



# Waving Wednesdays

If you're on a bike  
& it's Wednesday,  
then wave!



# Waving Wednesdays

If you're on a bike  
& it's Wednesday,  
then wave!



# Waving Wednesdays

If you're on a bike  
& it's Wednesday,  
then wave!



Answers to commonly asked questions:

**What's Waving Wednesday?**

It's a simple concept!  
It's Wednesday and you're riding a bicycle.  
You see someone else on a bicycle.  
You wave to them. They wave to you.

**Does it cost anything to participate in Waving Wednesday?**

Waving Wednesday only costs about 3 calories per wave.

**If I wave on Wednesdays, can I still wave on other days?**

Waving to promote camaraderie among cyclists is always encouraged.

**What qualifies as a wave?**

A wave 'counts' when you move your hand back and forth at least 3 times.  
Nodding or saluting do not count - those salutations can find their own darn days.

**Do I really have to do this?**

Yes, you have to.



Answers to commonly asked questions:

**What's Waving Wednesday?**

It's a simple concept!  
It's Wednesday and you're riding a bicycle.  
You see someone else on a bicycle.  
You wave to them. They wave to you.

**Does it cost anything to participate in Waving Wednesday?**

Waving Wednesday only costs about 3 calories per wave.

**If I wave on Wednesdays, can I still wave on other days?**

Waving to promote camaraderie among cyclists is always encouraged.

**What qualifies as a wave?**

A wave 'counts' when you move your hand back and forth at least 3 times.  
Nodding or saluting do not count - those salutations can find their own darn days.

**Do I really have to do this?**

Yes, you have to.



Answers to commonly asked questions:

**What's Waving Wednesday?**

It's a simple concept!  
It's Wednesday and you're riding a bicycle.  
You see someone else on a bicycle.  
You wave to them. They wave to you.

**Does it cost anything to participate in Waving Wednesday?**

Waving Wednesday only costs about 3 calories per wave.

**If I wave on Wednesdays, can I still wave on other days?**

Waving to promote camaraderie among cyclists is always encouraged.

**What qualifies as a wave?**

A wave 'counts' when you move your hand back and forth at least 3 times.  
Nodding or saluting do not count - those salutations can find their own darn days.

**Do I really have to do this?**

Yes, you have to.