



# NAVY REGION NORTHWEST NAVY GOLD STAR PROGRAM

*Paying tribute to the fallen and honoring the families left behind.*

## VIRTUAL CYCLE TO REMEMBER

### MAY 13-31

***Whether on a stationary bike or just riding around your block, participation is as easy as 1-2-3!***

**STEP 1:** Select a Fallen Service Member that you would like to recognize and honor. (Go to [NavyGoldStar.com/tribute](http://NavyGoldStar.com/tribute) for a list of names.)

**STEP 2:** Personalize your bib. (Download an "I Ride to Remember" bib template by going to [NavylifePNW.com](http://NavylifePNW.com) and entering Virtual Cycle to Remember in the search bar.) On your bib, write in the name of the Fallen Service Member you would like to recognize.



**STEP 3:** Post a pic of yourself with your "I Ride to Remember" bib pinned to your shirt or affixed to your bike. Use the hashtags [#navygoldstar](#) and [#GoldStarFamilies](#).



[navylifepnw.com](http://navylifepnw.com)



For more information, call:

**800-509-8759**

