




HELMET AWARENESS MONTH BINGO

Ride somewhere new	Attend an On With Life Helmet Giveaway event	Ride during RAGBRAI week (July 19-26)	Share photos of a bike ride on Facebook and tag On With Life	Remind a friend to wear a helmet
Ride with a friend	Check and adjust your helmet to ensure it fits correctly	Ride 25 miles in a week	Make a donation to our Facebook campaign	Ride on an Iowa bike trail
Pimp out your bike. Share with us!	Ride your bike somewhere you would normally drive to		Share an On With Life Facebook post	Wave or say "hello" to another cyclist
Register for an upcoming On With Life virtual event	Ride three days in a row	Share a helmet selfie on Facebook and tag On With Life	Purchase a bike or new bike accessory	Share your favorite biking spot with us on Facebook
Ride 50 miles in July	Ride with a family member	Leave On With Life a review on Facebook or Google	Write a letter to your local representatives about helmet awareness	Ride 10 miles in one day

Post your completed bingo card to Facebook and tag On With Life for a chance to win a prize!