



# JULY 2026 CHALLENGE

During July, challenge yourself to ride a bike at least three times a week. Consider new ways to incorporate cycling into daily activities. Use this calendar to log rides and tally points. Record points up to 3 ride days per week. A fourth bonus point is awarded for each week with 3 ride days. An additional point is available for participating in each bike event.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**11** **Tour Die Kapellen**  
Ellis County

**18** **Cruise the Blues**  
Palen Farms, Tipton

**26** **Historical Bike Tour**  
Hays

**TOTAL RIDE DAYS**  
(up to 3 per week)

\_\_\_\_\_

**TOTAL BONUS POINTS**

\_\_\_\_\_

**TOTAL SCORE**

\_\_\_\_\_

**RECORD EACH DAY** ✓

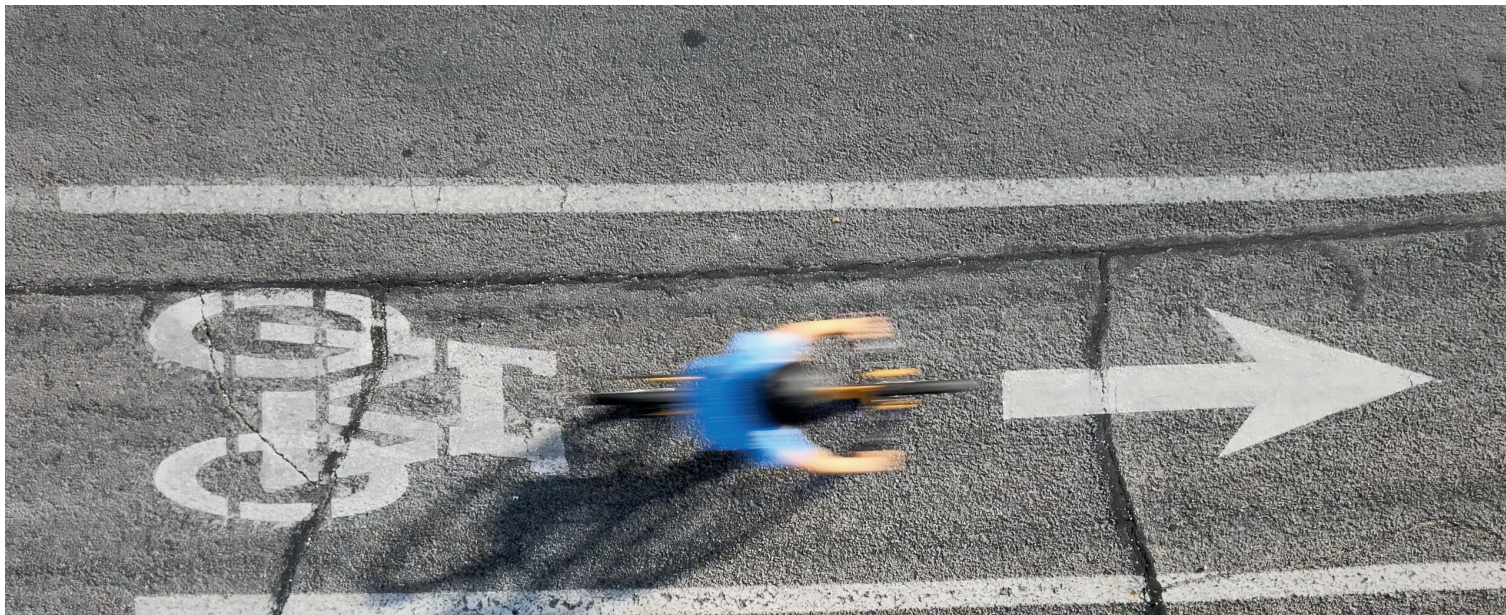
**PLAN YOUR RIDE** 

**BE SAFE, HAVE FUN!** 

Email completed forms to [hayscc@hayschamber.com](mailto:hayscc@hayschamber.com).

Return to the Welcome Center by Aug. 7. Top prizes awarded to 5 age groups.

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Need a bike or have any questions about the challenge or biking?  
Reach out to Keith Gustin at (785) 259-9456 with any questions.

## GET STARTED

Complete these objectives during Bike Challenge Month. Each is 1 point.

- A. Familiarize yourself with local traffic laws regarding bikes. Click [here](#) to learn more.
- B. Perform an ABCDE Bike Check.
- C. Consider safety equipment and hydration.
- D. Plan your ride. Check the forecast and traffic conditions.
- E. Ride your bike! Ride for work or leisure. Be safe, and have fun!