



Rider Name:

Rode past a Cow	Cleaned a bike	Waved or nodded to another rider	Registered for CowaLUNGa	Rode with a water bottle
Rode with a friend (social distancing)	Took a bike ride selfie	Rode at least 10 miles in one day	Rode in July	Attended a CowaLUNGa Gathering on Zoom
Added air to bike tires	Rode twice in 1 week		Wore a mask while riding	Rode at least 25 miles in one day
This is your first CowaLUNGa!	Received at least 2 donations	Invited someone to join CowaLUNGa	Smiled while riding	Rode Solo
Rode with a helmet on	Follow CowaLUNGa on Social Media	Customized fundraising page	Said "Mooo" on a ride	Has a bell on your bike

Place an X on the activities you have completed. Fill a row, column, or diagonal and submit a photo/scan of your finished card to gsalazar@resphealth.org by July 30th.

Three winners will be chosen at random to win CowaLUNGa merchandise!
Winners will be announced during our August 1st online starting line ceremony.