

# WORLD BICYCLE DAY

— 3 JUNE —



This is a fitness challenge for Parents, Students, their siblings (13 years and above) and the School Staff on World Bicycle Day (June 3, 2022), to promote and create awareness for the importance of being fit. The theme is **"Pedalling for Good Health and Healthy Earth."**

The challenge will be for 15 days starting from **June 3, 2022**. Amazing prizes along with participation certificates will be awarded for participants who cover maximum distance on a bicycle during this period.

## Important Rules & Regulations for Participants

1. **Fill the registration form (mandatory)**  
Link - <https://forms.gle/zeAAq43e4b674hkMA>
2. **Being a member of the event club is compulsory**  
Link - <https://www.strava.com/clubs/1051828>
3. **Bike to be used could be: MTB / Road / Hybrid / Gravel**
4. **SAFETY INSTRUCTIONS**
  - **No Helmets! No Ride!**
  - All safety gears are compulsory
  - Bicycle should have properly functioning headlights and blinking rear lights
  - Please keep your bike serviced before every ride
5. **RECOMMENDED**
  - Sneakers for protection of your leg from weather and other impacts
  - Reflective vest/jacket
  - Cycling shorts or gym wear (Do not wear loose bottoms as it may get entangled in the crank or the gear of the bicycle)
  - Protective eye wear to keep the dust and bugs away
6. **A ride summary has to be posted every week on the group that will be created by the admin**
7. **The summary could be posted on social media with hastag #worldbicycleday #cyclingchallenge #fitnesschallenge #fitnesscampaign #move improve #eduation #pedalforachange**
8. **Participants will be receiving a digital certificate. Prizes will be given to each category winner**
9. **Decision of the organisers will be final**
10. **Please contact the institution for doubts or clarification if any**