37th ANNUAL 4-H BIKE-A-THON
(Bike Helmets Required to Participate)

SPONSORED BY: Shenandoah County 4-H Council in cooperation with Shenandoah County Ruritan Clubs

WHEN: Sunday, April 28, 2019, 2:00-4:00 p.m. (Rain date May 19.) Registration at 1:00 p.m.

SPECIAL EVENT: Bicycle Safety Checks will be conducted, beginning at 1:30 p.m. Each rider who completes a bike safety check will be credited with 3 extra miles. All participants are required to wear bike helmets during the Bike-A-Thon.

WHERE: Peter Muhlenberg Middle School Parking Lot, Woodstock.

WHO: Everyone 5 years of age and up. (Cloverbuds, 4-H parents and leaders, other county youth, and adults)

HELP NEEDED: Lap counters are needed that day. Anyone may volunteer to count!

WHY: Fifty percent (50%) of the money raised by each participant may be used as a scholarship to any 4-H event (4-H camp, State 4-H Congress, 4-H teen weekend, livestock entry fees, etc.). Non 4-H members are eligible to participate, too! Non 4-H members may attend 4-H resident and day camps. Your scholarship may also be used to reimburse you for purchasing a bike helmet, if you don’t have one for the Bike-A-Thon.

County 4-H Council 24%
4-H International Exchange Fund 9%
4-H Club Treasury 14%
Awards 3%

Scholarship money can accumulate from year to year. For example, a junior 4-H member may start earning money towards attending State 4-H Congress as a senior.

(over)

If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in this activity, please contact Carol B. Nansel, Extension Agent, 4-H, at the Shenandoah County Office of Virginia Cooperative Extension at (540) 459-6140, during business hours of 8:30 a.m. and 5:00 p.m. to discuss accommodations five days prior to the event. *TDD number is (800) 828-1120.
PRIZES: T-shirts for each biker who raises at least $25.  
NOTE: Only one rider per bike!

AWARDS: Awards in each age group for: (Each person may win only one top award.) Age groups: 5-8; 9-11; 12-13; 14-19; and 20+

♦ Most miles ridden  
♦ Most money raised

4-H Club Plaques for:  
♦ Most miles ridden  
♦ Most money raised 
♦ Most participation (percentage of members).

NOTE: Money must be turned in (postmarked) by June 1 to qualify for T-shirts and awards.

REGISTRATION: Forms and more details may be obtained from the Shenandoah Office of Virginia Cooperative Extension at the County Government Center in Woodstock (or by calling 459-6140).

PREREgISTRATION: Is due April 22 in the Extension Office.

Please note: Bike helmets are REQUIRED for participation. Four-H scholarship money raised may be used to reimburse for the cost of purchasing a helmet. You must submit your receipt to be reimbursed.

We also have a limited number of youth and adult helmets available for loan during the Bike-A-Thon.

No scooters allowed.

Good Luck!