

Wellness Wednesday - UNMC looks to reclaim cycling title

by Chuck Brown, UNMC public relations

Last year, Union Pacific took UNMC's Corporate Cycling Challenge title.

On Sunday, Aug. 16, medical center cyclists have a chance to take the crown back.



"We can beat UP this year but we need help from our many cyclists and their family members," said Peter Pellerito of the Center for Healthy Living. "If you ride a bike, come out on Aug. 16! It's a lot of fun!"

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.

Registration perks and path options available to riders

For \$10, medical center employees can register for this year's challenge and receive a T-shirt. Registration is free for employees who don't want a shirt. All funds raised by the Corporate Cycling Challenge will go to Eastern Nebraska Trails Network for trail development in the Omaha metropolitan area.

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.

Perks for participants

Medical center riders who register by the early registration deadline, which is July 20, and ultimately show up to participate in the event will earn an opportunity to win a \$50 gift card from Metro Health Services Federal Credit Union.

A \$100 gift card also is up for the grabs and riders increase their chances to win by riding more miles. Those who ride 10 miles earn one opportunity, those who ride 25 miles earn two opportunities and those who ride 42 miles earn four opportunities to win.

Riders also can earn additional opportunities to win the \$100 card by riding farther than they did last year and/or by recruiting medical center riders who didn't participate last year.

Picnic to follow ride

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.

Participants can register up to the day of the event, but to order a T-shirt with the UNMC logo on it, riders must register before July 20. Riders are urged to register before the event to allow for food planning at the picnic.

Contact 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.

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