



Bike Commute Month 2007

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MAY IS BIKE COMMUTE MONTH

Annual Campaign Challenges Region to Bike One Million Miles

The Sacramento region continues its annual campaign to promote bicycling this May. In addition to the known health benefits of cycling, rising gas prices and sunny skies in May help drive people to dust off their bikes and join their neighbors and co-workers in biking for work, errands or recreation.

The region—which includes El Dorado, Placer, Sacramento, Sutter, Yolo and Yuba counties—is home to many bicycle-friendly communities and regional trails. Events are planned throughout the month to recruit and encourage people to try bicycling for some of their trips. Bike Commute Month is for anyone who uses a bike to commute, run errands, or for exercise. No matter how frequently you ride, logging miles at www.bikecommutemonth.com will help the region reach a collective goal of one million miles.

On Saturday, April 28, Energizer Stations will be set up on regional bike trails to educate cyclists about Bike Commute Month. The Million Mile May challenge kicks off on Tuesday, May 1 with a press conference at St. Rose of Lima Park in downtown Sacramento, hosted by honorary co-chairs Christopher Cabaldon, West Sacramento Mayor, and Steve Cohn, Sacramento City Councilmember.

"Bicycling is a viable way to commute in our region. I urge everyone to look at their car trips and think about which of those could be done by bike. Reducing the miles we drive by just 10 percent could mean bicycling for local trips, or to work a few days a week. Each time you pick up your helmet instead of your keys that makes an impact," said Mayor Christopher Cabaldon.

Councilmember Steve Cohn added: "With two jobs, commuting by bike is not easy, but I challenge everyone in the community to match my 100-mile pledge in May. If 10,000 people take up that challenge, we will easily meet the million-mile goal."

On Thursday, May 17 the region celebrates Bike-to-Work Day with a BikeFest at the State Capitol. In addition to prizes and live music, the Sacramento BikeFest will feature booths by bike shops and bike groups, as well commute information.

On Thursday, June 14 the campaign concludes with an afternoon celebration at River Walk in West Sacramento. Live music, local food vendors and other entertainment will be on hand as well as a bike ride and tour along the Sacramento River.

Bike Commute Month is coordinated by the Sacramento Area Council of Governments and the region's transportation management associations and organizations. For more information about the Sacramento Region Bike Commute Month, please visit www.bikecommutemonth.com or call (916) 321-9000.

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