

# September



[www.bikeleague.org](http://www.bikeleague.org)

In 1964, 50% of kids rode to school and the obesity rate among children was 12% ... in 2004, 3% rode to school and the obesity rate was 45%.

I, \_\_\_\_\_,

pledge that I rode my bike to and from work a minimum of three days per week this month.

Attach any bike expense receipts incurred this month to this card when you turn it in to your human resources department.

