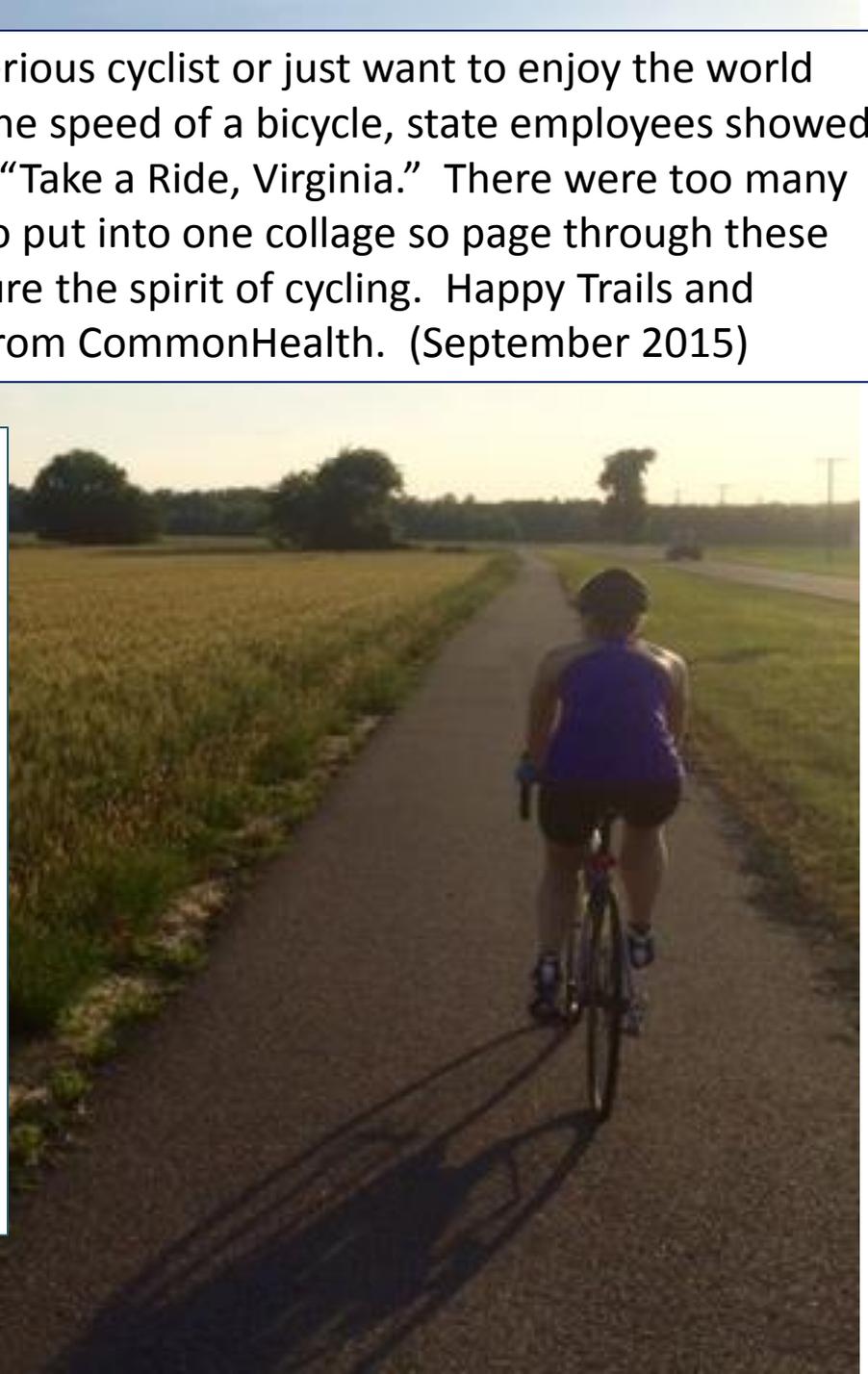
