

# GOBNMC

Buffalo Niagara Medical Campus

# BIKE TO WORK

# CHALLENGE

Join us in a celebration of all things bicycle! Participate in our Challenges and win prizes!  
Open to all employees who work on or near the Buffalo Niagara Medical Campus.

## Bike to Work Challenge Dates

**Monday, May 12th – Friday, May 16th**

- Bike Week Challenge: Ride your bike to work 3 or more days during Bike Week and be entered in to our Grand Prize raffle for a \$300 gift card to Campus Wheelworks.

**Friday, May 16th**

- Bike Day Challenge: Ride your bike to work on Bike Day for your chance to win 1 of several \$100 gift cards to Campus Wheelworks, and many other prizes.

## Bicycle Breakfast on the BNMC

**Friday, May 16th 6:30 AM – 10:30 AM**

Where: The GO Zone @ 927 Washington St.

- Free bicycle breakfast for all participants the morning of Bike Day, featuring free food and drinks and socializing with your fellow bicyclists. Press event at 8:30 AM.

## Bike Commuting 101 Workshops

Come ask questions and learn the basic skills you'll need to bike to work.

**Tuesday, May 6th 11:30 AM – 1:00 PM**

Where: Innovation Center Lobby, 640 Ellicott St.

**Thursday, May 8th 11:30 AM – 1:00 PM**

Where: Buffalo General Medical Center at Tim Hortons

**Friday, May 9th 11:30 AM – 1:00 PM**

Where: Roswell Park Cafeteria (Sunflower Café), Conference Rooms B and C.



Register for the Challenges at [GOBNMC.ORG](http://GOBNMC.ORG)