**National Bike Challenge Highlight**

<p style="text-align: center;"><span style="font-size: large; color: #0000ff;">National Bike Challenge: The Benefits of Cycling!</span></p>

<p><img alt="Sign up for the National Bike Challenge!" class="secimagecenter" height="109" src="/images/library/site/endomondo\_benefit\_graphic2\_12\_h.png" style="display: block; margin-left: auto; margin-right: auto; vertical-align: top;" title="Sign up for the National Bike Challenge!" width="500" /></p>

<p></p>

<p style="text-align: center;">We have 10 million miles to ride; we're going to need your help! <a href="http://www.endomondo.com/campaign/national/" target="\_blank"><span style="font-size: large;">Sign up</span></a> for the National Bike Challenge to track your rides and win great prizes! You'll be competing against riders across the nation to see who can ride the most. Grab your friends and start a team!</p>

**Serfas Saddle Comfort Guaranteed**

<p><img height="214" src="/merchant/1896/images/site/comfort\_guarentee.jpg" style="float: left;" width="300" />Serfas cares about your comfort and health, which is why their<strong> Gel Saddles</strong> were the first saddles medically tested and proven to relieve cycling related discomfort and numbness. With an <a href="/product-list/parts-1051/saddles-pads-1084/?rb\_br=52" target="\_top">Serfas Saddle</a>, every ride is a great ride! This is the only saddle that has a 90 Day&nbsp; "Comfort Guarantee"! Come in and try them out.</p>

<p style="text-align: center;"><a href="/product-list/parts-1051/saddles-pads-1084/?rb\_br=52" target="\_top">View our Serfas Saddles Here &gt;</a></p>

**Special offer**

<p><a href="/page.cfm?pageid=166" title="Special Offer" target="\_top"><img height="300" onmouseout="this.src='http://enewsnetworks.net/\_webimages/newsltr/\_web\_update\_pics\_general/save10\_carrack\_clothing\_wheels.jpg';" onmouseover="this.src='http://enewsnetworks.net/\_webimages/newsltr/\_web\_update\_pics\_general/coupon.jpg';" src="http://enewsnetworks.net/\_webimages/newsltr/\_web\_update\_pics\_general/save10\_carrack\_clothing\_wheels.jpg" width="700" /></a></p>

**Back to School Checklist highlight**

<p><a href="http://www.yorktowncycles.com/Page.aspx?P=Ride\_to\_School\_Checklist" title="Back to School Checklist" target="\_top"><img alt="Back to School Essentials" height="202" src="http://enewsnetworks.net/\_webimages/newsltr/\_web\_update\_pics\_general/backtoschool.jpg" style="display: block; margin-left: auto; margin-right: auto;" title="Back to School Essentials" width="600" /></a></p>

**Back to school checklist page**

<p style="text-align: center;">&nbsp; &nbsp; &nbsp; &nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;&nbsp;<span style="font-size: x-large;"> Ride to School Checklist</span></p>

<p>Note: This list is intentionally extensive. Not every commuter will bring every item on every ride.</p>

<p>&nbsp;</p>

<p align="center"><strong>Step 1: The Two Essentials</strong></p>

<ul>

<li>Bike</li>

<li>Helmet</li>

</ul>

<p align="center"><strong>Step 2: Primary Options</strong></p>

<p align="center"><strong></strong>(Base choices on individual needs and preferences)</p>

<p></p>

<p><strong>Key transit items</strong></p>

<ul>

<li>Water (in bottles or hydration pack)</li>

<li>Eye protection (sunglasses or clear lenses)</li>

<li>Street map</li>

<li>Lock</li>

<li>Medical info/emergency contact card</li>

<li>First aid items</li>

</ul>

<p><strong>Core bike repair items</strong></p>

<ul>

<li>Spare tube or tubes (and/or patch kit)</li>

<li>Pump or CO2 inflator (with cartridge)</li>

<li>Tire levers</li>

<li>Multi Tool</li>

<li>Saddlebag to hold tools and spare tubes etc.</li>

<li>Bell</li>

<li>Mirror</li>

<li>Headlight</li>

<li>Taillight with blinking option</li>

</ul>

<p><strong>Storage/equipment options</strong></p>

<ul>

<li>Backpack, hydration pack or messenger (sling) bag</li>

<li>Handlebar bag</li>

<li>Cargo rack</li>

<li>Panniers</li>

</ul>

<p><strong>Fenders</strong></p>

<ul>

<li>Rack straps or bungee cords</li>

</ul>

<p><strong>Clothing options for variable weather</strong></p>

<ul>

<li>Rainwear or stowaway windbreaker</li>

<li>Insulation layer for cool air</li>

<li>Leg bands</li>

<li>Shoe covers</li>

<li>Visibility vest</li>

<li>Gloves</li>

<li>Cycling socks</li>

<li>Skullcap or headband</li>

<li>Padded shorts or tights</li>

<li>Wicking jersey or top</li>

<li>Gloves Cycling socks</li>

<li>Skullcap or headband</li>

</ul>

<p><strong>Personal</strong></p>

<ul>

<li>Chamois cream/skin lotion</li>

<li>Sunscreen</li>

</ul>

<p style="text-align: center;"><strong>Step 3: Post-Ride Items</strong></p>

<p>(Carry with you, or store in advance at destination)</p>

<ul>

<li>Change of clothing</li>

<li>Off-bike footwear options</li>

<li>Toiletry kit</li>

<li>Towel/washcloth</li>

<li>Small, quick-dry towel (for cleanups)</li>

<li>Baby wipes (popular for cleanups)</li>

</ul>

<p style="text-align: center;"><strong>Step 4: Other Possibilities</strong></p>

<ul>

<li>First-aid items</li>

<li>Lip balm</li>

<li>Cell phone</li>

<li>Cash/credit card/ID</li>

<li>Energy food/gels/drinks</li>

<li>Strips of duct tape (for repairs)&nbsp;</li>

</ul>