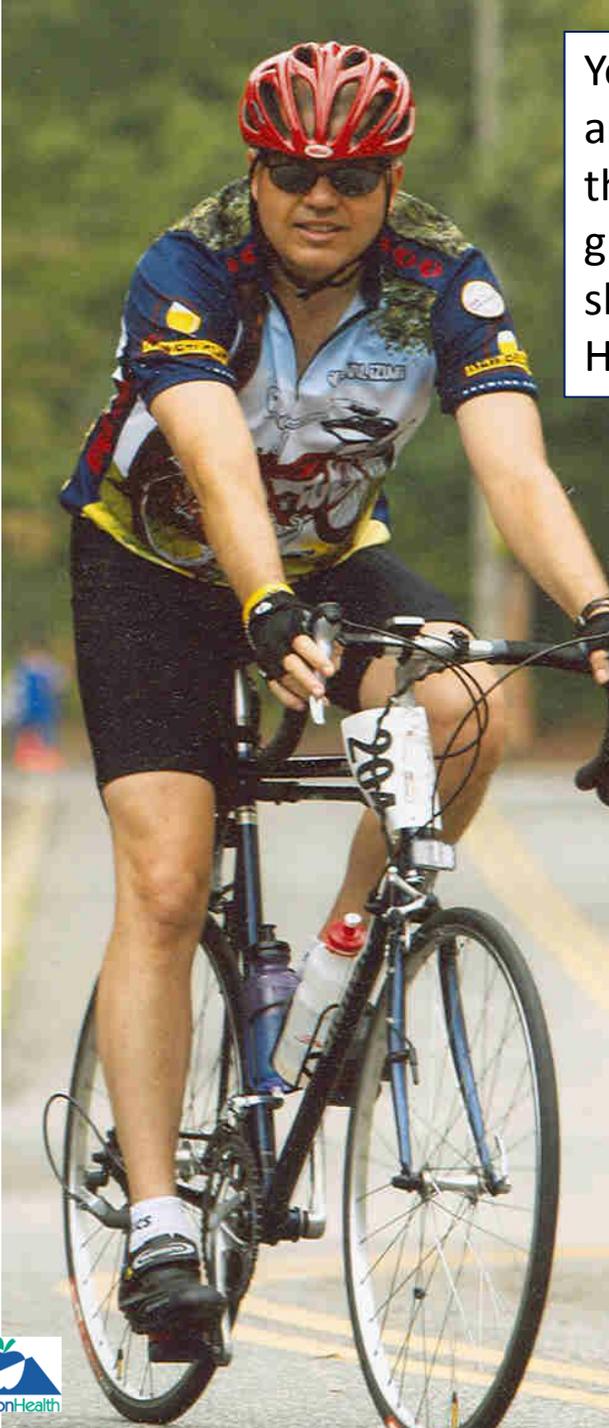


