

## Chris Taggart

---

**From:** Katelyn Andersen, MSU/Ravalli County Extension <katelyna@montana.edu>  
**Sent:** Thursday, May 28, 2020 10:44 AM  
**To:** Chris Taggart  
**Subject:** [EXTERNAL] 2020 Bike, Walk, Roll & Win - Starts June 1

### 2020 Bike, Walk, Roll & WIN! with MSU Extension - Ravalli County

**Are you ready to move this summer,  
Chris ?**

Bike, Walk & Roll your way to a healthier you and a chance to WIN prizes!

MSU/Ravalli County Extension is offering the 4th Annual Bike, Walk, Roll & WIN this summer. This exciting incentive program has been proven to help motivate you and jump-start your summer!

Participants from 2019 indicated the following impacts:

- 45% reported more time spent outdoors
- 56% reported increase in physical activity
- 43% reported an improvement in mental health

Last year, **173 participants** logged **2560 entries** of physical activity. Can we beat these statistics??

Stay tuned for virtual classes and a Virtual 5K Fun Run this summer. Each week I'll share a weekly well-being email to keep you motivated throughout the summer months. Also, follow MSU/Ravalli County Extension on Facebook for other information, tips and webinars.

#### **What**

Adults who engage in any form of physical activity in Ravalli County are eligible for one entry into the prize drawing. Participants automatically receive 5 time the entries if they bike, walk or roll on one of the routes on the Darby Walking Map, Hamilton Walking Map or Stevensville Walking Map. The more you do, the more you can enter!



## Record

Entry between June 1-August 31, 2020. Entries can be recorded at [online here](#) OR visit the MSU/Ravalli County Extension Office to complete a paper form. Entries must be submitted by August 31 at midnight to be entered in the drawing.

Complete list of details regarding the program and impacts can be found on the MSU/Ravalli County Extension [website here](#).

## Thank you to our local businesses for the following prizes:

- **Anytime Fitness:** Three Month Membership and Goodie Basket
- **Bike Walk Bitterroot:** \$50 Gift Card to Red Barn Bicycles
- **Bitterroot Aquatic Center:** One Month Pass
- **Chapter One Book Store:** Book Gift Baskets - 2 winners!
- **Corvallis Drug:** Patagonia Arbor Market 15L Daypack
- **Cultivating Connections:** CSA Share - Half Season Box
- **Daly Mansion:** Two Complimentary Tours
- **First Security Bank:** Tool Set and Bluetooth Speakers - 4 winners!
- **Flomic -** These Poems Need Homes - 2 winners!
- **Ford's Department Store:** \$25 Gift Card
- **Lakeland Feed:** Bird Feeder Basket and Cat Care Basket - 2 winners!
- **New Horizons Physical Therapy:** Healthy Goodie Bag
- **PayneWest:** FitBit Charge 4
- **People's Market – Darby:** \$40 Gift Certificate
- **Ravalli Family Eye Care, PC:** Non-Prescription Ray-Ban Sunglasses
- **Right to Bare Arms:** 2 Two Month Memberships – One for you and one for friend!
- **Stevensville Physical Therapy:** Marmot Kompressor Meteor 22L Backpack
- **Super 1 – Hamilton:** \$20 Gift Card
- **Valley Bicycle & Ski:** Bicycle Tune-up (\$65 value), X-Country Ski Day Rental
- **Wild About Pets:** Cat Lovers Basket, Dog Lover Basket

## The Details:

- June 1-August 31, 2020 engage in any form of physical activity in Ravalli County is eligible an entry into the drawing. Participants automatically receive 5 times the entries if they bike, walk, or roll on one of the routes on the Darby, Walking Map, Hamilton, Walking Map, or Stevensville Walking Map. These maps are [found online](#) or in the community.
- Entries must be received by the MSU Extension—Ravalli County Office by August 31, 2020 at midnight to be entered in the drawing.
- Record it [online here](#) or at the MSU Extension Ravalli County Office.
- Prizes and prize winners will be drawn at random with one prize allowed per person and announced after August 31, 2020.
- Incentive program open to adults (18+), regardless of residency.
- Need not be present to win.

- Participants are responsible for picking up prizes within 45 days at the MSU/Ravalli County Extension Office. Another name will be drawn for any unclaimed prizes after 45 days.

**Happy walking!**

## *Katelyn Andersen*

MSU Extension Agent

215 S. 4th Street, Ste G  
Hamilton, MT 59840

Email: [katelyna@montana.edu](mailto:katelyna@montana.edu)

Phone: 406.375.6611

Connect on Facebook [MSU/Ravalli County Extension](#) and [Ravalli County 4-H](#)

Website: [ravalli.msuextension.org](http://ravalli.msuextension.org)

The Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

**Visit Our Website**



Health and  
Wellness

Food  
Preservation,  
Nutrition &  
Safety

Family  
Economics

Mental Health

4-H and Youth  
Development



Katelyn Andersen  
Associate Professor  
MSU Extension Agent



**EXTENSION**

**Ravalli County**

**MSU Ravalli County Extension**

Administrative Center  
215 S. 4th St., Suite G  
Hamilton, MT 59840

Phone:  
(406) 375-6611

Connect With Us:



Ravalli County Extension | 215 S 4th Street Suite G, Hamilton, MT 59840

[Unsubscribe ctaggart@rc.mt.gov](mailto:ctaggart@rc.mt.gov)

[Update Profile](#) | [About Constant Contact](#)

Sent by katelyna@montana.edu in collaboration with



Try email marketing for free today!

**CAUTION:** This email originated from outside of the organization. Do not click links or open attachments unless you recognize the sender and know the content is safe. If you believe the email to be malicious and/or phishing email, please use the **Phish Alert** button.