

PEDAL, SMILE, REPEAT  
2018 NRV



# TEAM FITNESS CHALLENGE

Remember how much **FUN** it is to ride a bike?

---

Biking is a great way to be outside, unwind, and get healthier. Make 2018 the year you fall in love with being active again. Join the Bike Virginia team spring fitness challenge for a chance to win a vacation with your fitness pals.

Compete against other NRV businesses, organizations, & churches for a weekend bike vacation at the Bike Virginia Tour June 22-24, 2018.

[bikevirginia.org/2018-tour/challenge](http://bikevirginia.org/2018-tour/challenge)

Sponsored by: Bike Virginia, Floyd County Tourism, Spokes Magazine, Pulaski County Chamber, Radford Visitor Center

# GET FIT IN 2018 & GET READY TO SMILE... A LOT



## Join the Pedal, Smile, Repeat Challenge, It's Easy!

Get inspired to be active in 2018. There's not better way to keep at your fitness goals moving than to do something that is fun like RIDE A BIKE!

- Join with 3 other friends, coworkers, associates to make a team for this fun, easy fitness challenge.
- from Pulaski, Montgomery, Floyd, and Giles, and Radford.
- Pedal through spring at your own pace in your own community
- Track team mileage using GPS technology
- Ride together or own your own
- County with most competing teams wins a community bike rack.

Compete against other NRV businesses for a weekend bike vacation at the Bike Virginia Tour June 22-24, 2018.

[bikevirginia.org/2018-tour/challenge](http://bikevirginia.org/2018-tour/challenge)

Sponsored by: Spokes Magazine, Floyd County Tourism, Bike Virginia, Pulaski County Chamber, Rafor Visitor Center.