You may be a serious cyclist or just want to enjoy the world around you at the speed of a bicycle, state employees showed they wanted to “Take a Ride, Virginia.” There were too many great pictures to put into one collage so page through these shots that capture the spirit of cycling. Happy Trails and Happy Cycling from CommonHealth. (September 2015)

As the photos show, Virginia has an abundance of “serious” cyclists and recreational riders as well. Save this as a collection to commemorate Bike Week and print those that you want to display.

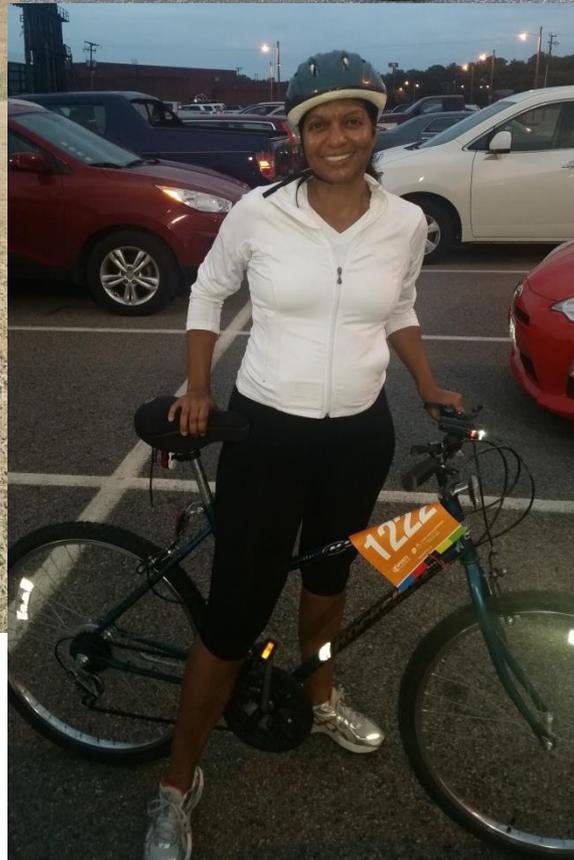




State Employees Ride in Conquer the Cobbles

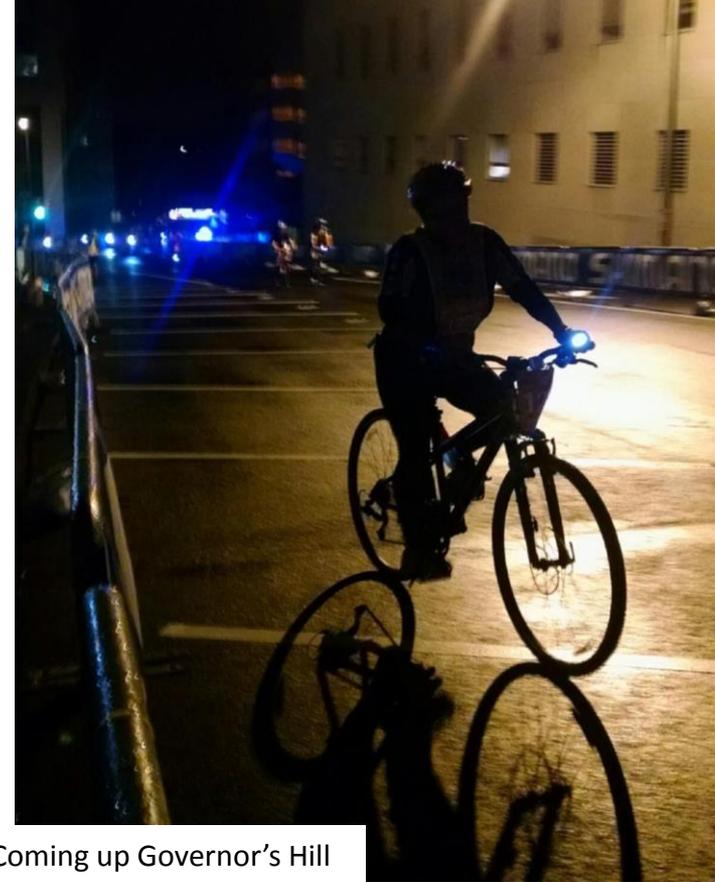


Over 100 Employees participating in CommonHealth's Take a Ride, Virginia contest won a free ticket to participate in the Conquer the Cobbles Race.





