

Wellness Wednesday - Corporate Cycling Challenge reminder

A reminder to you cyclists, the medical center needs your help on Aug. 16 as it attempts to win the Corporate Cycling Challenge title back from Union Pacific.



Last year, Union Pacific riders logged 7,898 points to win the title. Medical center cyclists were credited for 6,903 points to take second place. The medical center had won the title the previous year.

Participants may choose to ride the Olde River Ride (10 miles), Riverside Ride (25 miles) or Tour De Fort (42 miles). All tours begin and end at Omaha's Heartland of America Park at 8th and Farnam streets.

The winner in each corporate division of the challenge is based on the number of total employee miles ridden. Like last year, miles logged by employee family members count half toward the organization's total.

A free picnic for medical center cyclists that includes hot dogs, hamburgers and chicken breasts will follow at Miller's Landing on the Missouri River just north of the finish line.

Contact Peter Pellerito at 559-5253 or ppellerito@unmc.edu with questions. For more information and forms visit the [Center for Healthy Living Web site](#) to learn more about the event.



From left: medical center cyclists -- nurse anesthetist Christine Anderson, Don Leuenberger, vice Chancellor for Business and Finance, Jayme Nekuda, Ph.D., division director of benefits and worklife programs, and Keith Swarts, director of business services -- cross into Iowa on the Bob Kerrey Pedestrian Bridge on the first day of RAGBRAI -- an annual bicycle trip across the Hawkeye State. UNMC is counting on its cycling employees to come out in force on Aug. 16 to help the medical center reclaim the Corporate Cycling Challenge title.

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