

Titan Tour de Trails Bicycling Program Guidelines

(only slower & family-friendly)

As part of the faculty and staff wellness initiatives, the Titan Tour de Trails Bicycling Program (program) will engage interested employees, employee families, and retirees in the low impact physical activity of bicycling around the Oshkosh community. This would be voluntary and may include informational clinics such as bike maintenance, importance of hand signals, liquid and food needs, and more.

Specifications of Program:

- Stacey Skoning will voluntarily oversee the program for as long as able
- The Student Recreation & Wellness Center (SRWC) will provide free bike rentals for those in need during the program and offer informational clinics for as long as able
- The program will run from June through August, weather permitting
- Time spent by participants is solely volunteer and outside of normal work hours
- Participants are required to wear helmets when bicycling in the program
- The program will be held on Wednesdays from 6:00pm – 7:00pm, with a meeting at the main entrance of the SRWC; some Saturday events may be available depending on the interest of the current participants in the program
- Participants will primarily provide their own bike, helmets, appropriate liquid refreshment, clothing, shoes, etc. Bike rentals may be available through the SRWC if in need.

Wellness Aspects:

This program meets the following wellness components:*

- Emotional/Mental: improve subjective mood; improve self-esteem; develop positive emotions, happiness; reduce stress levels
- Social: create sense of belonging to community
- Environmental: provide awareness of visual stimulus as relates to the community environment
- Physical: improve overall body strength with potential decrease in risks for cardiovascular disease, and improve sleep

*[New Research Indicates Cycling to Work has Extraordinary Health Benefits](#) (Online Article, *Forbes*, Kevin Murnane, April 2017), [Why the Health Benefits of Cycling to Work Outweigh the Risk of Injury](#) (Online Article, *NewScientist*, Loyal Liverpool, March 2020), and [15 Benefits of Cycling: Why Cycling is Good for Weight Loss, Fitness, Legs and Mind](#) (Online Article, *Cycling Weekly*, Michelle Arthurs-Brennan, November 2020)