

ACHIEVE Lake County, Ohio

An initiative funded by the Centers for Disease Control and Prevention (CDC). Each year, the CDC provides money to five national organizations who each award communities through a competitive grant. In Ohio, Lake County is one of five communities to receive funding since January 2008. ACHIEVE Lake County works to create and implement policy, system, and environmental change strategies throughout sectors of the community, specifically to increase proper nutrition and physical activity.



Cleveland Clinic

Family Health Center, Willoughby Hills
Euclid Hospital
Hillcrest Hospital



For event locations and
information,
please log onto:
www.lakecountyohio.gov/achieve



**Action Communities in Health,
Innovation, and Environmental
Change**

Bike Day Lake County

Date:
Saturday,
September 10, 2011
(Rain Date: September 11)

Time:
1:00 to 3:30 PM

Locations:
See Inside Panel

Goals

Bike Day Lake County will work towards promoting active living and proper nutrition, keeping in line with the ACHIEVE initiative's vision that residents of all ages will lead healthy lifestyles that include consuming nutritious foods and engaging in higher levels of physical activity. This event will lend itself as an opportunity for us to begin to reverse the trends of chronic disease that is plaguing our county and the residents that reside here.

Goals of Bike Day Lake County:

- Educate participants about biking as a means of "active transportation".
- Provide information on bike safety, as well as, designated bike routes, trails, and bike friendly roads that exist within the county.
- Promote biking as a fun and family oriented.
- Promote healthy eating, as part of this event.

Locations

The following communities will host Bike Day Lake County:

North Perry Village
Town Line Park

City of Mentor
Garfield Park

Concord Township
Old Stone School

Madison Township
Stanton Park

City of Wickliffe
Community Senior Center

City of Willoughby
Todd Field

City of Painesville
Kiwanis Recreation Park

Activities

- **Adult and Children's Bike Raffle**
- **Bike Rodeo**
- **Bike Safety Information Booth**
- **"Register Your Bike" Booth**
- **Giveaways/Prizes**
- **Bike Swap**
- **Face Painting**
- **Decorate Your Helmet**
- **Fresh Produce**
- **Bike/Athletic Shop**
- **3-5 Mile Bike Ride**
- **Designated Area to Park Bikes**
- **Food**
- **Water/Beverage**
- **Music or DJ**

NOTE: Event vendors/activities will vary from one location to another. To find out what activities are taking place at each location, please visit www.lakecountyohio.gov/achieve.

