



SABR

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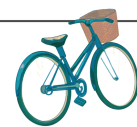
SABR Summer Bike Bingo / July 13-August 30, 2024 / Ride Your Bike More!

Some of the activities can be done at participating Bicycle Benefits businesses where you will receive a discount or a small prize.



Ride Your Bike to The Farmers Market	Ride Your Bike to Go Grocery Shopping	Ride to Get Breakfast within 10 mi of Home	Ride to Get Lunch within 10 mi of Home	Ride a SABR Bike Route https://www.seacoastbikes.org/wheretoride	Comment in Support of Bike Infrastructure on social media	Write Letter in Support of Bike Infrastructure to Your Town
Call a "Rusty Rider" and Have Them Join You for a Ride	Juniper Kitchen Dover, NH (Bike Benefits)	Breakaway Cafe Dover, NH (Bike Benefits)	Replenish Refillery Dover, NH (Bike Benefits)	Auspicious Brew Dover, NH (Bike Benefits)	Bending Bodhi Yoga Dover, NH (Bike Benefits)	Participate in a Local Bike Ped Plan Survey
Ride Your Bike On a Local Trail	Sol Yoga & Pilates Dover, NH (Bike Benefits)	Stella's Cafe Dover, NH (Bike Benefits)		White Heron Tea & Coffee Portsmouth, NH (Bike Benefits)	Izzy's Frozen Yogurt & Ice Cream Portsmouth, NH (Bike Benefits)	Ride Your Bike to the Beach!
The Corner Pub (Bike Benefits)	Gundalow Company Portsmouth, NH (Bike Benefits)	The Refill Station Portsmouth, NH (Bike Benefits)	Papa Wheelies Bike Shop Portsmouth, NH (Bike Benefits)	Lil's Cafe Kittery, ME (Bike Benefits)	The Islander Cafe Newcastle, NH (Bike Benefits)	Ride Your Bike to Pickleball!
Ride Your Bike to an Exercise Class	Treeline Outfitters Portsmouth, NH (Bike Benefits)	We Fill Good Kittery, ME (Bike Benefits)	Stroll Cafe & Wine Bar Portsmouth, NH (Bike Benefits)	Vida Cantina Portsmouth, NH (Bike Benefits)	Kit Supply Kittery, ME (Bike Benefits)	Shop for a Friend's Birthday On Your Bike
Wild Card! I Biked to: _____	Ride to the Playground With Your Kids	Gus' Bike Shop North Hampton, NH (Bike Benefits)	Ride Your Bike to the library	White Heron Maine Eliot, ME (Bike Benefits)	Put Air in Your Tires & Do a Bike Safety Check	Volunteer for SABR! Email Us @ info@seacoastbikes.org

Buy your Bike Benefits stickers at www.seacoastbikes.org/bikebenefits or email info@seacoastbikes.org



List of participating Bike Benefits businesses (July 2024)

