

IPCSA
Officer Safety & Wellness Committee

Get Up and Bike

Event Log ~ 2017-2018

Name: _____ Date: _____
(print)

Email: _____

County/Jurisdiction: _____

Honor System Category (select only one):

Male:

Female:

Month	Total Monthly Miles
October 2017	
November 2018	
December 2018	
January 2018	
February 2018	
March 2018	
April 2018	
May 2018	
June 2018	
July 2018	
August 2018	
September 2018	
TOTAL MILES	

Smart Phone App(s) Used: _____

By signing this document, I certify everything is true and accurate:

Signature: _____ Date: _____
(Forms submitted without signature and date will not be considered)

Forms submitted **after** October 7th will not be considered. Submit via email to: Tina Varney tvarney@co.kendall.il.us or Francie Cain at FrancesF@lasallecounty.com

“Nobody’s a natural. You work hard to get good and then work hard to get better.” ~Paul Coffey