



Bike Bingo

Celebrate BIKE MONTH by playing BIKE BINGO. If you get a BIKE BINGO (five in a row, vertical, across or diagonal) you can be entered to win a prize, including a bike. See how many BIKE BINGO squares you can complete. For details visit:

<https://www.LynnwoodWA.gov/Bike2Health>

B	I	N	G	O
Watch a Bike video*: Shifting Gears: Take your gear(s) to the next level 	Biked to a neighborhood park 	Put air in my tires 	Went on a bike ride today 	My helmet fits level and snug 
Used a hand/arm signal today when riding 	Rode someplace I've never ridden before 	Watch a Bike video*: Signaling: Show others where you're going 	Biked at least 10 miles in one day 	Went on a bike ride today 
Biked at least 5 miles in one day 	Went on a bike ride today 	FREE SPACE	Watch a Bike video*: Starting and Stopping: Get going and learn how to stop 	Rode farther than I ever have before 
Took Bike2Health Selfie and shared on FB 	Watch a Bike video*: Basic Bike Check: Start with your ABC's video 	Went on a bike ride today 	Biked in the rain 	Obedyed traffic signals and signs 
Went on a bike ride today 	Added a horn or other safety flare to my bike 	Rode on a trail 	STOPPED, LOOKED, LISTENED before crossing. 	Watch a Bike video*: Bike Helmets! 

*"Watch a Bike Video" videos are located at <https://bikeleague.org/content/getting-back-bike-watch-these-five-videos>



Tips for Completing BINGO

Find videos and resources to help you complete squares at <https://www.LynnwoodWA.gov/Bike2Health>

BIKE BINGO Resources:

<https://cascade.org/tips-biking>

<https://www.gosnotrac.org/bike-month>

<https://www.walkbiketoschool.org>

https://www.lovetoride.net/usa/pages/info?locale=en-US&page=3_tips

Prize Drawing

By getting a BINGO you are eligible to enter into a drawing for one of several prizes, including a bike! Three winners will be selected by random drawing in July. *Limit one entry per person.*

You can earn a BINGO for completing five actions in the same column or row, or diagonally from corner to corner by May 31, 2022.

How to Enter the Drawing

To be entered in the prize drawing, email a photo of your card with at least one BINGO to HealthyLynnwood@LynnwoodWA.gov.

Completed BINGO cards must be received by June 15, 2022 to be entered in the drawing.

ABC Bike Quick Check

A is for Air

Check your tire pressure, spin the wheels and make sure the tires are not worn out.

B is for Brakes

Check to make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake. If the bike has hand brakes, check to see that the levers don't hit the handlebars when squeezed. Lift one tire up at a time and spin it, squeeze the levers

to see if the tire stops. The brakes pads should be clean, straight and contact the rims properly.

C is for Cranks, Chain and Cassette

Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the pedals and cranks to see if the chain drives the rear wheel. The chain should look like metal not rust or black junk. Check to see if the rear cassette is clean and that the chain moves freely through the gears.