4 Take a Ride Contest Winners

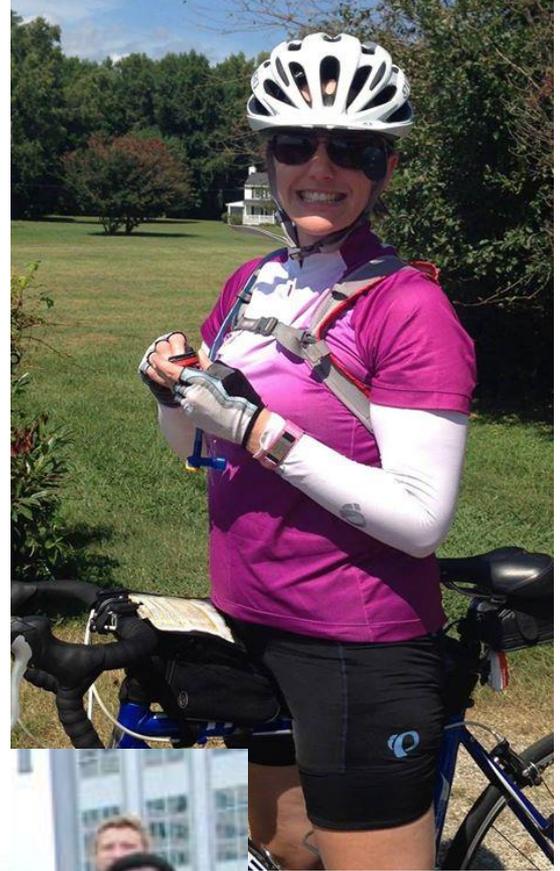


Coming up Governor's Hill



Photo Credits: Many state employees submitted pictures as part of CommonHealth's *Take a Ride, Virginia* contest. Professional Photographers include Raven Thompson (daughter of Michelle Thompson, DHRM), Ty Francis (VDOT) and Michaela White (Governor's Office).





Governor McAuliffe "horns in" on the VCU Peppas band performance.

Thompson

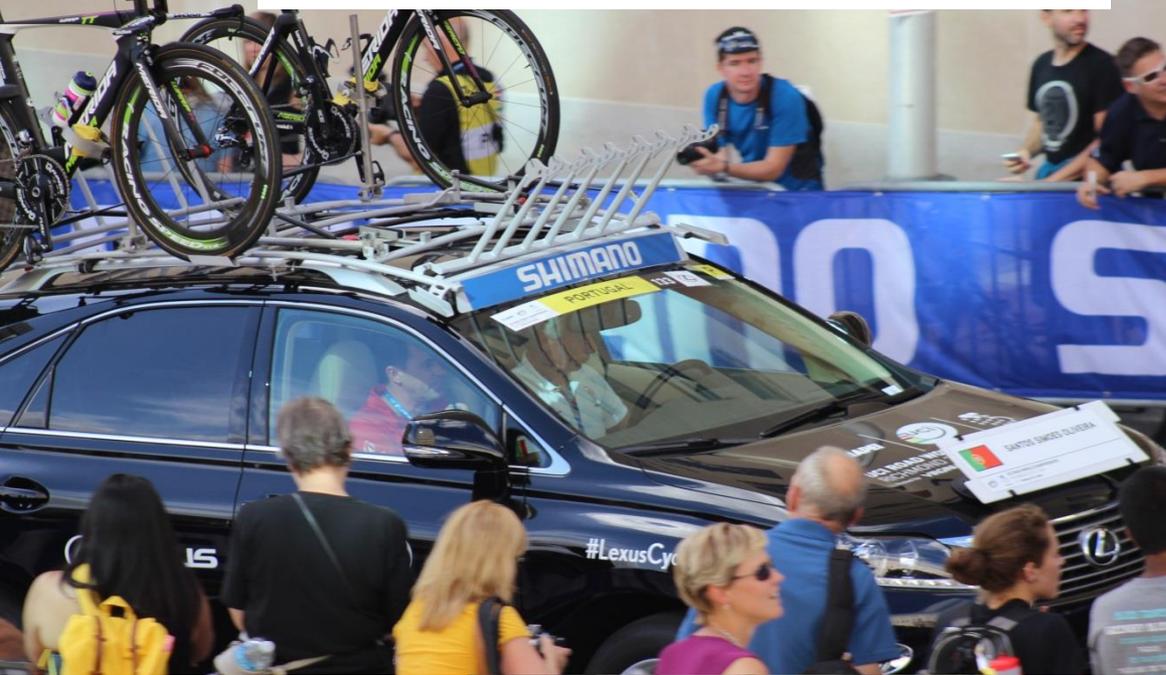




The Employee Zone at the James Madison Plaza provided employees with a great viewing area, fantastic music performed by state employees, great food, and great fun.



