as your primary.

Any questions about Bike Month, Pedal Perks, or Bike Journal can be answered by calling the Office of Sustainability at 719-255-3089, or Andrea Hassler at 719-255-7508.