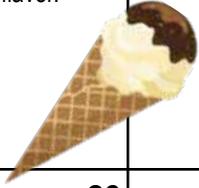


Lorain County Community Action Agency Virtual Bike and Trike A Thon Sept. 15 to Oct. 15

Join us by texting **BIKEATHON** to 44321!

<p>Use this daily challenges calendar to stay active during our Bike A Thon. Do as much or as little as you like. Be sure to share photos of your adventures on our Facebook page!</p>		<p>Sept. 15 Welcome to the Virtual Bike and Trike A Thon! Sign in to your personal fund-raising page and get a \$10 sponsor. Celebrate by biking one mile.</p>	<p>16 Spread the word! Tell 10 friends about the Bike and Trike A Thon and encourage them to sign up by texting BIKEATHON to 44321.</p>	<p>17 Track your progress! Download a bike tracker or mapping app to your phone. Here are some suggestions: https://www.cyclingweekly.com/group-tests/best-cycling-apps-143222</p>	<p>18 Lap your neighborhood three times and track it on your new app.</p> 	<p>19 It's Ride a Bike Like a Pirate Day! Grab your pirate hats and ride over to the Elyria Bicycle Education Center. Say "Arrgh" to get your free bike map between 1 p.m. and 5 p.m.</p>
<p>20 It's National Pepperoni Pizza Day! Ride to your local pizzeria and enjoy a slice with your favorite toppings (pepperoni optional).</p> 	<p>21 Log back in to your personal fund-raising page and get two more \$10 sponsors. Celebrate by biking two miles.</p>	<p>22 It's National Ice Cream Cone Day! Bike to an ice cream shop and enjoy a cone of your favorite flavor.</p> 	<p>23 Ride on a multi-use path (check your map) and call out when passing anyone on foot.</p>	<p>24 Become a Friend of the Bike Shop by texting BIKEPALS to 44321. Get a coupon for a free safety inspection with a donation of at least \$50.</p>	<p>25 What do you get when you cross a bike and a flower? Bike petals! Find a bike-related joke you love and pedal over to a friend to share it.</p>	<p>26 It's Family Health & Fitness Day! Take a ride as a family and explore a new part of your neighborhood.</p> 
<p>27 Set a personal distance goal and get 10 people to sponsor each mile on your personal fund-raising page.</p>	<p>28 Little Trike Monday! Take your tyke for a spin on their trike!</p> 	<p>29 It's National Coffee Day! Bike to a coffee shop and enjoy your favorite caffeinated (or not) beverage. Be sure to tell your barista about the Bike A Thon.</p> 	<p>30 Explore a section of the Inland Trail. Check your bike map or click here: https://www.lorain-countymetroparks.com/activities/#bicycling.</p>	<p>Oct. 1 October is National Book Month! Ride your bike to your library or bookstore. Or to a nice tree you can read under. Bonus: Read a book about bikes!</p>	<p>2 Today is National Walk or Bike to School Day. If you can't ride your bike as part of your regular commute, ride to the school playground in the evening.</p>	<p>3 Visit the LCCAA Bike Shop at 204 W. 10th St., Lorain and get a bell for your bike! Limited to the first 100 visitors. Hours: 1 p.m. to 5 p.m.</p>
<p>4 Take a load off and watch our LCCAA Youth Services Video at www.lccaa.net. Now that you're motivated, go bike a block for each time the video made you smile!</p>	<p>5 Have your children decorate their bikes and have a driveway parade! Be sure to post your pictures on our Facebook page or send them to info@lccaa.net.</p>	<p>6 Get two more sponsors by sharing photos of your parade with friends on your personal fund-raising page.</p>	<p>7 Ride wearing red - but without getting red in the face!</p> 	<p>8 Bike to Breakfast! Get up a little early and ride your bike to your favorite breakfast place. Be sure to tell your server about the Bike A Thon.</p>	<p>9 Explore the Bridgeway Trail. Check your map or click here.</p> 	<p>10 Ride up a steep hill (you decide how steep). Then safely ride back down to celebrate!</p>
<p>11 Bike with a buddy! Make sure they are signed up for the Bike A Thon.</p>	<p>12 Bike where the leaves are changing - share your pictures on Facebook or email to info@lccaa.net.</p>	<p>13 Eat M&Ms while riding for National M&M Day. Then ride some more to work them off!</p> 	<p>14 Enter our one-day drawing for a free bike tune-up at www.lccaa.net.</p>	<p>15 Make your own finish line and take a picture crossing it. Share your picture on Facebook or email to info@lccaa.net.</p>	 <p>LORAIN COUNTY COMMUNITY ACTION AGENCY Helping People. Changing Lives. www.lccaa.net</p>	

To continue your support of the LCCAA Bike Shop and Youth Services Program, please join Friends of the Bike Shop. Just text **BIKEPALS** to 44321 and choose your giving level. Benefits range from bike shop coupons to T-shirts and more. Thank you for your support!