Business	Address	Discount with Bike Benefits sticker	Website
Auspicious Brew	1 Washington St Suite 1103, DOVER	10% off kombucha & cafe drinks	auspiciousbrew.com
Bending Bodhi Yoga	10 Franklin Plaza, DOVER	\$5 off the \$25 drop-in fee for a Yoga Class w/code - code is provided w/sticker	bendingbodhi.com
Breakaway Cafe	478 Central Ave, DOVER	10% off drinks	breakawaydover.com
Gundalow Company	60 Marcy Street, Portsmouth	Show your BB sticker and get a \$5 off towards your next sail!	gundalow.org
Gus' Bike Shop	55 Lafayette Road, North Hampton	10% off clothing and accessories with Bike Benefits sticker	gusbike.com
Izzy's Frozen Yogurt & Ice Cream	33 Bow Street, Portsmouth	10% off the purchase of a frozen yogurt or ice cream.	izzysfrozenyogurtandicecreamnh.com
Lil's Cafe	7 Wallingford Square #106, Kittery	10% off with Bike Benefits sticker	lilscfe.com
Papa Wheelies Bike Shop	653 Islington St, Portsmouth	10% off accessories & apparel with Bike Benefits sticker	papa-wheelies.com
Replenish Refillery	2A Waldron Court, DOVER	10% off refills with Bike benefits sticker	replenishrefillery.com
Juniper Cafe	6 3rd Street Dover	10% off with Bike Benefits sticker	juniperdover.com
Sol Yoga & Pilates	40 Pointe Place, DOVER	\$5 off the \$25 drop-in fee for a Yoga Class w/code - code is provided w/sticker	bendingbodhi.com
Stella's	50 Pointe Place, Dover	10% off with Bike Benefits sticker	instagram.com/stelladover/
Stroll Cafe	75 Portsmouth Boulevard, Portsmouth	10% off with Bike Benefits sticker	
Stroll Café & Wine Bar (downtown)	15 Portwalk Place, Portsmouth	10% off with Bike Benefits sticker	stroll.cafe
The Corner Pub	5 Wallingford Square, Kittery	\$1.00 Off Your First Drink for Riders with a Bicycle Benefits Sticker	cornerpubkittery.com/
The Islander Cafe	52 main Street, New Castle	10% off with Bike Benefits sticker	theislandercafe.com
The Refill Station	124 C Bartlett St, Portsmouth	10% off with Bike Benefits sticker	therefillstationnh.com
Tides of Life SUP Yoga	Kittery Public boat launch	Free bottle of water when attending SUP yoga class with Bike Benefits sticker	tidesoflifesupyoga.com
Treeline Outfitters	125 Brewery Lane, Suite 7, Portsmouth	\$1 off all beverage pours and 15% off any full price gear/apparel in store with Bike Benefits sticker	treelineoutfittersco.com
Vida Cantina	2456, Lafayette Road, Portsmouth	Free Guac, Salsa & Chips to BB riders with any purchase.	
We Fill Good	42 State rd., unit 101, Kittery	10% off with Bike Benefits sticker	wefillgoodseacoast.com
White Heron Cafe	601 Islington Street, Portsmouth	10% off with Bike Benefits sticker	whiteherontea.com
White Heron Maine	43 Route 236, Eliot ME 03903	10% off with Bike Benefits sticker	whiteheronmaine.com

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More businesses are added weekly... check the map here: <https://bicyclebenefits.org/cities/55?range=5>



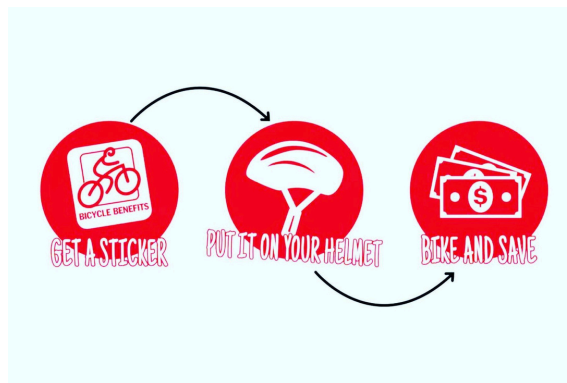
Bike Bingo!



Seacoast Area Bicycle Riders is on a mission to encourage more people to bike by partnering with local businesses to provide year-round discounts to anyone who bikes there and has a Bicycle Benefits sticker.

This summer bingo game challenges you to bike to local businesses and fill your bingo card by August 30. Each participant with at least 6 bingo tiles will be entered in a drawing (drawing taking place mid september). For every 6 bingo tiles you complete, you get an entry in the raffle drawing! Please send a picture of your bingo card to info@seacoastbikes.org by 08/30/2024.

What do you need to participate in the bike bingo? You need a Bicycle benefits sticker (available online or at SABR events), your Bingo Card (free; available online starting 07/13 or at SABR events) and off you go!



*More businesses are added weekly.. check the map here:
<https://bicyclebenefits.org/cities/55?range=5>*