Scenes from the Employee Zone Event

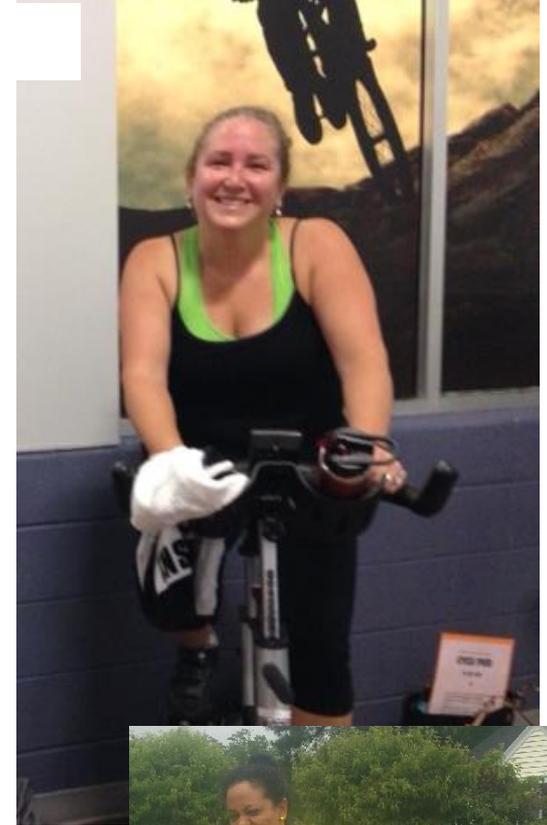




USA Team Rider
Shelly Combs



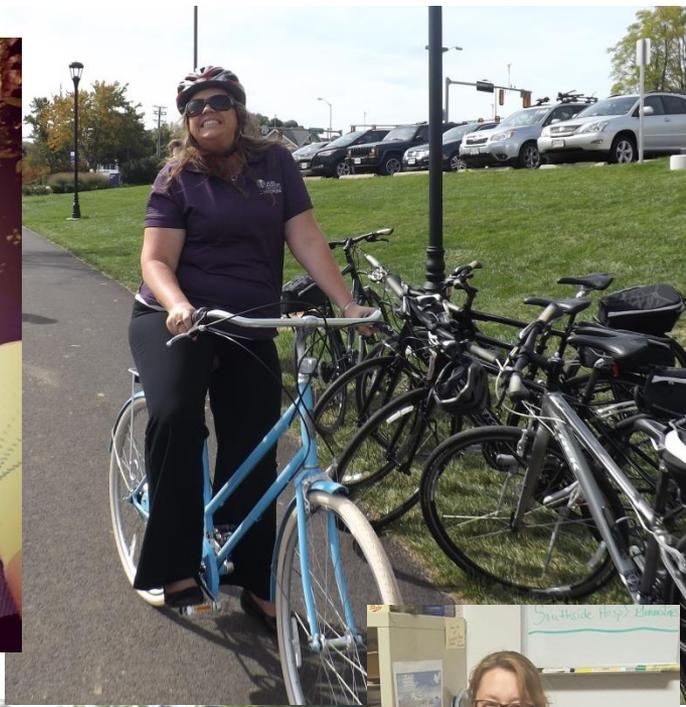
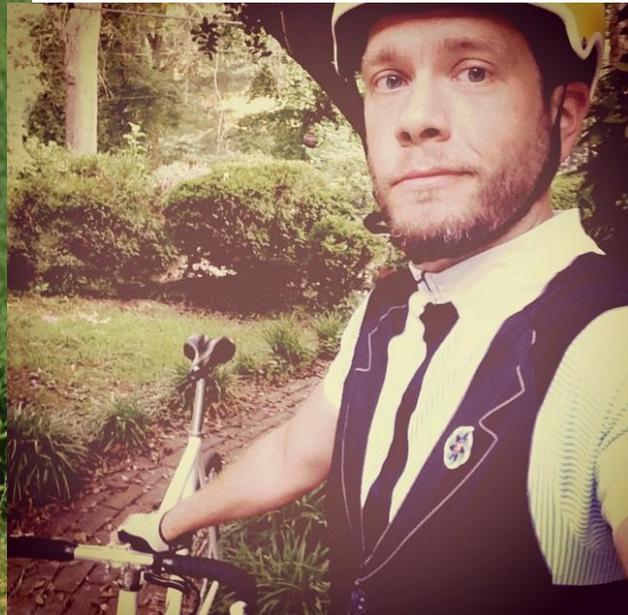
More Take a Ride, Virginia Photo Entries













Cycling is a great adventure for the entire family. Encourage young people to start riding early and they will own a sport for life.





For more information about improving your level of activity, go to www.commonhealth.virginia.gov and look at the Move it Virginia Program.